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Anti-Stress Dot-to-Dot: Beautiful, Calming Pictures to ...

Anti-Stress Dot-To-Dot. If you read my previous post, you will know I have been feeling a little stressed lately. One of my stress reducing ideas was to have regular breaks from studying and go do something different. So that is exactly what I have done this week.

Anti-Stress Dot-To-Dot - Hello Bexa

Anti Stress Dot To Dot A Relaxing & Inspirational Dot-To-Dot Colouring Book Over 30 challenging, dot-to-dot illustrations for all ages. Relax and de-stress as you gradually join the dots to reveal striking pictures and scenes which once completed can also be coloured in if you wish.

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Anti-Stress Dot-to-Dot : Emily Wallis : 9780752265865

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Anti-Stress Dot-to-Dot by Emily Wallis - Pan Macmillan

From pretty Persians and sweet Siamese to beautiful bobtails and delightful tabbies. Take some time for yourself to calm and de-stress with these loveable feline dot-to-dot portraits. With over 10,000 dots to join, this is the perfect way to unwind. "Christina Rose is the creator of a number of best-selling anti-stress colouring books."

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Anti-Stress Dot-to-Dot Free Pattern Download - WHSmith Blog

Emily Wallis' Anti-Stress Dot-to-Dot is quite individual. Adult colouring books have been around for a long time, and dot-to-dot books are just coming into fashion - but this is fantastic. It's all done in one line, unlike others, and I love the gradual realisation of what it is you're creating (unlike some books where you can cheat and look at the back!).

Anti-Stress Dot-to-Dot: Beautiful, Calming Pictures to ...

Anti Stress Dot To Dot A Relaxing & Inspirational Dot-To-Dot Colouring Book Over 30 challenging, dot-to-dot illustrations for all ages. Relax and de-stress as you gradually join the dots to reveal striking pictures and scenes which once completed can also be coloured in if you wish.

Anti-Stress Dot To Dot : Christina Rose : 9781910771952

Plus, this stress relief app is constantly updated with new antistress toys every 2 weeks, to help you calm down your anxiety with always fresh contents, like finger spinner, finger cube, slime and a bunch of anxiety free toys.

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Anti-Stress Dot-to-Dot - Wallis Emily Milne | Public βιβλία

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