



Adults Colouring Book Mindfulness Series: Patterns 1

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The Adults Colouring Book Mindfulness Series -Patterns has been created for people who want to colour and are intrigued by the patterns of life Twenty Five individual patterns ranging from beginner to more experienced Hours of creative self-expression Great for stress relief, encouraging focus on the here-and-now rather than the past or future Lose yourself in the comfort of the present moment with Cool Doodle Designs' colouring pages and sheets Step away from negative emotions triggered by past events while focussing on creating your own individual pattern masterpiece

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