Moorish: 70 designs to help you de-stress (Coloring for Mindfulness)

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How can you free yourself from niggling everyday worries? When your mind is distracted simply pick up this collection of 70 intricate designs inspired by Moorish motifs and patterns and reach for your coloring pencils. There are absolutely no rules - you can choose any combination of colors you like.

As you concentrate on the simple action of coloring in, you will find your mind clearing and stress disappearing.

The sheets in this pad are all detachable, so you can display your favorite creations.

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