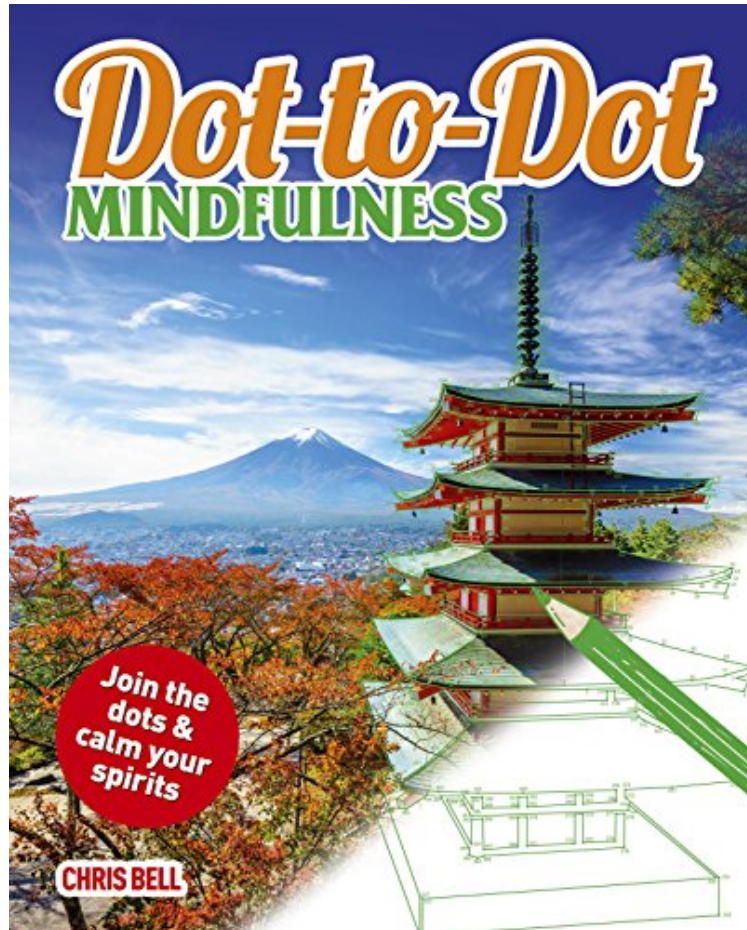


## Dot-to-Dot Mindfulness

Chris Bell

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**Chris Bell : Dot-to-Dot Mindfulness** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Dot-to-Dot Mindfulness:

4 of 4 people found the following review helpful. I liked it. By RnL's mom mom Some of the pictures were quite a challenge. I am almost finished with the book. I did find that there were some missing numbers though but finally figured the pictures out. I liked it. 1 of 1 people found the following review helpful. Tiny numbers - great pictures By Elizabeth K. Carter The numbers are very tiny and a bit difficult for me to find/see. Thus the 4 star rating. The pictures are wonderful. 3 of 3 people found the following review helpful. This book has really great pictures to create By J Carr This book has really great pictures to create. However, some numbers are skipped, repeated, or missing/not printed. Overall it is an okay book.

Designed to bring out your inner calm, this book is packed with more than 120 soothing dot-to-dot images for you to complete. The artworks are designed to lower stress levels and enable users to live in the moment. As with coloring in,

joining series of dots to complete attractive images has great therapeutic value, and is a proven method of relaxation. The subjects in Dot-to-Dot Mindfulness have been specially chosen to both delight and lift the spirits. Once you take up your pencil and begin the process, your thoughts will be taken to a higher plane and your spirits will soar. Offers more than 120 artworks. Ideal for grown ups, the images contain more than 300 dots. Images can also be colored in, making the book doubly attractive to purchasers. The ideal relaxation tool for people who want to take time out from everyday problems.

About the AuthorChris has been a designer and illustrator for over 30 years and has worked on a wide range of publications for both children and adults. She loves conjuring up and solving puzzles and enjoys creating artworks for them. She does dot-to-dots in her leisure time to stay mindful.