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ART THERAPY: AN INSPIRATION NOTEBOOK (PAPERBACK)



Michael O Mara Books Ltd, United Kingdom, 2015. Paperback. Condition: New. Sam Loman (illustrator). Language: English . Brand New Book. This beautifully illustrated journal is the perfect gift for creative people everywhere, people who like to use colouring and drawing as a means to focus the mind and de-stress. The eye-catching pages contain illustrations that can be completed to induce a calming sense of mindfulness. There s a lovely balance of blank pages and lined pages - space to doodle...

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