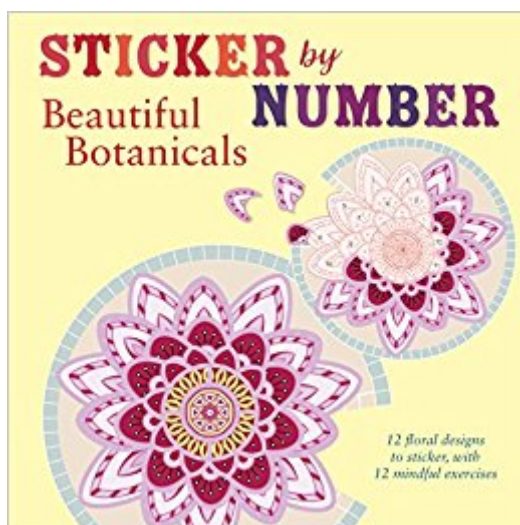


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Sticker By Number: Beautiful Botanicals: 12 Floral Designs To Sticker, With 12 Mindful Exercises



Synopsis

Sticker by Number: Beautiful Botanicals is a creative and meditative experience. Like an old-fashioned paint by number, the designs in the book can be gradually filled in using the included stickers, transforming the delicate line drawings into ornate, full-color masterpieces. The process is at once artistic and calmingâthe perfect way to exercise your creativity and create a moment of peace in a busy day. The book features 12 different floral designsâfrom a brilliant tropical flowers to soft cherry blossomsâall of which are paired with mindful meditation exercises related to the flower. For instance, as you piece together the Lotus design you will be guided to meditate on calmness and focus, while the Sunflower illustration will prompt reflection on happiness and personal growth. With beautiful illustrations and insightful text, Sticker by Number: Beautiful Botanicals will help readers step outside of lifeâs frantic rush, unlock their creativity, and discover a sense of tranquility.

Book Information

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Customer Reviews

SHANE MADDEN is an award-winning illustrator, cover artist, and technical illustrator. He has worked on more than 200 published covers for books, magazine, and games, including the New York Times bestseller White Hot Kiss. He loves taking on challenges and creating innovative artwork that engages people in new ways. Shane lives in Toronto, Canada, with his family.

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