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Sato Murakami

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Over 120+ Asian inspired de-stress designs and templates, with influence from Japan and China cultural heritage. In this book, you'll learn why coloring books have medical effects and how to: -step away from noise and the neck-breaking speed of the world around you -recharge your overstressed mind and body -deal with nagging, negative emotions -utilize some of the most effective stress-reducing habits -and achieve a lot despite not being part of the overworked crowd

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