

## Sights of Canada; The Canadian Rockies (Paperback)

Filesize: 9.51 MB

### Reviews

The ebook is easy in read through preferable to understand. It is actually writter in straightforward words and never hard to understand. I realized this publication from my dad and i encouraged this ebook to understand. (Dr. Fausto Jenkins Sr.)

#### SIGHTS OF CANADA; THE CANADIAN ROCKIES (PAPERBACK)



Colourful Travels Inc., 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. SIGHTS OF CANADA COLOURING TRAVEL, JOURNAL, ACTIVITY BOOKS With the proven benefits of art therapy, adult colouring has become a popular way for all ages to reduce anxiety, stress, depression, anger and to many, colouring is similar to meditation. Colouring and the focus of choosing colours and recognizing shapes engages the logic (left) side of the brain as well as the creative (right) side of the brain. This increases overall brain activity and encourages development of new pathways in brain communication. Rather than follow the trend of recent adult colouring books, author Barbara Janman wanted to create an escape that would be educational, stimulating and allow the reader to connect with their national surroundings. The result is Sights of Canada series of 6 colouring books which are entertaining, educational and allows the reader to be creative in their downtime. Currently 4 of the 6 activity books have been published with The Prairies scheduled to be published and released in the Fall of 2017. The author s mission was to create more than just colouring books; she hopes to provide the encouragement for everyone to visit Canada and to enjoy our beautiful, bountiful, resourceful country. She also provides the opportunity for readers who cannot travel the country to have a staycation and learn more about Canada from the comfort of their own home. We have found after many book signings, markets and home educator conventions that the Sights of Canada series fits for ages 6 to 96 from all walks of life and, the activities and colouring have been well accepted in an educational capacity. People say these books are useful in education, get-togethers for dinner, family time and just for relaxing or...

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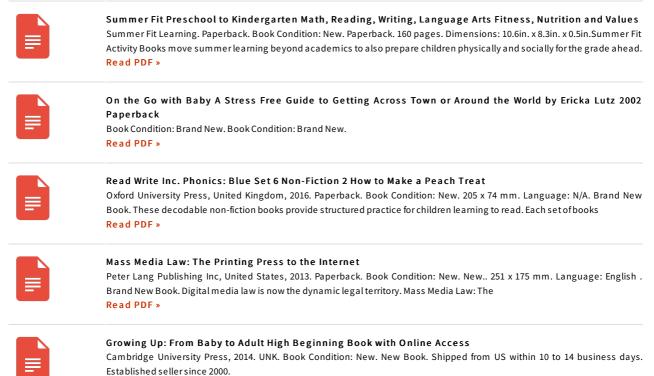
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