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Spiritual Coloring Book (Chartwell Coloring Books)

By Andrea Sargent

Chartwell Books. Paperback. Condition: New. 128 pages. In a world full of clatter and chatter, where peoples opinions jostle to be heard, coloring provides a way of reconnecting with your inner self and freeing the mind. Featuring original artwork by Andrea Sargent, The Spiritual Coloring Book offers a fun way of immersing yourself in the here and now, deriving pleasure from a simple physical activity. Like music, color allows us to connect directly with our emotions and soothes our cares away. For those of us for whom anxiety is an issue, there is no pressure to start an artwork from scratch - the framework is already there, but by shading it in colors of your choice you can create something satisfying and unique. So discover the creative, calming world of coloring and let your spirit fly! This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.



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