Inkspirations Mindful Living: Creative Coloring to Relax, Recharge, and Renew (Paperback)



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Reviews

I just started out reading this ebook. We have read and so i am certain that i am going to gonna study yet again again in the future. I found out this book from my dad and i encouraged this publication to find out. (Kristoffer Kuhic)

INKSPIRATIONS MINDFUL LIVING: CREATIVE COLORING TO RELAX, RECHARGE, AND RENEW (PAPERBACK)



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HEALTH COMMUNICATIONS, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book. Many of us spend a lot of time doing--doing work, doing errands, doing for others. Sometimes we need to stop our to-dos and just be. With Inkspirations Mindful Living, you can sink into that much-needed respite from the busyness of life, transforming your free time into mindful me time. It s not just fun and nostalgic. Studies show that mindfulness may help to improve your working memory, decrease stress, and boost your immune system. Artist Judy Clement Wall specially designed each page to foster a sense of calm while stirring your creativity. You II find an assortment of symmetrical patterns and mandalas as well as flowers, nature scenes, and animals just waiting to be embellished, plus thought-provoking quotes to uplift and inspire you. Printed on perforated paper for easy tearing and sharing, and with a special lay-flat binding, Inkspirations Mindful Living offers you hours of engaging fun and artful exploration. Unplug, unwind, and unleash your creativity on every page while you sink into the moment--your moment. AARP and HCI Books have come together with a special line of Inkspirations adult coloring books that are good for our hearts, our minds, and our souls--benefitting us emotionally, physically, and spiritually.

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