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Anna Stenmark

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This book contains illustrated mindfulness quotes that are a delight to color. A variety of beautiful designs and patterns are combined with quotes that focus your mind on the present moment. Each of the book's 50 quotes and illustrations is printed on one side of the page only so that after you have finished coloring, you can cut out your artwork and display it as an ongoing inspiration. To see sample pages from the book, please visit www.lusciousbooks.co.uk. This book is also available as a UK edition.

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