



Anti-Stress Colouring: doodle & dream: A beautiful, inspiring & calming adult colouring book

Christina Rose

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Anti-Stress: doodle & dream

A beautiful, inspiring & calming adult colouring book

A de-stressing and calming collection of beautiful and intricate patterns created to focus the mind on the moment. Creativity replaces anxiousness when pencils and pens are put to paper in this intricate collection of illustrations.

Each of the individual drawings is accompanied by inspirational quotes and specially printed on a single page with the reverse left blank so you can cut out and keep, to create a picture perfect for framing or displaying.

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