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The Coloring Book of Mindfulness: 50 Quotes and Designs to Help You Focus, Slow Down, De-Stress

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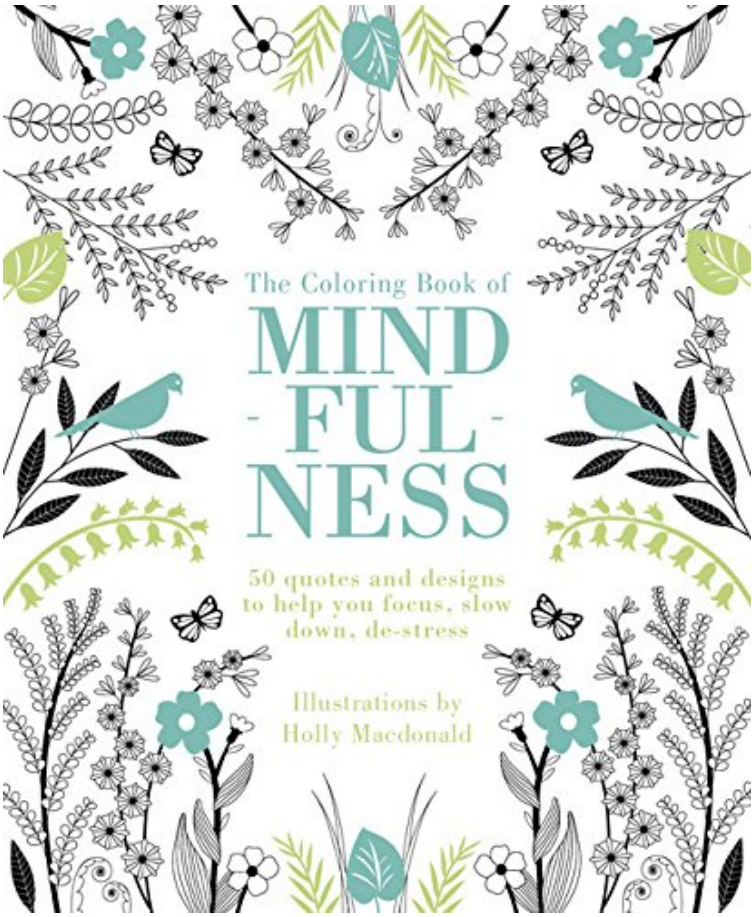

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Quadrille Publishing : The Coloring Book of Mindfulness: 50 Quotes and Designs to Help You Focus, Slow Down, De-Stress before purchasing it in order to gage whether or not it would be worth my time, and all praised The Coloring Book of Mindfulness: 50 Quotes and Designs to Help You Focus, Slow Down, De-Stress:

The Coloring Book of Mindfulness includes line illustrations of the natural world, from flowers and trees, to butterflies and birds, that are specially designed to be colored in. Alongside beautiful illustrations is a collection of 50 inspirational quotes that will enable you to still the mind, and relax the body, while generating and boosting a feeling of well-being and contentment that will permeate every aspect of everyday life. The perfect gift, this is a practical way to calm the mind, while subconsciously developing self-knowledge, expanding the imagination, and nurturing

creativity.