



The Peaceful Pencil: Calming Patterns

By -

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 little or as much as you like, taking your time to develop your picture the way you want it. Start colouring today and enjoy the still, quiet voice of calm this simple meditative practice will bring. book.



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Reviews

Very helpful to all of class of folks. This is certainly for all who statte there had not been a worthy of studying. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- **Jayda Lehner Jr.**

A must buy book if you need to adding benefit. This really is for all those who statte that there had not been a really worth looking at. Your daily life period will likely be change when you complete reading this publication.

-- **Veronica Hauck DVM**