

1. Record Nr.	UNINA9910136588703321
Autore	Wallis Emily
Titolo	Calming Dot to Dot : Intricate, Stunning, Stress-Relieving Patterns for Adults
Pubbl/distr/stampa	La Vergne : , : Ulysses Press, , 2016 ©2016
Edizione	[1st ed.]
Descrizione fisica	1 online resource (11 pages)
Soggetti	Connect-the-dots puzzles Relaxation
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di contenuto	Intro -- Title Page -- Copyright -- Contents -- Calming Dot to Dot -- Acknowledgments -- About the Illustrator.
Sommario/riassunto	ATTAIN FOCUS, CLARITY AND PEACE BY CAREFULLY PROCEEDING FROM DOT TO DOT THROUGH THESE INTRICATE PATTERNS As you progress from one numbered dot to the next, you clear your mind of other thoughts, much like you would during a meditation exercise. Packed with artistic, hand-drawn patterns, Calming Dot to Dot offers an enjoyable way to achieve a state of mindfulness and reduce stress. Featuring detailed illustrations of: * Animals * People * Nature * Buildings.