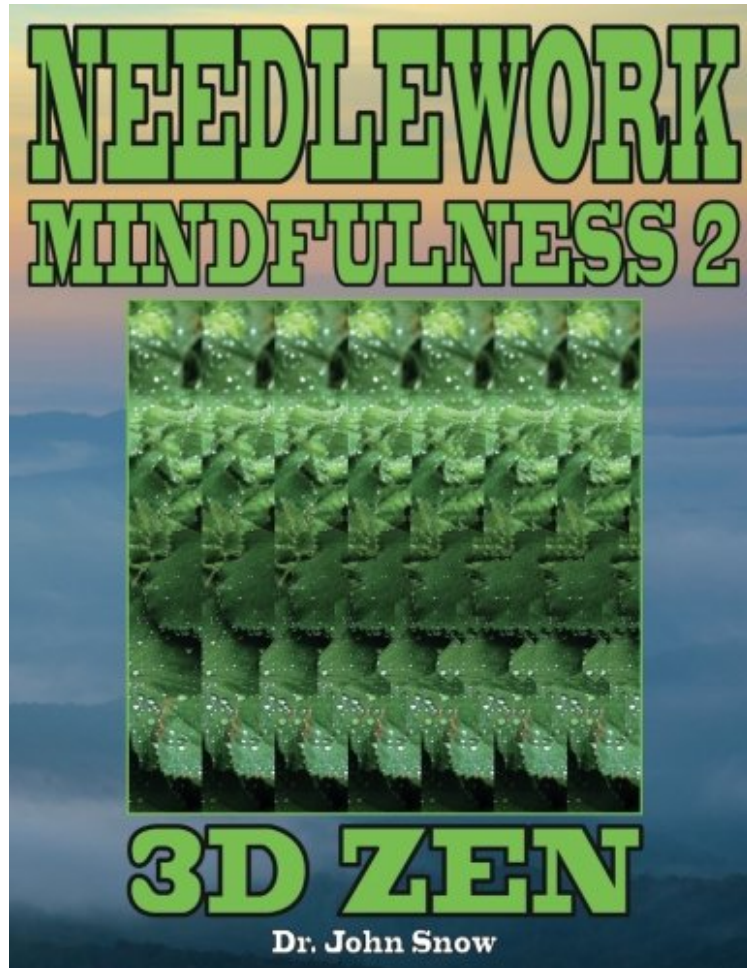


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Needlework Mindfulness 2: 3D Zen (Volume 2)

Dr. John Snow

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Inspiring 3D mindfulness symbols hidden within perfect nature. Focus on and beyond Needlework to enhance meaning, value and insight in your life. Enhance happiness Decrease stress and anxiety Relax enjoy your life more Boost your inner peace Be more content present Focus your mind Connect with others better Improve your memory Improve your effectiveness Find contentment and joy Sleep better Increase cognitive flexibility Gain self-compassion Advance your quality of life Value your skills Improve your magic eyes and miraculous mind Helps yoga, relaxation meditation

About the Author Dr. Snow is a mindfulness expert and loves 3D.