Coloring for All Seasons: Spring



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Reviews

If you need to adding benefit, a must buy book. it was actually writtern extremely flawlessly and helpful. You can expect to like just how the blogger compose this pdf. (Rosemarie Kirlin)

COLORING FOR ALL SEASONS: SPRING



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River Grove Books. Paperback. Condition: New. 96 pages. Dimensions: 8.5in. x 8.5in. x 0.2in.Coloring for All Seasons With the coming of spring, I am calm again. Gustav Mahler Spring is that captivating time of year when the days get longer, the weather gets warmer, and plants come alive again. All across the globe, people shed their winter coats and step outside to celebrate this season with festivities and a collective appreciation of nature. Coloring is a meditative pastime that has been proven to help practitioners focus and relax. By concentrating on specific patterns and hues, coloring can unlock creative potential and help alleviate stress. Each step of the way, from the initial choice of which shades to use to the soothing act of filling in each design, Coloring for All Seasons: Spring is an invitation to unwind. We have carefully selected forty-six plates of spring flowers, butterflies, and animals to help immerse you fully in the season. Seasoned meditation practitioners and beginners alike will rejoice in Coloring for All Seasons: Spring. So grab your crayons, pencils, or markers and prepare to find a sense of inner calm. Within these pages of detailed patterns and inspiring beauty, we invite you to add some color to your world! This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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