



## Dream Catcher: Mindfulness

By Christina Rose

Bell Mackenzie Publishing, United States, 2015. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Dream Catcher: mindfulness A beautiful, stress-reducing colouring book to clear your mind help you find peace. Appealing to all ages this gorgeous, therapeutic book helps focus thoughts and emotions through colouring, reducing anxiety and promoting a state of calm. Beautifully detailed illustrations and spiritual quotes encourage us to live in the moment and take your colouring journey into a new and thoughtful dimension. Reducing stress restoring wellbeing: Dream Catcher: mindfulness is motivational and inspiring art therapy at its best. Each of the individual drawings is specially printed on a single page with the reverse left blank so you can cut out and keep, to create a picture perfect for framing or displaying. You may also enjoy other creative titles by Christina Rose: Dream Catcher: a soul bird's journey Dream Catcher: the tree of life I Love You Mum: doodle dream I Love You Grandma: doodle dream.



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