

The book cover features a vibrant purple background adorned with intricate, hand-drawn floral and paisley patterns in yellow, orange, and blue. The design is symmetrical, with large, swirling paisley motifs framing the central text. Smaller floral elements, including stylized flowers and leaves, are scattered throughout the border. The overall aesthetic is artistic and soothing, reflecting the theme of mindfulness and art therapy.

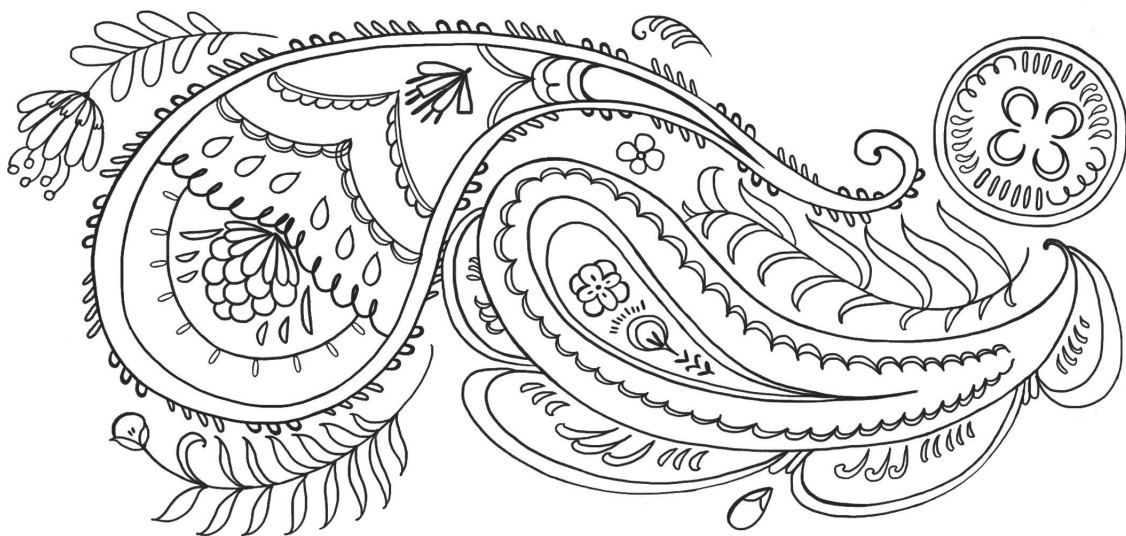
A ARTE DO MINDFULNESS

CONQUISTE O BEM-ESTAR  
COM A ARTE-TERAPIA

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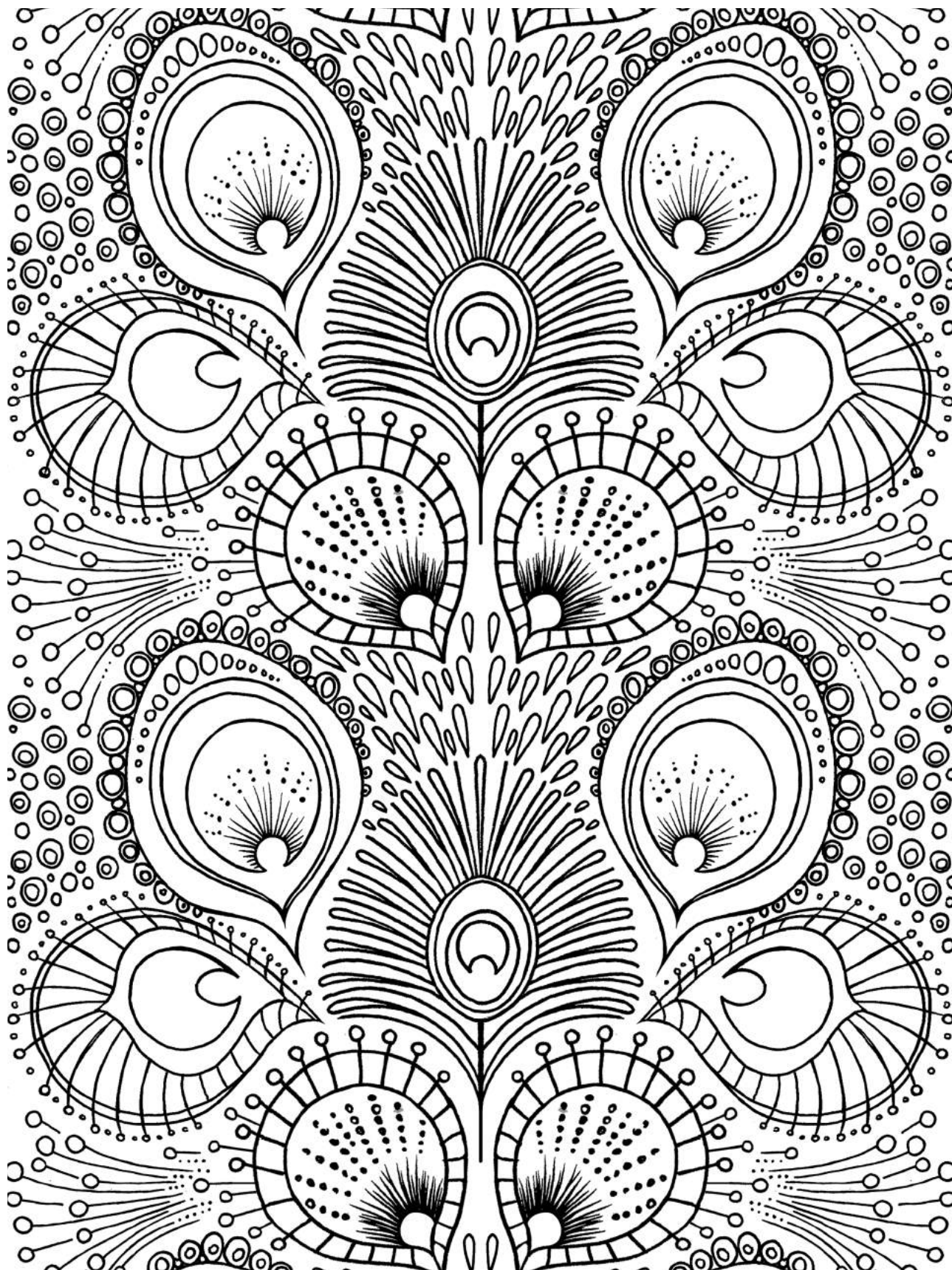
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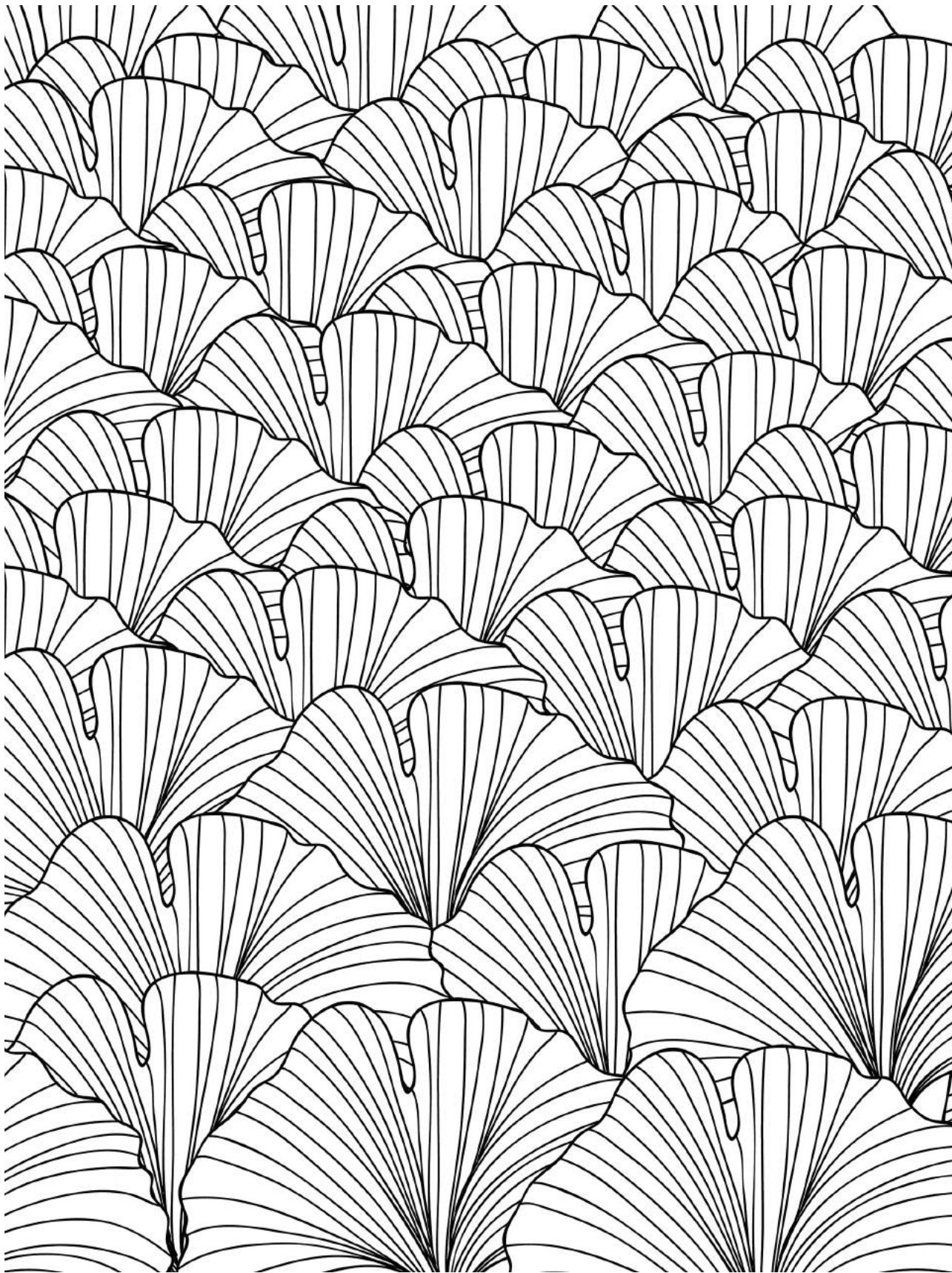
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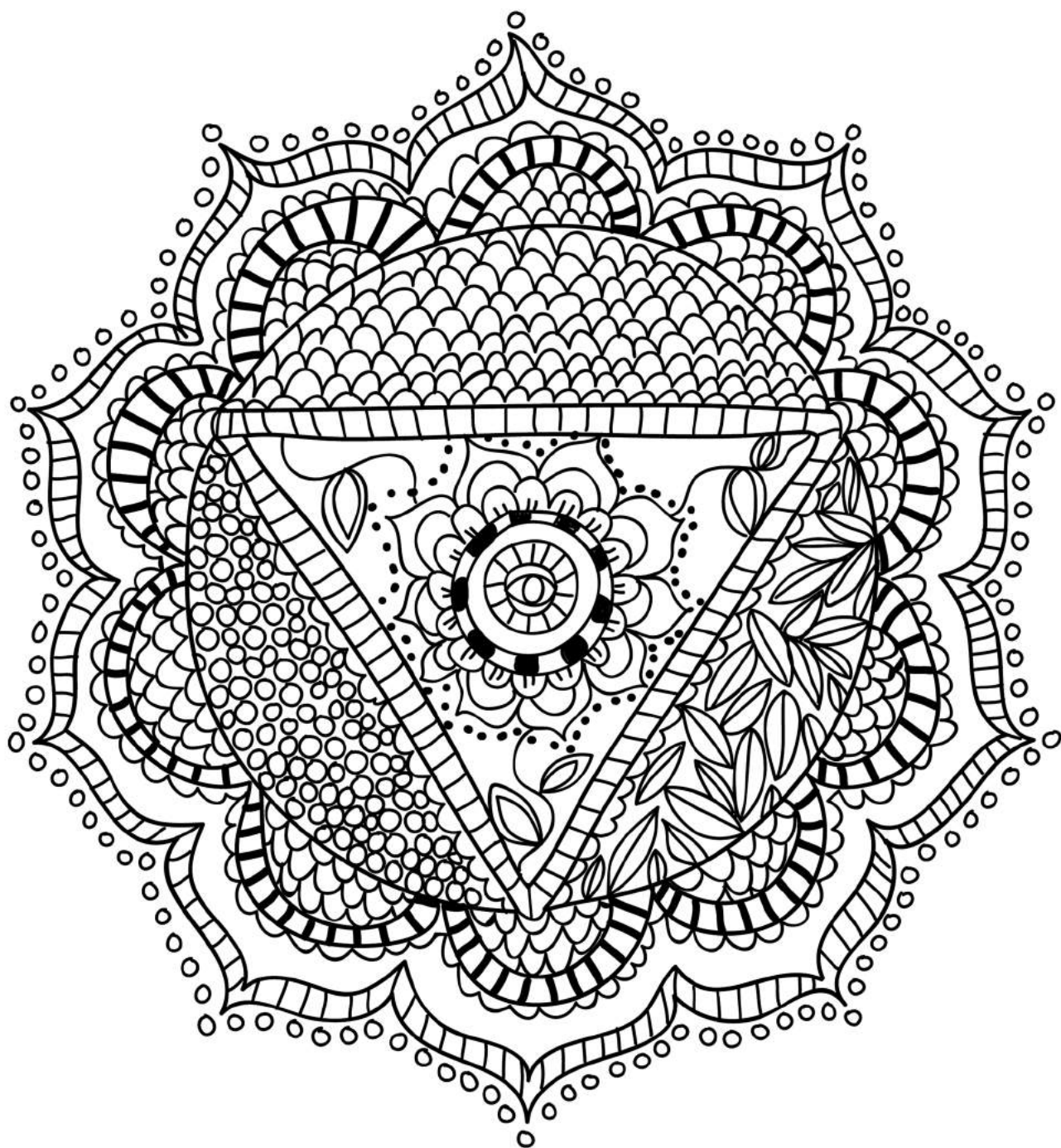


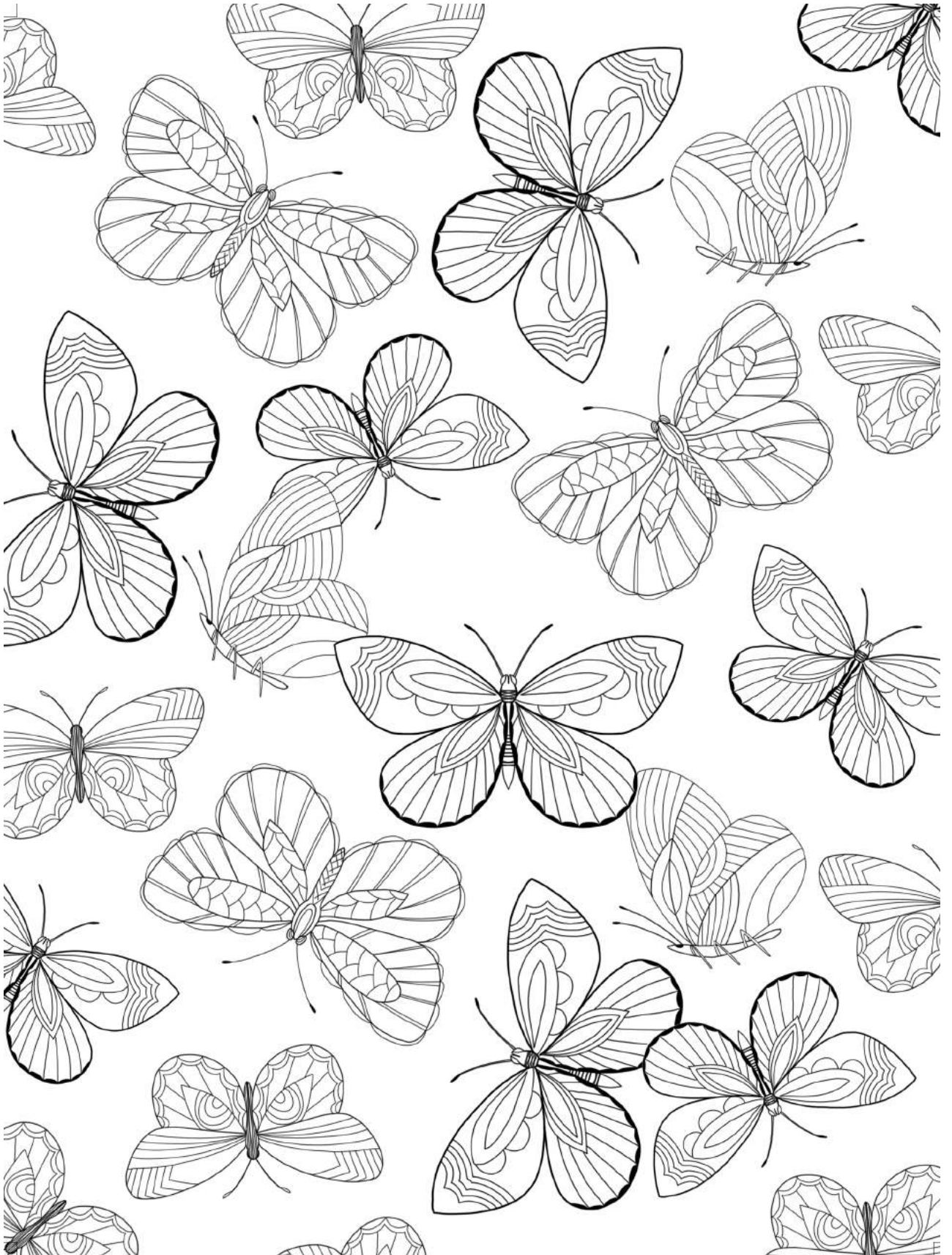

















Reencontre-se consigo próprio.  
Limpe a sua mente, desfaça-se das preocupações e  
alcance o bem-estar colorindo os maravilhosos desenhos  
e padrões deste livro. **A Arte do Mindfulness: Conquiste  
o Bem-Estar com a Arte-terapia** irá ajudá-lo  
a desfrutar de uma atividade verdadeiramente  
relaxante e criativa enquanto cria algo  
de uma beleza única.

  
o curso da sua vida

20|20 editora

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Arte-terapia