



Cats: 70 designs to help you de-stress (Coloring for Mindfulness)

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How can you free yourself from niggling everyday worries? When your mind is distracted simply pick up this collection of 70 intricate designs inspired by cats and reach for your coloring pencils. As you concentrate on the simple action of coloring in, you will find your mind clearing and calm returning.

The sheets in this pad are all detachable, so you can display your favorite creations.

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