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~~Dot To Dot Mindfulness Mandalas: Relaxing, Anti-Stress Dot ...~~

The books are Dot to Dot Animals Relaxing Puzzles (Dot to Dot Books For Adults) (Volume 4) and Dot to Dot Animals Stress Relieving Puzzles (Dot to Dot Books For Adults) (Volume 5). There is also a page with a link to download the pages and print them to connect the dots again.

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Ultimate Pets Dot-To-Dot. A wonderfully relaxing and enjoyable collection of artwork for animal lovers to connect & colour . Featuring 30 intricately detailed and stunning images, this collection of ultimate pet dot-to-dots has over 15,000 dots for you to bring to life.

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to connect dots in increasing numerical order, from dot 1 to dot 2, then dot 3, and so on. Keep going until you reach the next hollow dot. At this point, lift your pen from the paper, move to the next dot □ which will also be hollow □ and then continue joining dots.

~~Relaxing dot to dot puzzles - The Improvement Zone~~

Buy Mum's Book of Relaxing Dot-to-dots from Amazon (UK) for £3.95. Buy Mum's Book of Relaxing Dot-to-dots from Amazon (US) for \$6.75. If you're based in Europe but outside the UK, then this book is also available on the version of Amazon in your country.

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~~Relaxing dot to dot puzzle book for adults: Animals & Nature~~

Relaxing Dot-To-Dot For Adults: Over 30 challenging and calming stress-relieving puzzles Description
Paperback: 68 pages Publisher: CreateSpace Independent Publishing Platform; Act edition (6 May 2016) Language: English ISBN-10: 1533132666 ISBN-13: 66 Product Dimensions: 21.6 x 0.4 x 27.9 cm #143 in Puzzles & Quizzes #115 in Spiritual Meditation

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Welcome to our collection of hand-made dot-to-dot puzzles, containing over 15,000 dots for you to connect! The rules are simple: starting at number 1, draw a line to dot 2, then 3 and so on. In addition, these extra-challenging puzzles also contain some hollow dots. When you reach a hollow/white dot, this indicates that the current line stops.

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A Relaxing & Inspirational Dot-To-Dot Colouring Book. Relax and unwind as you gradually join the dots to reveal striking scenes of beautiful butterflies & flowers which, once completed, can also be coloured in if you wish. With over 10,000 dots this is a wonderful way to reconnect with the beauty of nature and take some relaxing time for yourself. You may also enjoy: Dot to Dot Love You Mum

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Title: Relaxing Dot-To-Dot For Adults Catalogue Number: 9781533132666 Barcode: 9781533132666 Format: BOOK Condition: New SKU: 9781533132666. Missing Information? Please contact us if any details are missing and where possible we will add the information to our listing.

It's time to be driven dotty, but in a good way! Welcome to our collection of hand-made dot-to-dot puzzles, containing over 15,000 dots for you to connect! The rules are simple: starting at number 1, draw a line to dot 2, then 3 and so on. In addition, these extra-challenging puzzles also contain some hollow dots. When you reach a hollow/white dot, this indicates that the current line stops. You should then look for the next dot which will also be hollow and draw a new line starting there. Full instructions and an example of this are featured inside the book. Once you've reached the end dot, you've finished the puzzle! All puzzles have a minimum of 400 dots, right up to over 1,000. However, even with that many dots on a page, we've worked hard to ensure we are consistent with the position of every single dot in this book from start to finish: the dot is always positioned to the left of each number. This removes any ambiguity that can occur from having dots in different places relative to their numbers in the same puzzle, so by checking the position of a dot relative to a number it is always possible to work out which dot goes with each number throughout the book. Our puzzles are printed on high quality paper with only one puzzle printed per two pages, so there is always a blank reverse side. Thus if you decide to colour in a puzzle once finished, pen marks going through to the other side of the page won't affect any other puzzle. We do recommend using a pencil for drawing the dots to allow for a neater line and also any corrections that may need to be made. That's all there is to it! Delve in to this collection of relaxing and satisfying puzzles and take a trip back to those carefree moments as a child. Creating beautiful artwork along the way, we are sure that you will enjoy completing all 31 puzzles and being driven dotty for dots!

Dot to Dot book for adults volume 2 Relax, Unwind and Enjoy our Anti-Stress Join the Dots Book Increase your mindfulness as you complete these fun and challenging dot-to-dot puzzles Relax and unwind with this fun therapeutic dot to dot book for adults. Our mindful dot to dot for adults is a

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wonderful activity calming the mind and reducing stress levels. Our Dot 2 Dot book has a variety of fun and challenging join the dots pictures for you to enjoy. Lose yourself in this simple calming task, feel your anxieties melt away as you relax and de-stress.

Relax and delve into a world of dot-to-dots made just for you! This adult dot-to-dot book of relaxing seaside images will put your mind at ease as you let your cares slip away and enjoy connecting simple and manageable numbers of dots! The puzzles in this book include a wide variety of romantic images in and around the ocean! Our professional artists will leave you with breathtaking finished images that you can color, tear out and hang up if you like. You'll be blown away by the drawings and can try to figure each one out as they gradually appear in front of your eyes. There is an answer key at the end in case you get stuck! Each image is printed on high-quality paper and every drawing is followed by a blank sheet of paper so you never have to worry about tearing individual images out of the book. You will get: Puzzles ranging from 150 to 448 dots Ocean images including lounging on the shore, going surfing, watching the sun on the water, and many more! Skip around and work up to the extreme number of dots to challenge yourself Relaxation and stress relief Professionally created images that will amaze you when completed! Bonus images from our other dot-to-dot books! Answer key at the end Enjoy the puzzles and let your stress melt away!

Relax and delve into a world of dot-to-dots made just for you! This adult dot-to-dot book of a variety of large print and relaxing images will put your mind at ease as you let your cares slip away and enjoy connecting a simple numbers of dots! The puzzles in this book include a wide variety of beautiful images. Our professional artists will leave you with breathtaking finished images that you can color, tear out and hang up if you like. You'll be blown away by the drawings and can try to figure each one out as they gradually appear in front of your eyes. There is an answer key at the end in case you get stuck! Each image is printed on high-quality paper and every drawing is followed by a blank sheet of paper so you never have to worry about tearing individual images out of the book. You will get: Puzzles ranging up to 650 dots A wide variety of large print, easy to read beautiful landscape images Skip around and start with easier images to ease into the challenge Relaxation and stress relief Professionally created images that will amaze you when completed! Bonus images from other dot-to-dot books in our series! Answer key at the end Enjoy the puzzles and let your stress melt away!

Anti Stress Dot To Dot A Relaxing & Inspirational Dot-To-Dot Colouring Book Over 30 challenging, dot-to-dot illustrations for all ages. Relax and de-stress as you gradually join the dots to reveal striking pictures and scenes which once completed can also be coloured in if you wish. With over 20,000 dots to join this is a perfect way to unwind and take some calming, relaxing time for yourself. Christina Rose is the creator of a number of best-selling anti-stress colouring books. Visit www.bellmackenzie.com for more info.

Relieve your stress with dot to dot books for adults! This extreme dot to dot animal book will help you unwind at the end of the day. You'll never get bored with the wide range of animals included in this book. Guess what it is as the image takes shape! The puzzles range from 200-500 dots. This book also has bonus pages from our other great dot to dot books, and a download page at the end where you can print out the pages of the book and connect the dots as many times as you would like for free! Beautiful Animal Images Skillfully constructed puzzles Stress Relief: Relax & Enjoy! Variety: Puzzles from 200-500 dots Bonus Pages

ATTAIN FOCUS, CLARITY AND PEACE BY CAREFULLY PROCEEDING FROM DOT TO DOT THROUGH THESE INTRICATE PATTERNS As you progress from one numbered dot to the next, you clear your mind of other thoughts, much like you would during a meditation exercise. Packed with artistic, hand-drawn patterns, Calming Dot to Dot offers an enjoyable way to achieve a state of

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mindfulness and reduce stress. Featuring detailed illustrations of: □ Animals □ People □ Nature □ Buildings

This book contains all the puzzles from two of our popular books combined: Dot to Dot Animals Stress Relieving Puzzles & Dot to Dot Animals Relaxing Puzzles, for much less than the cost of buying them separately. Enjoy! Relieve your stress with dot to dot books for adults! This extreme dot to dot book will help you unwind at the end of the day. You'll never get bored with the wide range of animals to discover. Guess the animal as the image takes shape! The puzzles range from 200 - 500 dots. This book also has a download page at the end where you can print out the pages of the book and connect the dots as many times as you would like for free! Skillfully constructed puzzles Stress Relief: Relax & Enjoy! Variety: Puzzles from 200 - 500 dots See how many you recognize! Answer Key at the end Puzzles go in order of least to most complicated, so you can choose how complicated of a puzzle you would like to do and improve as you go along.

Extreme Dot-to-Dot For Adults. This Easy to Read Dot-To-Dot Book for men, women and even youths is great for someone who just likes to relax connecting the dot-to-dots. Every Easy Dot-To-Dot picture is printed on its own 8.5 x 11 inch page. Make one of the best decisions this year and get your copy of this great Extreme Dot-to-Dot For Adults while you still can.

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