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## Art Therapy: Doodle Dream (Paperback)

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By Christina Rose

Bell Mackenzie Publishing, United States, 2015. Paperback.  
Book Condition: New. 214 x 149 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Art Therapy: doodle dream Inspiring adult art therapy for creative relaxationCreative relaxation through beautiful and motivational patterns and illustrations. Feelings of stress and anxiety are replaced with waves of calm and peacefulness as you focus your mind on the joy of therapeutic creative colouring .Each of the individual drawings is accompanied by inspirational quotes and specially printed on a single page with the reverse left blank so you can cut out and keep, to create a picture perfect for framing or displaying.You may also enjoy other creative doodle dream adult colouring titles by Christina Rose: Creative Colouring: doodle dream Anti-Stress Colouring: doodle dream Colouring Therapy: doodle dream Love You Mum: doodle dream Love You Grandma: doodle dream.



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