# Zenthoughts Coloring Book: Stress Melting Shoe Designs (Paperback)



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#### Reviews

Totally among the best ebook I actually have ever go through. It is probably the most awesome ebook we have go through. You can expect to like just how the blogger publish this ebook. (Emiliano Murphy)

## ZENTHOUGHTS COLORING BOOK: STRESS MELTING SHOE DESIGNS (PAPERBACK)



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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Looking for a way to relax? Love shoes? This is the activity for you! Research shows that coloring structured geometric shapes can actually bring about benefits similar to meditation. You re three steps away from finding this serenity: Pick up some crayons or markers, flip to a page that speaks to you, and begin to color. What s inside? In this ZenThoughts coloring book, we combine the beauty of mandalas with the fun of funky shoe designs to foster an engaging and relaxing coloring activity. 20 unique illustrations inside.



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