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My Favourite Colourings

By Jack Beetle, Magda Lena Rook

Nanook Books Ltd. Paperback. Book Condition: new. BRAND NEW, My Favourite Colourings, Jack Beetle, Magda Lena Rook, This wonderful colouring book includes 64 mandalas for children age 3 to 6. Colouring these harmonious structures featuring characters, stories and dreams, animals, cars, flowers or scenes from children's lives will release anxiety, promote relaxation, teach focus and develop creativity. Sacred-circle colouring is a simple, engaging activity whose therapeutic and educational value cannot be overestimated.



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