



## Serenity Swirls Mini: 25 Unique Coloring Patterns for Stress Relief and Mindfulness (5 X 7)

By Jennifer Lankenau

Diversion Publishing, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The perfect stress-reliever for your inner child, this compact coloring book for adults fits anywhere your imagination can carry. Jennifer Lankenau s SERENITY SWIRLS introduces 25 unique and meditative postcard-sized hand-drawn illustrations to color, perfect for unleashing creativity and a relaxing way to de-stress at the end of a long day. Each unique and gorgeous swirl, spiral, and pattern offers the coloring enthusiast a calming and vibrant way to find centeredness, while at the same time encouraging one s own inner child to come out to play. (And don t be afraid to color outside the lines!).



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