

## Self-care Colouring And Activity Book

by

Self-care Colouring And Activity Book

Boost Self-Awareness and Supercharge Your Confidence (and Have Fun Too)

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Colour, question and reflect with hundreds of specially designed self-care activities.

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**ISBN:** 9781922944733  
**Book Format:** Paperback  
**Book Collection:** Adult Colouring And Activity Book  
**Pages:** 192  
**Dimensions:** H 240mm x W 190mm x D 20mm  
**Weight:** 734g

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