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## Calming Colouring Patterns

By Graham Leslie McCallum

Paperback. Book Condition: New. Not Signed; Colouring books aren't just for kids - they're also terrific tools for staying relaxed and present in a demanding and hectic world.

Requiring focus on a small scale, colouring in is a refreshing way to practice mindful attentiveness while reigniting your creative side. Approaching colouring slowly and carefully, giving your full attention to the movement of pen on page, creates the perfect escape from all those worries buzzing around your head. Here, over 80 hand-drawn illustrations - from grids to Art Nouveau florals, from Japanese waves to Medieval motifs - are just waiting for a touch of colour from pens, pencils, felt tips or paints. Whether you've got ten minutes to spare on your commute or a few lazy hours on a Sunday, losing yourself in a colouring book is a simple, enjoyable and undemanding path to inner peace. book.



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### Reviews

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*-- Leopold Moore*

*This publication is definitely not effortless to get going on looking at but really exciting to read through. It really is rally intriguing throgh looking at time period. Its been written in an remarkably straightforward way which is just soon after i finished reading through this book where basically altered me, change the way i think.*

*-- Erna Langosh*

## Other Books

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### **The Kid**

Paperback. Book Condition: New. Not Signed; Winky thought he'd seen everything in Wyoming Territory: rustlers, hangings, shoot-outs, cattle standing frozen stiff in the snow. Then into town one lazy day rode a long-haired kid and a colossal African mute. They were met..

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### **NIV Soul Survivor New Testament in One Year**

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Paperback. Book Condition: New. Not Signed; This is Book 2 of CGP's SAT Buster 10-Minute Tests for KS2 Grammar, Punctuation & Spelling - it's a brilliant way to introduce English SATS preparation in bite-sized chunks. Each set of quick tests is packed...

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### **Tinga Tinga Tales: Why Lion Roars - Read it Yourself with Ladybird**

Paperback. Book Condition: New. Not Signed; This is a Tinga Tinga tale inspired by traditional stories from Africa. Lion is king of Tinga Tinga but he can't roar! Can his friend Flea help Lion to find his roar and behave more like...

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