



# Mindfulness: Inspiraciones Creativas Para Colorear

*Christina Rose*

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**Mindfulness: Inspiraciones Creativas Para Colorear** Christina Rose

With this book you can fight stress while finding inspiration. Let your imagination shine through as you give color to the strikingly detailed coloring sheets. Discover the pleasure of creating your own unique style. All illustrations are accompanied by a well-known quote that will help you narrow your focus and reflect on your daily life.

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64 pages

About the Author

**Christina Rose** is a recognized expert and illustrator. She is the author of more than 15 coloring books for adults.

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