



Symmetrical Bliss Coloring Book: Relaxing Designs for Calming, Stress and Meditation: For Adults and Teens

Bella Stitt

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Best selling author Bella Stitt is a certified cognitive therapist who works with clients struggling with depression, anxiety and many issues related to self esteem and self worth. She has developed this book as a coping tool to release negative feelings, thoughts or stress for those wanting an outlet or an activity to take the edge off and have a little fun. The book contains 30 enchanting illustrations featuring flower and leaf patterns combined in symmetrical flowing images that bring relaxation and meditation. To get coloring ideas please visit www.bellastitt.com where all book covers are original drawings colored by Bella.

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