

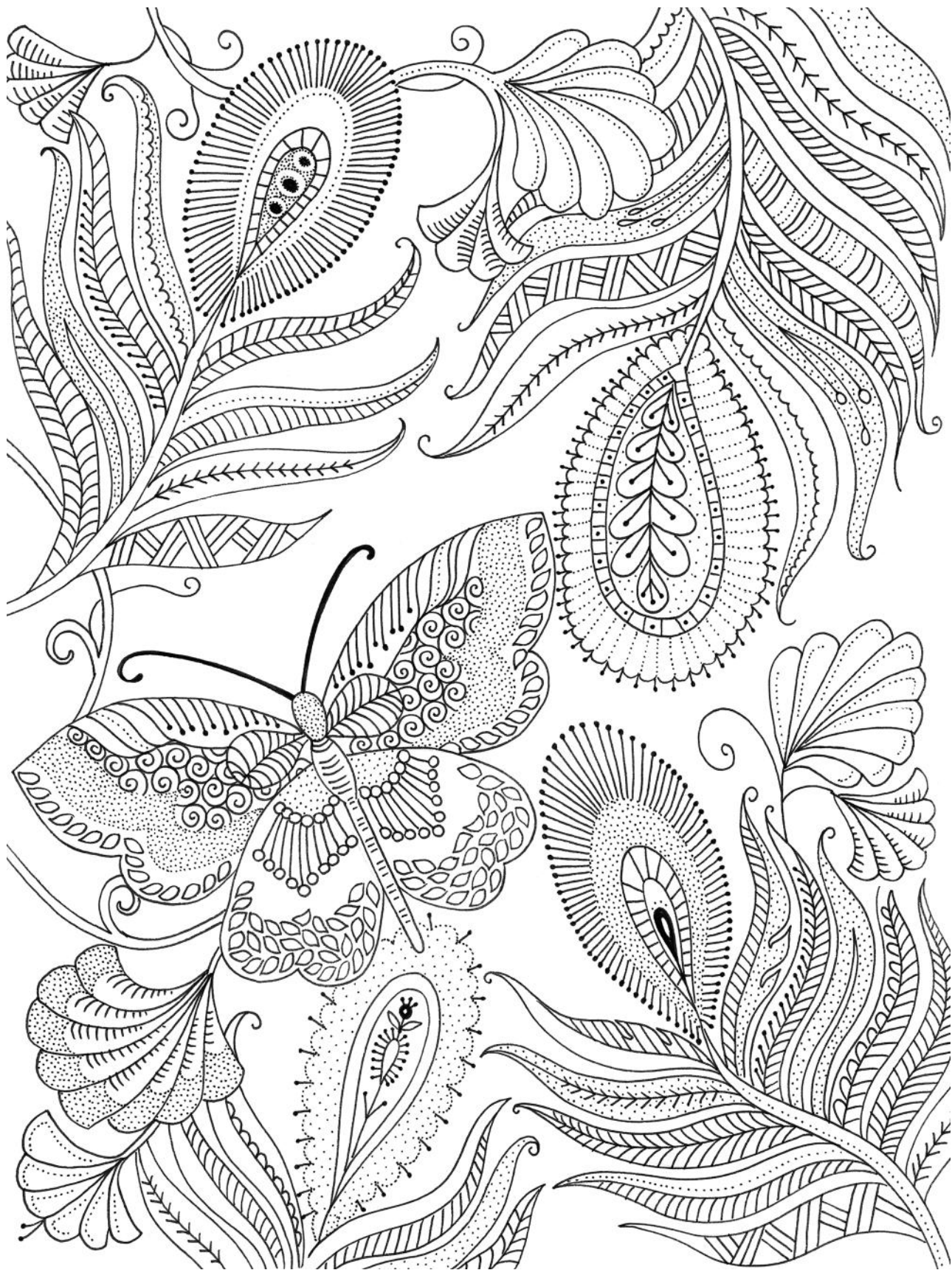
The background is a solid light purple color, decorated with numerous colorful seashells. The shells are drawn in a stylized, hand-drawn manner with various patterns and colors including green, orange, blue, and purple. They are scattered across the entire page, some showing the exterior, some the interior, and some in cross-section.

A ARTE DO MINDFULNESS



INSPIRE-SE COM  
A ARTE-TERAPIA

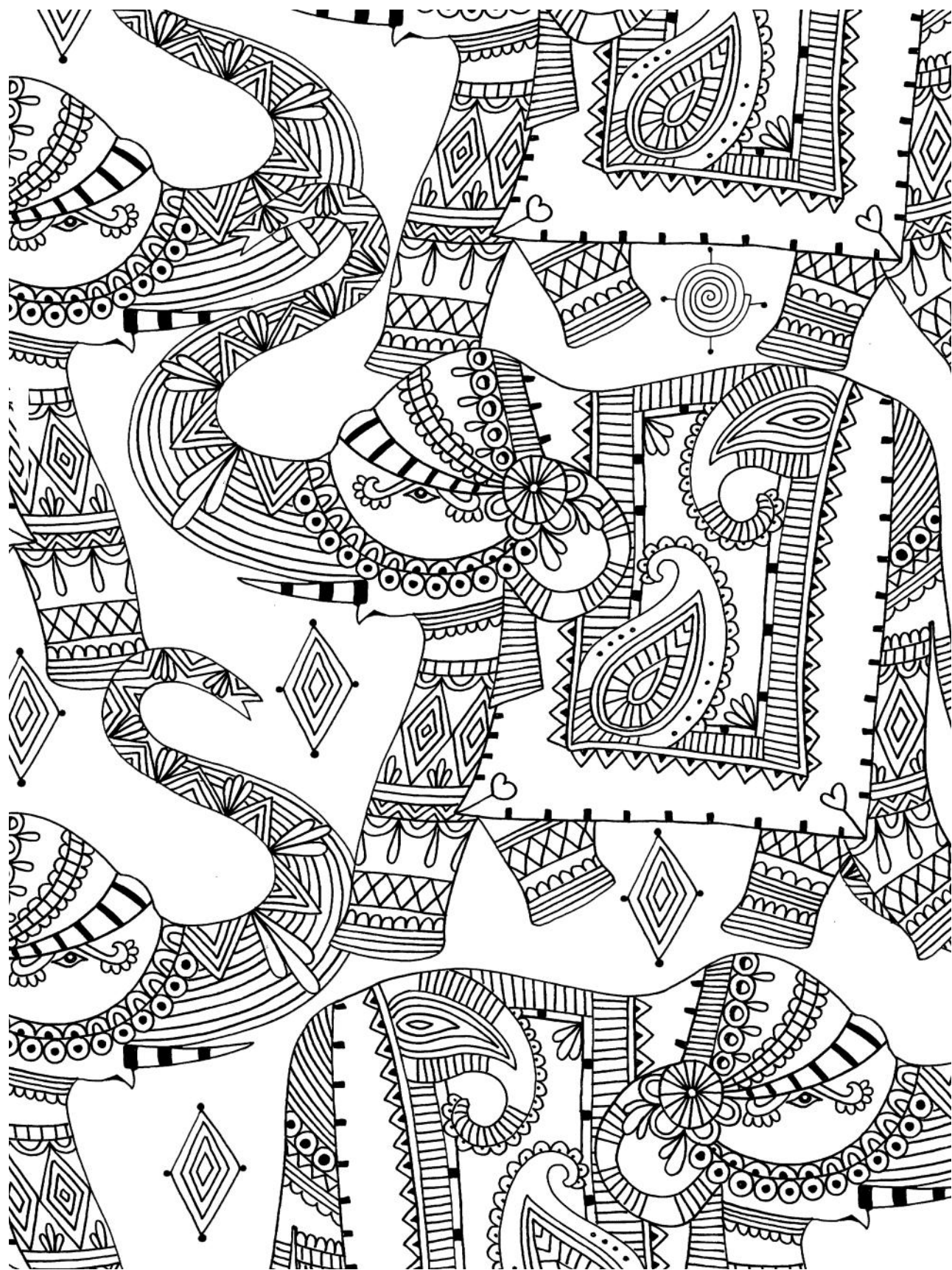




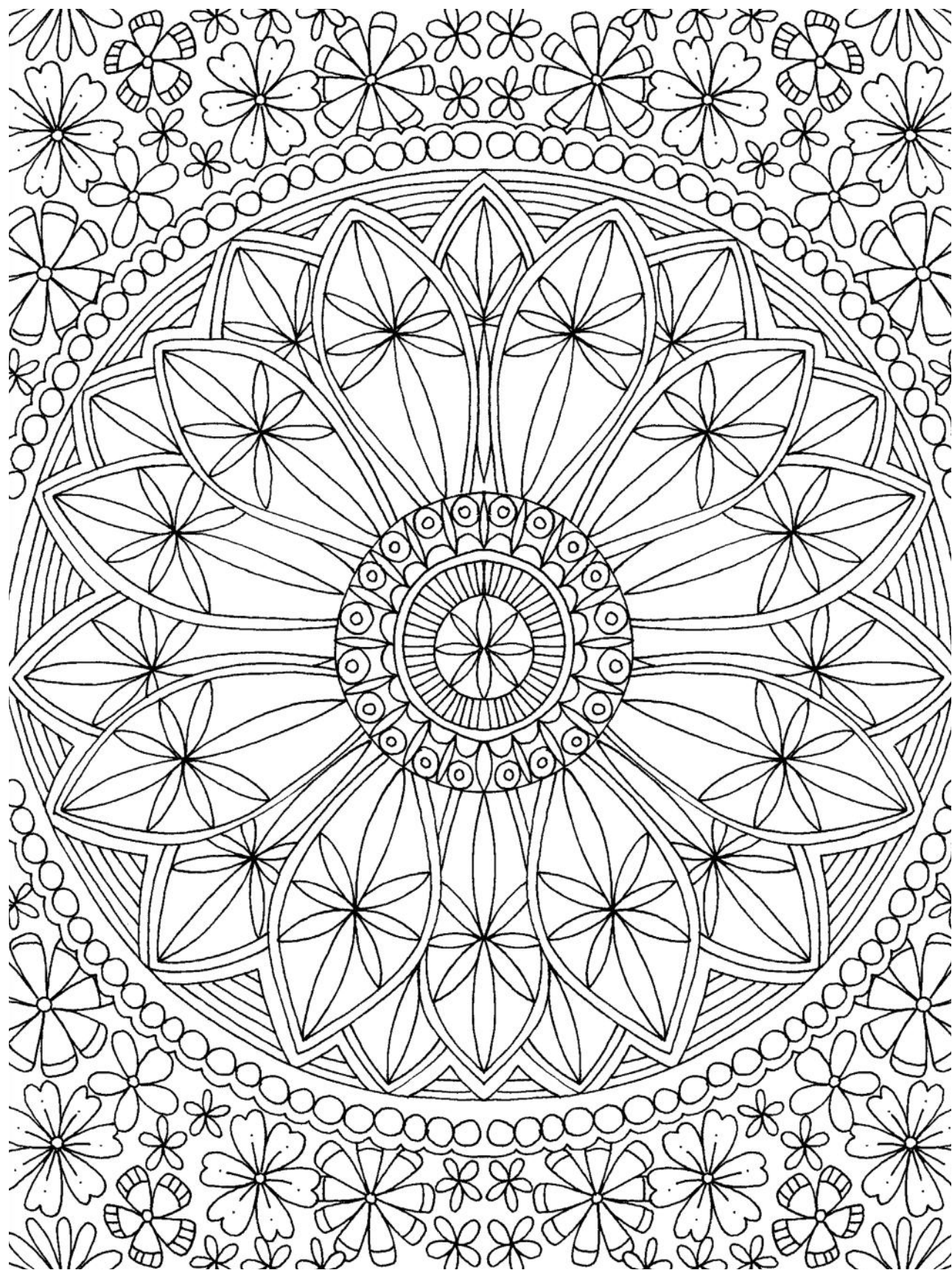

















Todos precisamos de distrações no dia a dia e a prática de *mindfulness* é uma excelente forma de limpar a mente e, ao mesmo tempo, repensar a vida. *Inspire-se com a Arte-Terapia*, beneficie da vertente terapêutica deste livro enquanto pinta estas deslumbrantes figuras, e aproveite a oportunidade para criar arte verdadeiramente original.

  
o curso da sua vida

20|20 editora

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Arte-terapia