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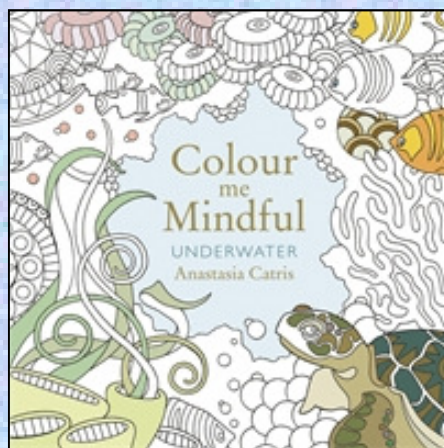
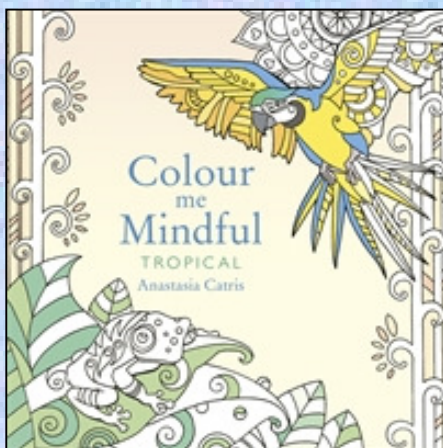
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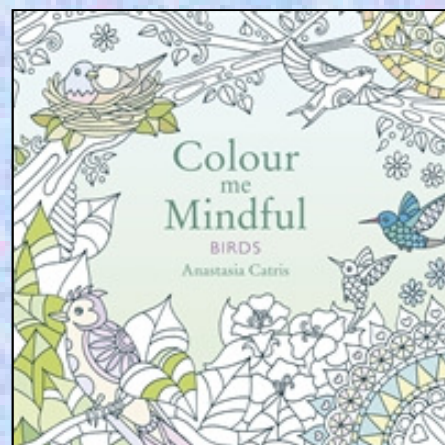
COLOUR ME MINDFUL

Anastasia Catris

Mindful art therapy colouring books for adults, filled with intricate scenes for colouring.



With stunning illustrations to colour in and admire, this book provides a creative outlet and a deeply soothing mindful experience for those in need of a little artistic stress-busting.



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