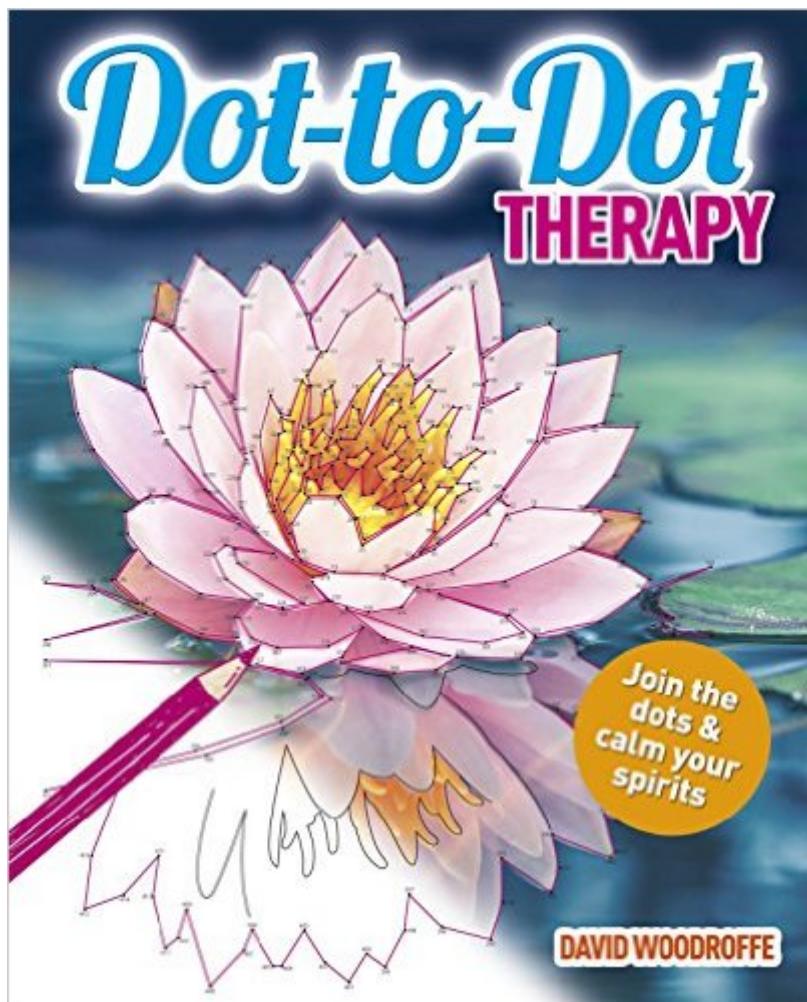


The book was found

Dot-to-Dot Therapy



Synopsis

Joining a series of dots to create a finished picture can be wonderfully therapeutic as well as rewarding. The artworks in this compilation have been selected for their uplifting, relaxing properties. You will feel your anxieties melt away as you complete each of these specially commissioned pictures. Once you have revealed the images, you might decide to color them too, further enhancing your sense of achievement. A book with truly beneficial properties. A simple, rewarding way to de-stress and forget about your worries. Cheaper and more rewarding than orthodox well-being therapies. More than 120 beautiful images to brighten up your day.

Book Information

Paperback: 128 pages

Publisher: Arcturus Publishing Limited; Csm edition (April 15, 2016)

Language: English

ISBN-10: 1785991000

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Product Dimensions: 8.8 x 0.4 x 10.9 inches

Shipping Weight: 15.5 ounces (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 starsÂ See all reviewsÂ (12 customer reviews)

Best Sellers Rank: #27,866 in Books (See Top 100 in Books) #67 inÂ Books > Humor & Entertainment > Puzzles & Games > Puzzles

Customer Reviews

I LOVE this book!!!! I always loved dot to dot but as I got older the dot to dots didn't get harder UNTIL now :) These are so much fun to do and I like that it is easy-moderate. I do feel as if I had a good therapy session when I stop for the day, but that could have more to do with me talking to the pictures the entire time. Instead of therapy how about relaxing :) It is very relaxing and enjoyable to spend some time doing these :) I really hope you try it and enjoy it as much as I do :)

I ended up having to use a magnifying glass to locate some of the numbers. They are faintly printed and difficult to see. The pictures are beautiful though and well worth the extra time it takes to do. I find them very relaxing.

This book was delivered on time, packaged well and a very nice book. I gave it 4 stars only because I cant read the numbers! I have to use a magnifying glass to find the next number. I have no idea

what anyone could do to make this better, if you make the numbers bigger, you would have to make the book bigger! LOL But all in all, a nice book

I REALLY DID LIKE THIS ONE MORE SOME OF HIS OTHER ONES I HOPE MAKE MORE THAT SAY THERAPY. I HAVE A DEPRESSION AND ANXIETY DISORDER AND IT IS VER CALMING. MAKE MORE DAVID

A great dot to dot book that lets one unwind with ease.

Giving as a gift to my 87 year old mom.

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