

## Find Book

# RELAXATION TIME COLORING: CALM COLORING BOOK



Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 222 x 152 mm. Language: English . Brand New Book. Relaxation Time Coloring or mandalas is a fun way to relax, take a break and get us out of the inner dialogue that we carry on. Research has shown that we have approximately, 60,000 thoughts a day and 75 of them are negative. To do your own test, set the timer for 10 minutes and just write whatever thoughts...

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- Authored by Jenna Neuville
- Released at 2015



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## Reviews

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*The publication is great and fantastic. It can be filled with knowledge and wisdom You wont truly feel monotony at any moment of your time (that's what catalogues are for about if you ask me).*

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