

# Love and Hearts, patterns and designs: for meditation, stress relief, relaxation, therapy, and fun (Books for creative adults Book 3)



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people find it easier to achieve this state when coloring than they do when actually trying to meditate. This is probably because meditation involves a deliberate effort to detach the flow of thoughts from the concept of the self. Doing so requires a deliberate focus and effort on the task at hand which can actually serve to make achieving the desired result more difficult. Many adults who color report being lost in the simple act of coloring and becoming detached from the flow of thought and time, easily achieving higher orders of meditation than they ever had before. Scroll up to grab your copy of Love and Hearts patterns and designs for meditation, stress relief, relaxation, therapy, and fun (Books for creative adults) and enjoy hours of entertainment and relaxation for this limited time promotional price! tags: romantic, love, hearts, best seller, kindle, paper, mindful relaxation

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