



## Coloring Book Fantasy Garden: Relaxing Designs for Calming, Stress and Meditation (Paperback)

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By Bella Stitt

Createspace Independent Publishing Platform, 2015. Paperback. Condition: New. Large Print. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Certified cognitive therapist and best selling author Bella Stitt developed this coloring book with 30 mesmerizing pictures for relieving stress from everyday life. Each picture is a fantasy garden, appearance of which depends on the way you choose to color it. Find more books on Feel free to color as you listen to music or watch television. Coloring will put you at ease and make you better able to focus. This is a form of meditation as well as an opportunity to think about your struggles and come up with solutions while engaging in a calming activity. In addition, if you have difficulty with perfectionism and making decisions, choosing colors to use for these pictures will allow you to have practice with experiencing flexibility and courage while having a positive outcome since there is no right or wrong way to color. Relax and enjoy! To get coloring ideas please visit where all book covers are original drawings colored by Bella.



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### Reviews

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