



Gardens in Bloom: A Colouring Book for relaxation and rejuvenation (Colouring for relaxation and rejuvenation) (Volume 3)

Cassie Haywood

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How can you become free from everyday stress and persistent worry? Put away the mobile phone, log off your computer, and turn off the TV. Instead pick up your Gardens in Bloom colouring book and let's get started on the path to relaxation and rejuvenation.

- Includes 50 illustrations inspired by Gardens.
- Printed on high quality paper.
- Great size for travelling (7.5 x 9.2 inches).
- Small enough to fit in a handbag but big enough to allow your creativity to flow.
- Contains a variety of simple and detailed designs.
- Suitable for colourists of all ages, including adults.

Colouring:

- allows your mind to focus on a task that is enjoyable.
- invites stillness and encourages switching off from daily stress.
- requires focus, so it is a very meditative and mindful process.
- helps stress to disappear and the mind to become clearer, allowing relaxation and rejuvenation to become part of your everyday life.

Colouring for relaxation and rejuvenation series includes:

- Exotic India - ISBN 978-0-9944431-0-6
- Animal Kingdom - ISBN 978-0-9944431-1-3
- Gardens in Bloom - ISBN 978-0-9944431-2-0
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Katherine Ouellette:

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Daniel Moore:

On this era which is the greater man or woman or who has ability to do something more are more important than other. Do you want to become one of it? It is just simple approach to have that. What you have to do is just spending your time not much but quite enough to enjoy a look at some books. One of several books in the top list in your reading list will be Gardens in Bloom: A Colouring Book for relaxation and rejuvenation (Colouring for relaxation and rejuvenation) (Volume 3). This book and that is qualified as The Hungry Hills can get you closer in turning out to be precious person. By looking upward and review this book you can get

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