



Color Me Thin - Mindful Weight Loss: Adult Coloring Book (Color Me ? 1)

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Color Me Thin - The newest and latest concept for developing "Mindfulness" An Adult Coloring Book - Reduces stress associated with losing weigh Use cognitive skills and none-judgemental thoughts as you "color yourself thin" Mindfulness is the action of experiencing the moment. It's also the action responsible for success for millions of people. Mindfulness is living in the moment, none religious, meditative action of coloring.

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Mary Barnett:

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Carl Vang:

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