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# THE PEACEFUL PENCIL: CALMING PATTERNS



Paperback. Book Condition: New. Not Signed; Take time to relax and clear your mind with this beautiful pocket-sized book of distinctive patterns to colour in. As you choose your colours and start to bring the pattern to life you will find yourself entering a deeply peaceful state, completely focused on creating your unique picture. Art therapy at its simplest; focus on colouring in your picture and forget about the cares and stresses of the day. You can colour in as...

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- Authored by -
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