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RELAXATION TIME COLORING: CALM COLORING BOOK



Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 222 x 152 mm. Language: English . Brand New Book. Relaxation Time Coloring or mandalas is a fun way to relax, take a break and get us out of the inner dialogue that we carry on. Research has shown that we have approximately, 60,000 thoughts a day and 75 of them are negative. To do your own test, set the timer for 10 minutes and just write whatever thoughts...

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- Authored by Jenna Neuville
- Released at 2015



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