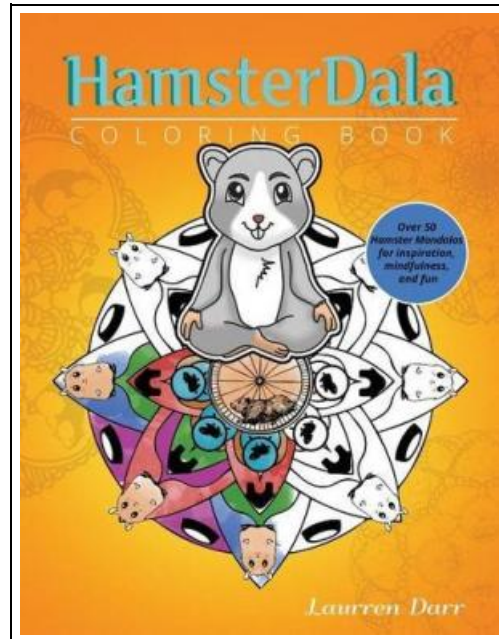


Hamsterdala Coloring Book (Paperback)



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Reviews

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HAMSTERDALA COLORING BOOK (PAPERBACK)



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Left Paw Press, LLC, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Gain clarity, focus, and peace coloring HamsterDalas - over 50 Hamster mandalas mantras/affirmations included. Mandalas are a form of therapy used by thousands worldwide. People seeking to calm their thoughts and increase their productivity focus on coloring mandalas every day. Now, anyone with a love of Hamster and a desire for clarity, have a source for those reflections in the HamsterDala Coloring Book. Unlock your creativity with the more than fifty HamsterDala designs included in the HamsterDala Coloring Book. Also included are over fifty mantras (also called affirmations) for meditation during the coloring process. Choose your medium, choose the HamsterDala to color, and enjoy. Turn your thoughts inward. Each of the designs were created for Hamster people and pet lovers to focus on coloring to relieve stress, increase the positive energy in their lives, and have fun in the process! And, when you re looking for more mandalas, check out other Dala books by Lauren Darr: PugDala Coloring Book, DogDala, CatDala Coloring Book, OwlDalas Coloring Book, FarmDala Coloring Book, HorseDala Coloring Book, ChickenDala Coloring Book, and FishDala Coloring Book. Advantages of coloring: Many promising studies have been conducted on art therapy. For those who are less inclined to create art as therapy and wanting a simpler solution, they are using coloring books to enrich their lives. Physicians and therapists prescribe coloring for many different illnesses including depression, PTSD, dementia, and even cancer patients to reduce their pain and stress levels in treatment. Everyday, people are also looking for natural and joyful ways to lessen pain and reduce the tension in their lives. By coloring, the mind focuses. This, in turn, allows the brain to replace mind chatter and negative thoughts...



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