



Vintage: 50 designs to help you de-stress (Coloring for Mindfulness)

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Coloring in is a wonderful way to re-focus and de-stress. In this notebook you will find vintage-inspired designs to bring you calm and relaxation. The 50 designs in this book evoke the gentle pleasures of the past, from afternoon tea to beautiful florals. Just reach for your coloring pencils, pick a design at random and simply make a start.

As you concentrate on the simple action of coloring in, you will find your mind clearing and stress disappearing.

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