



Tattoos: 50 designs to help you de-stress (Coloring for Mindfulness)

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How can you shake off niggling everyday worries? By coloring in these intricate illustrations, you will find your mind clearing and stress disappearing. Simply choose a design from the 50 options in this book, all inspired by tattoo art - including dragons, fish, tigers and abstract shapes. There are no rules: pick any colors you like, make a start, and you'll find calm returning.

Just 5 to 10 minutes a day will help you to relax.

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