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Owl Totem: Adult Colouring Book (Paperback)

By Tammy Lawrence-cymbalistry

Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Go grab your markers, pens, pencil crayons or paints and your creative juices! 30 easy and fun whimsical Owl designs were created for you to colour. Turn this into your personal journal or add affirmations in the background - there are no limits here. You are the artist here so whatever you create will be perfect. Enjoy rediscovering your inner child while you create and free the mind. Colouring is a proven stress reliever, can help you connect with a meditative mind set and boost your overall creativity. You ll also find a totem animal meditation included in the final pages of the book and you ll discover lots of space for you to journal your amazing experience. Whether the Owl is your totem (the astrological sign of Sagittarius) or you simply love this nocturnal bird of prey I hope you enjoy it.

Reviews

The book is great and fantastic. Yes, it really is engage in, still an interesting and amazing literature. You wont feel monotony at at any moment of your respective time (that's what catalogs are for regarding if you request me).

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