

The Mindfulness Puzzle Book Relaxing Puzzles To De Stress And Unwind Puzzle Books

Seeking some positivity? Looking for a lift? Try this word search book! This book makes a lovely gift for Mother's Day, a friend during tough times, for a teen, girlfriend, coworker, anyone who loves the Law of Attraction. It's also a thoughtful gift for someone dealing with anxiety or depression. Puzzles are also great for seniors and anyone interested in cognitive games to help with memory, dementia, or Alzheimer's disease. Word search puzzles are fun to do at home, while waiting in line, at the doctor's office, airport, etc. And this positivity puzzle book helps promote mindfulness, self-awareness and an optimistic mindset. By actively searching for positive words you promote empowered thoughts and good vibes every time you play. Even our title is an affirmation to "Seek positivity everywhere!" Features: Over 50 word search puzzles to fill your mind with positive words With over 1000 positive words, this book will fill your time and your mind with self-affirming positivity Each page is adorned with beautiful mandalas or design flourishes, which can be colored to bring additional beauty and good vibes to your day Easy to play 8.5x11 size Solutions section included in the back Glossy paperback cover This is the perfect gift for mom, grandma, aunt, sister, daughter or friend! We are pleased to announce the release of Volume 2! Click our brand name to check it out for even more positivity and fun! Get one now!

This extra, easy word search book is terrific for adults and seniors This book includes many great features and word search puzzles: 100 Easy, large-print Word Search puzzles Multi domains Very simple instructions and solutions All in all, Easy Relaxing brain game is the perfect activity book for adults who have dementia or Alzheimer's disease -- as well as, seniors and loved ones who simply enjoy extra, easy puzzles! Grab Yours Now!

Traditional Chinese edition of The life changing magic of tidying up illustrated edition. It teaches how to organize and clean, 108 KonMari (Kondo Marie) techniques illustration book.

'Britain's King of Puzzles' - Sun A collection of restful puzzles and brain-training activities designed to relieve stress and inspire creativity, for your Kindle or other ebook reader. This ebook features a wide range of specially selected games to provide the perfect level of challenge and reward for your brain. Feel the tension release as you focus on each achievable and fun task, and experience the endorphin-reward buzz as you successfully complete each puzzle. Stimulating your mind with each puzzle also helps unlock your brain's innate creativity, just as sleep and rest can help you reach a breakthrough on pending tasks. This book will help you feel refreshed and renewed, and ready to face the challenges of your daily life. This is first ebook in a series of three books by the same author, which currently includes The Mindfulness Puzzle Book, The Mindfulness Puzzle Book 2 and The Mindfulness Puzzle Book 3. There is a fourth book due to be published later in 2020.

Use the puzzles in this book to sharpen your mind and improve your ability to focus. The perfect antidote to staring at a screen for

Read Free The Mindfulness Puzzle Book Relaxing Puzzles To De Stress And Unwind Puzzle Books

hours on end, *Paper, Pencil and You: Focus* presents over 300 puzzles designed to improve focus in a distracted world. With each one you will learn to eliminate mental distractions, improve concentration and develop your powers of deduction. Test your skills with a range of visual conundrums and lateral-thinking problems that include matching pairs, odd one out and pathfinding. Keen puzzlers will find themselves absorbed in developing their memory and visual processing skills, called on to think laterally and logically to find solutions, and will emerge from each exercise feeling relaxed and refreshed. Switch off from screens, pick up a pencil and focus.

Mindfulness Activity Book is a relaxing way for teens, adults, or seniors to relieve stress. The activities help with concentration and sharpen the mind. Great gift for puzzle lovers! Solutions for activities are found at the end of each section. Have fun! Book Details: Coloring Pages Mazes Sudoku Word Scramble Word Search Hangman Tic-Tac-Toe Solutions included Paperback - 120 Pages 6 X 9 inches

Relax. Let your shoulders drop, turn your phone to silent and take one (freshly sharpened) pencil. *Paper, Pencil and You: Calm* contains over 100 puzzles designed to foster calm in a stressed-out, busy world. The puzzles in this book will take you on a journey through a wonderland of calming activities. You'll divide shapes, draw loops, fill grids and much, much more. Each one has been designed to give you a moment of peace; a break from the hectic pace of life and a chance to quieten the mental noise. With sections for practice runs and workings out, each puzzle is designed to be completed on the page itself. As you complete the book you'll be unconsciously developing your memory and visual processing skills, thinking laterally and logically to find solutions, but will emerge from each exercise feeling relaxed and refreshed. So, sharpen that pencil, turn over the page and feel calm.

How to Train Your Dragon author's latest masterpiece, *DreamWorks* is about to adapt an animated movie! It is extremely difficult to gather the materials for the *Spell to Eliminate Lich*. Hope and Zal are on the dangerous road to stop the Lich King, but some partners will betray them?? Film and television rights will be sold before publication, and animated films will be adapted by *DreamWorks*! Recommended by Amazon editors, translated into 38 languages around the world, and received rave reviews from all over the world! Together with the *Harry Potter* and *Little Witch Matilda* series, won the Blue Peter Book Award for Children's Literature!

?This gift for mom will pull at her heartstrings and give her goosebumps!/? Our *Crossword Puzzle Book* is something special. It's designed to be fun, relaxing, and take the stress out of daily life. Why are crossword puzzles good for your mum brain? Because "returning to childhood games" has a very positive effect on mental health. The benefits you will gain from this book: - Escape from the outside world for hours; - Concentration and creativity - Absorbs thoughts - a very effective method for people who want to quit smoking or stay on a diet - Improves Vocabulary - Maintains Social Bonds - Eradicates Brain Diseases - Expressing emotions - calm down, relax, collect your thoughts, and rest - Improves memory and support concentration and focus - Crosswords generates mindfulness and quietness, which allows your mind to get some rest after a long day About this book: 90 Crosswords + Solutions Printed on high quality solid white paper. If your mother loves Crosswords, hates being bored, and wants to spend time in an

unusual way, choose for her our book!

Mixed Puzzle Book Make the perfect gift for anyone who loves Puzzle Books. this wonderful puzzle book is a great way to de-stress and forget about everyday problems. Inside you can find relaxing puzzles with solutions such as: ?Wordsearch ?Sudoku ?Crossword ?Mazes ?Coloring Pages the book contains 108 pages filled with puzzles, relaxing activities and solutions Inside, in addition to word games and puzzles, you will also find beautiful coloring pages filled with wonderful graphics, let your imagination run wild and color them as you like! Click the cover to reveal what's inside! ?Printed on high quality solid white paper. ?Beautiful designs appropriate for all ages, Scroll up and BUY NOW!

Challenge yourself at home with number puzzles Specially compiled to provide the most deadly Su Doku challenge, which currently includes The Mindfulness Puzzle Book from 1 to 5 volume by the same author "WM Puzz Publishing"for Su Doku enthusiasts who need a puzzle that really tests their mettle. Prepare yourself for the toughest Su Doku challenge there is. These diabolically difficult Ultimate Killer Su Doku puzzles will really put your brainpower to the test as you 'warm up' with the 100 Deadly Killer puzzles before steeling yourself to take on the 100 Extra Deadly Su Dokus. Are you ready for the challenge? Not for the faint-hearted. The puzzles use the same 9x9 grid as a regular Su Doku, but have an extra mathematical element that multiplies the challenge. The aim is not only to complete every row, column and cube so that it contains the digits 1 to 9, but also to make sure that the outlined sections, called cages, add up to the number given in each cage. Warning: Not suitable for amateur puzzlers! Take a break, relax, and do a little puzzling. Workbook for Games, Mazes, Word Puzzle, Dot-To-Dot, Coloring, Crossword and More!, are fun and engaging, while providing your brain a little stimulation!, These Book have been selected with relaxation in mind. They provide a fun challenge without being too difficult.Why you will love this book: OVER than 100 word search puzzles, Hours of fun and entertainment to enjoy! VARIETY OF LEVELS: From levels easy to hard increasing levels of difficulty including Warm Up, Challenging and Tough. When you are done, Spiral-bound lays flat for ease of use at home or on the go. Whether your drinking your morning coffee, riding on the train or relaxing on vacation this Mazes book can go with you. test your skills on the very hard word search Puzzle, IS A GREAT GIFT: For the Activity Book lover, this books makes a great gift for any occasion! Birthday, stocking suffers, road trip or more, everyone will love it!

A collection of restful puzzles and brain-training activities, designed to relieve stress and inspire creativity. This is a compilation of various non-language-specific, visual, creative, number and logic puzzles from the bestselling Mindfulness Puzzle Book series, which has sold over 208,000 copies to date. This international edition is the fifth in this series of books by Dr Gareth Moore, which currently includes The Mindfulness Puzzle Book, The Mindfulness Puzzle Book 2, The Mindfulness Puzzle Book 3 and The Mindfulness Puzzle Book 4. There is also an ebook, Mindfulness Puzzles for Your Kindle. Puzzle-solving is a favourite relaxation technique for many, and this book features a wide range of specially selected games to provide the perfect level of challenge and reward for your brain. Feel the tension release as you focus on each achievable and fun task, and experience the endorphin-reward buzz as you successfully complete each puzzle. Stimulating your mind with each puzzle also helps unlock your brain's

Read Free The Mindfulness Puzzle Book Relaxing Puzzles To De Stress And Unwind Puzzle Books

innate creativity, just as sleep and rest can help you reach a breakthrough on pending tasks. This book will help you feel refreshed and renewed, and ready to carry on with your daily life. Puzzles include a wide selection of standard puzzle types, avoiding the stress of the new, but without the boredom of over-repetition. They also include adult versions of relaxing kids' activities, such dot-to-dot puzzles, mazes, colouring-in and spot-the-difference puzzles.

Relax and delve into a world of dot-to-dots made just for you! This adult dot-to-dot book of relaxing and mindful Yoga poses and puzzle images will put your mind at ease as you let your cares slip away and enjoy connecting all the dots! The puzzles in this book include a wide variety of yoga pose images. Our professional artists will leave you with breathtaking finished images that you can color, tear out and hang up if you like. You'll be blown away by the drawings and can try to figure each one out as they gradually appear in front of your eyes. There is an answer key at the end in case you get stuck! Each image is printed on high-quality paper and every drawing is followed by a blank sheet of paper so you never have to worry about tearing individual images out of the book. You will get: Puzzles ranging up to 560 dots A wide variety of relaxing and mindful yoga poses! Skip around and start with easier images to ease into the challenge Relaxation and stress relief Professionally created images that will amaze you when completed! Bonus images from other dot-to-dot books in our series! Answer key at the end Enjoy the puzzles and let your stress melt away!

Mixed Puzzle Book Make the perfect gift for anyone who loves Puzzle Books. this wonderful puzzle book is a great way to de-stress and forget about everyday problems. Inside you can find relaxing puzzles with solutions such as : ?Wordsearch ?Sudoku ?Crossword ?Mazes ?Coloring Pages the book contains 108 pages filled with puzzles, relaxing activities and solutions Inside, in addition to word games and puzzles, you will also find beautiful coloring pages filled with wonderful graphics, let your imagination run wild and color them as you like! Click the cover to reveal what's inside! ?Printed on high quality solid white paper. ?Beautiful designs appropriate for all ages, Scroll up and BUY NOW!

Welcome to the positive puzzle book - full of calming, mindful and relaxing puzzles featuring tips throughout on mindfulness and keeping a positive outlook. Puzzles are a great way to escape stress and relax for a short while! Within this book, there are themed puzzles which are sure to transport you to a calming place. Tips, hints and ideas on how to remain positive are dotted throughout giving you no excuse to feel anything other than relaxed when solving these puzzles. Why not take your puzzles with you on the go? They're perfect for holidays, stressful appointments and long car journeys! The book features a wide range of different puzzles, including: Positivity themed wordsearches: topics include happiness Positivity themed wordwheels: can you find the positive word in the wheel? Positivity word ladders: for instance can you move from the word GRIN to the word BEAM in just five steps? Positive wordoku puzzles: can you find the positive six-letter word in the grid, then complete the sudoku-type puzzle placing one letter in each square? Positivity hidden word puzzles ...and many more! Solutions for all puzzles are featured at the back of the book if you need a helpful hint along the way.

? New LARGE-PRINT word search puzzles ? - SPECIAL LAUNCH PRICE!! Fun! Fun! Fun! and a lot of Fun! exciting & challenging

Read Free The Mindfulness Puzzle Book Relaxing Puzzles To De Stress And Unwind Puzzle Books

word search LOTS of puzzles = HOURS of fun Incredibly Fun and Relaxing Interesting family-friendly themes throughout Perfect hand size Wonderful Gift! Everyday Mindfulness Word Search! You'll love it!

This extra, easy Brain Games book is terrific for seniors This book includes many great features and word search puzzles: 20 Scrambles 20 Trivia Questions 40 Easy Sudoku Very simple instructions and solutions All in all, Easy Relaxing brain game is the perfect activity book for adults who have dementia or Alzheimer's disease -- as well as, seniors and loved ones who simply enjoy extra, easy puzzles! Grab Yours Now!

Spring Puzzle Book Make the perfect gift for anyone who loves Puzzle Books. This wonderful puzzle book is a great way to de-stress and forget about everyday problems for a while. Inside the puzzle book are all sorts of stress relieving games to exercise the mind such as : ?Wordsearch ?Sudoku ?Crosswords ?Mazes ?Coloring Pages ?Solutions the book contains 108 pages filled with puzzles, relaxing activities and solutions Inside, in addition to word games and puzzles, you will also find beautiful coloring pages filled with wonderful graphics, let your imagination run wild and color them as you like! Click the cover to reveal what's inside! ?Printed on high quality solid white paper. ?Beautiful designs appropriate for all ages, ?Perfect size 7x10 inches Scroll up and BUY NOW!

600 Large Print Beginner Sudoku Puzzles for Halloween! Enjoy Halloween this year by giving a wonderful gift with a beginner Sudoku book with large print. This book of large print Beginner Sudoku puzzles is a way to keep the mind active. The puzzles are very easy and are not for experienced Sudoku solvers. It's a great way to learn Sudoku for beginners. This great book contains 600 fun and easy Sudoku puzzles that are perfect for beginners who want to learn how to keep their mind active. Check the sample puzzle on the back cover to examine the beginner level. Sudoku can be very relaxing. You get a real sense of satisfaction from having figured out the puzzles. It can keep your mind sharp by stretching your brain with puzzles. Packed with puzzles in an 8.5 x 11-inch book. 6 puzzles per page with a font size of 20pt. This is a great gift for any loved one who is cooped up at home in isolation and needs stimulation. This book will certainly lift the spirits. Buy this book for a loved one this Halloween and show that you care with this thoughtful gift.

600 Large Print Beginner Sudoku Puzzles for Thanksgiving! Enjoy Thanksgiving this year by giving a wonderful gift with a beginner sudoku book with large print. This book of large print Beginner Sudoku puzzles is a way to keep the mind active. The puzzles are very easy and are not for experienced Sudoku solvers. It's a great way to learn Sudoku for beginners. This great book contains 600 fun and easy Sudoku puzzles that are perfect for beginners who want to learn how to keep their mind active. Check the sample puzzle on the back cover to examine the beginner level. Sudoku can be very relaxing. You get a real sense of satisfaction from having figured out the puzzles. It can keep your mind sharp by stretching your brain with puzzles. Packed with puzzles in an 8.5 x 11-inch book. 6 puzzles per page with a font size of 20pt. This is a great gift for any loved one who is cooped up at home in isolation or at the hospital and needs stimulation while they recover. This book will certainly lift the spirits. Buy this book for a loved one this Thanksgiving and show that you care with this thoughtful gift.

The Mindfulness Puzzle Book 4Relaxing Puzzles to De-Stress and UnwindRobinsonThe Mindfulness Puzzle Book 3Relaxing Puzzles to De-Stress and UnwindRobinson

Happy Christmas!600 Beginner Large Print Sudoku Puzzles This great book contains 600 fun and easy Sudoku puzzles that are perfect for beginners who want to learn how to keep their mind active. Check the sample puzzle on the back cover to examine the beginner level. Sudoku can be very relaxing. You get a real sense of satisfaction from having figured out the puzzles. It can keep your mind sharp by stretching your brain with puzzles. Packed with puzzles in an 8.5 x 11-inch book. 6 puzzles per page with solutions overleaf With all the solutions on the next page, the pages are easy to cut out and share with friends and family! The font size is 20pt. Big pages and big text!

the supreme word search book for adults Have you been looking for a word searches game puzzles to help you improve memory, focus, vocabulary, and overall mental acuity? find words in a word search puzzle, our brains reward us with a surge of dopamine. our Mindfulness jumbo word search books Puzzles is Designed for Adults, Seniors Elderly and Teens for the whole family. Combine education and fun! Circle a word puzzle from +10 different entertaining themes Include House, Food, animals, car, computer, gardening, geography jobs word search and a bonus Positive Thinking words hunt unique theme that inspires and motivates you. Whatever your ages adults, kids, Teens, elderly seniors ... it's a word puzzle crossword brain game finder to keep your mind occupied. Can you spot the connections and hunt these items words? +10 Different entertaining themes to find Bonus Positive Thinking words Learning Context Clues Help Develop Pattern Recognition Encourages learning in a gamified manner! Massive jumble of letters Large font format Large-print Big letters | sight word Easy to read Relaxing activity Brain-boosting Are there other wordfinder puzzle books do all of these things? Enjoy Our book It's available now! we hope you enjoy playing this hidden message, word puzzle book.

This extra, easy Word Searches book is terrific for seniors This book includes many great features and word search puzzles: 40 Easy, large-print Word Search puzzles Very simple instructions and solutions All in all, Easy Relaxing brain game is the perfect activity book for adults who have dementia or Alzheimer's disease -- as well as, seniors and loved ones who simply enjoy extra, easy puzzles! Grab Yours Now!

This extra, easy Brain Games book is terrific for seniors This book includes many great features and word search puzzles: 40 Easy, large-print Word Search puzzles 30 Mazes 40 Easy Sudoku Very simple instructions and solutions All in all, Easy Relaxing brain game is the perfect activity book for adults who have dementia or Alzheimer's disease -- as well as, seniors and loved ones who simply enjoy extra, easy puzzles! Grab Yours Now!

This extra, easy word search puzzle book is terrific for seniors . This book includes many great features and word search puzzles: Easy, large-print Word Search puzzles Easy-to-read with large print Very simple instructions and solutions All in

all, Easy Relaxing Puzzles is the perfect activity book for adults who have dementia or Alzheimer's disease -- as well as, seniors and loved ones who simply enjoy extra, easy puzzles! Grab Yours Now!

Mindfulness relaxing puzzles and coloring to unwind Colette Art therapy is a well-known Adult Coloring Books brand. This MINDFULLNESS relaxing puzzles and coloring book is ideal to unwind after a busy day or just to relax. This book have 33 high quality illustrations related to the theme. Enough to keep you occupied without getting bored, therefore this book stays interesting throughout Puzzle-solving is a favourite relaxation technique and is incorporated in this art therapy coloring book. This book features a wide range of specially selected games to provide the perfect level of challenge and furthermore it is also rewarding for your brain. Tention and stress release while you are focussing on each achievable and fun task. Through this you will experience the endorphin buzz as you successfully complete each puzzle and coloring pieces. Adult coloring is a great way to relax and destress Large 8 1/2 x 11 inch pages printed on crisp white paper Suitable for a variety of art therapy pens, colouring pens, pencils as well as crayons Printed single sided for easy removal as well as to prevent bleed-through This adult coloring book is an ideal treat to yourself or a gift. Books by COLETTE Art Therapy are of high quality and offers an escape to a world of inspiration Relax and reduce stress with this range of adult coloring books The mind gets stimulated with each puzzle also helps unlock your brain's innate creativity through the coloring pieces. This adult coloring and activities book will help you feel refreshed, rewarded and renewed. This adult coloring and activities book futures various puzzle types, avoiding the stress of the new so keep it calm and a relaxing activity to do. This book includes dot-to-dots, mazes, spot-the-difference as well as coloring pages. categories: puzzles and quizzes, crafts and hobbies, indoor games, art relaxation and therapy, adult coloring for men, adult coloring for women, activity books

Mindfulness is the basic human ability to be fully present, aware of where we are and what we're doing, and not overly reactive or overwhelmed by what's going on around us. Many people find puzzle-solving relaxing but it is also a kind of mindfulness practice. Puzzles tell you exactly where your attention needs to lie for the moment. It draws your mind into a space that's safe and contained, a space where solving the puzzle is the only thing that matters in that moment. Our Mindful Puzzle Book features 104 Assorted Puzzles to help you focus and reduce anxiety. Each page features an inspiring mindfulness quote. 16 x Arrowwords Puzzles 18 x Kriss Kross Puzzles (with Mindfulness Themed Words) 18 x Crosswords 16 x Sudoku Puzzles (Easy to Hard) 18 x Nonogram Puzzles (also known as Hanjie, Griddlers, Picross) 18 x Word Search - (with Mindfulness Themed Words) This is the UK English Spelling version. Additional Features: Suitable for all Levels Beginner to Expert Detailed instructions on how to solve the puzzles Perfectly Sized - 7" x 10" Solutions Can be Found at the Back of the Book Premium Matte Color Cover Puzzle King Publishing: Puzzle Books for Everyone!

Puzzle-solving is a favorite relaxation technique for many, and this book features a wide range of specially selected games to provide the perfect level of challenge and reward for your brain. Feel the tension release as you focus on each achievable and fun task, and experience the endorphin reward buzz as you successfully complete each puzzle.

Stimulating your mind with each puzzle also helps unlock your brain's innate creativity, just as sleep and rest can help you reach a breakthrough on pending tasks. This book will help you feel refreshed and renewed, and ready to carry on with your daily life. Puzzles include a wide selection of standard puzzle types, avoiding the stress of the new, but without the boredom of over-repetition. They also include adult versions of relaxing kids' activities, such as dot-to-dots, mazes and even coloring and spot-the-difference puzzles.

A new collection of over 160 relaxing puzzles to help you de-stress and unwind Bestselling puzzle master Dr Gareth Moore has created a wide range of specially crafted puzzles to provide the perfect level of challenge and reward for your brain, helping you both to relax and release your natural creativity. If you enjoyed the first two books in this series, you'll love this new compilation, which includes all of your favourite puzzle types from the previous books plus some new challenges too. The aim remains the same: feel the tension release as you focus on each achievable and fun task, and experience the rewarding buzz of endorphins as you successfully complete each puzzle. With a mix of both classic and modern puzzle types, this collection includes everything from gentle word puzzles right through to relaxing dot-to-dots, and is sure to contain something for everyone.

Dot To Dot Mindfulness Mandalas Beautiful Anti-Stress Patterns To Complete & Colour Use the calming and meditative nature of mandalas to relax and unwind as you complete the dots in these beautiful dot-to-dot patterns. The intricate designs will help put your mind at ease as you reveal the mandalas and each, once completed, can also be coloured in if you wish. With over 10,000 dots to join this is a perfect way to de-stress and take some relaxing time for yourself.

Christina Rose is the creator of a number of best-selling anti-stress colouring and dot-to-dot books for all ages. Visit her Amazon author page for more info. "You may also enjoy: " "Anti-Stress Dot To Dot: Relaxing & Inspirational Adult Dot To Dot Colouring Book Cute Cats Dot To Dot: Adorable Anti-Stress Images and Scenes to Complete and Colour"

1500 easy to hard SUDOKU PUZZLE LEVEL MADE FOR ADVANCED PLAYER. MADE TO BE THE SIMPLE POSSIBLE A LOT OF PUZZLES TO COMPLETE NEARLY 1500 6 sudoku per page. 6" * 9" inches dimensions. CHECK YOUR ANSWERS IN THE LAST PAGES THIS BOOK COULD ALSO BE A GOOD GIFT FOR A LOVED ONE WHO APPRECIATES HEADACHE-CAUSING SUDOKU

??SUDOKU BOOK?? It's time to give your mental muscles a real workout! Stuffed full of clever and cunning challenges, this collection of logic puzzles for adults is perfect for puzzlers looking to prove (and improve) their skill. Featuring a

variety of puzzle types?including Sudoku, Masyu, Logic Grids, and Nonograms?these easy-to-understand (but tough-to-solve) puzzles will help keep your mind sharp as you remain engaged and entertained for days to come. Brainpower on! We love our puzzles and we know you will too! Get one for yourself, or as a gift! Enjoy!

Tune into a moment of mindfulness with over 300 pencil-ready puzzles. Paper, Pencil and You: Mindfulness presents over 300 puzzles designed to encourage mindfulness in a busy, stressed-out world. From simple word searches and labyrinths to challenging logic problems and visual conundrums, each puzzle helps to keep the brain sharp, while providing a mindful moment free from distractions and worries. The puzzles in this book encourage you to develop mindfulness skills to help relieve the stresses of modern-day living. Each one is designed to channel your mind away from distractions and to focus on the here and now. Work your way through puzzles that include drawing fences, finding hidden words, matching shadows and linking shapes to improve your awareness, instinct and creativity. So, sharpen that pencil, turn over the page and tap into mindfulness.

[Copyright: d3a1980192ebf812a6041ab618594ce9](#)