

Vagabond Mermaid: Adult Coloring Book (Paperback)

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Reviews

Very useful for all group of people. It is amongst the most incredible pdf i actually have read through. Its been written in an extremely straightforward way and it is just right after i finished reading through this pdf by which basically modified me, change the way i think. (Felicia Nikolaus)

VAGABOND MERMAID: ADULT COLORING BOOK (PAPERBACK)



Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Welcome to Book 2 of the Vagabond Mindfulness Coloring Book Series. Over 50 hand drawn, single sided pages, with thought provoking quotes for all colorists! Vagabond Mermaid was inspired by the magical underwater world of our oceans. Filled with dream-like mermaids, dolphins, seahorses, turtles, octopus, fish, coral reefs, shells and starfish! This beautiful book challenges, inspires, and relaxes your mind and spirit, like floating on gentle ocean waves. Psychologists are using these books as therepy tools helping adults dealing with PTSD, stress and anxiety. They know that spending a few minutes coloring is a meditative and creative way to relax and recharge your day and coloring before bed helps you drift off peacefully without the min chatter left over from a busy day. Vagabond Mermaid is entirely hand drawn by internationally renowned fine art oil painter, Kathryn Colvig. Each of the 25 works of art are printed twice for 50 pages to color. the bottom of each page includes an inspirational quote to open your mind and heart to an ontological conversation about what it means to be human.

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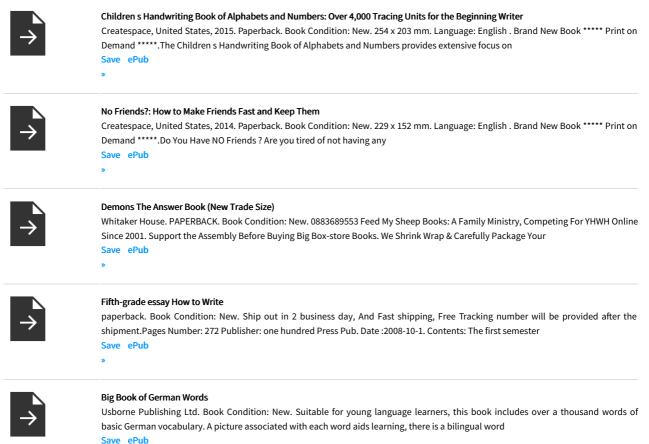
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