



Calming Dot to Dot: Intricate, Stunning, Stress-Relieving Patterns for Adults

Emily Wallis

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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 mindfulness and reduce stress.

Featuring detailed illustrations of:

- **Animals**
- **People**
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- **Buildings**

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