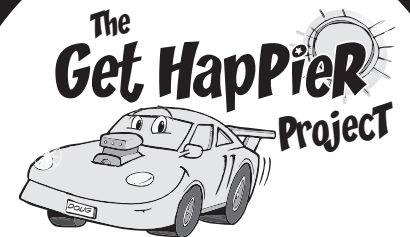
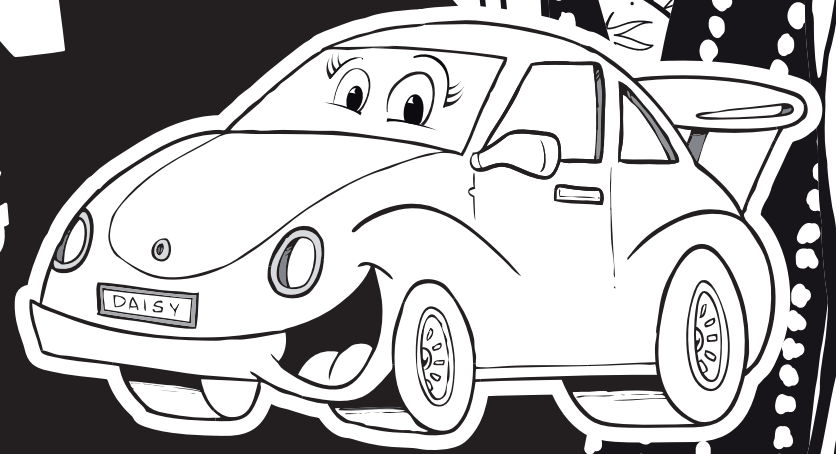
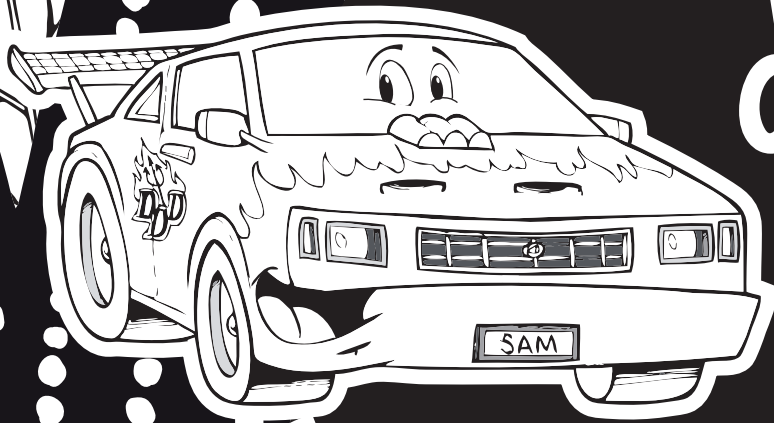


# FUN

COLOURING

# to GET

# HAPPier



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DOUG DRAGSTER™

*Welcome to*

# ★ FUN COLOURING ★ to GET HAPPIER

This delightful little book is a fantastic way to take a break from the stresses of everyday life and focus your mind on something creative and soothing.

The dragsters have created intricate designs and patterns that are just waiting for you to bring to life with your favourite colours. The act of colouring helps you to relax and unwind, as you focus on the simple task of filling in the spaces with colour.

What's great about this book is that it doesn't require any artistic talent or experience.  
You simply enjoy the process of colouring and let your mind wander.

So grab your favourite coloured pencils or markers, find a cosy spot to sit, and lose yourself in the calming world of mindfulness colouring. You'll be amazed at how quickly the stress melts away as you focus on nothing but the colours on the page.

*Happy colouring!*

WE

ARE

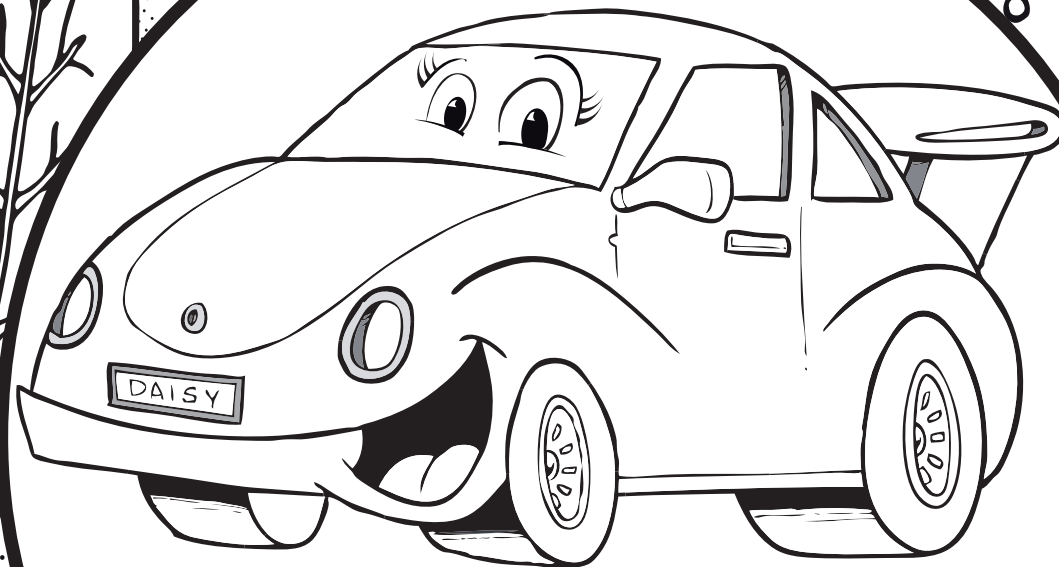
ALL

SPECIAL

AND

DIFFERENT

AND



ACCEPTING

IMPORTANT

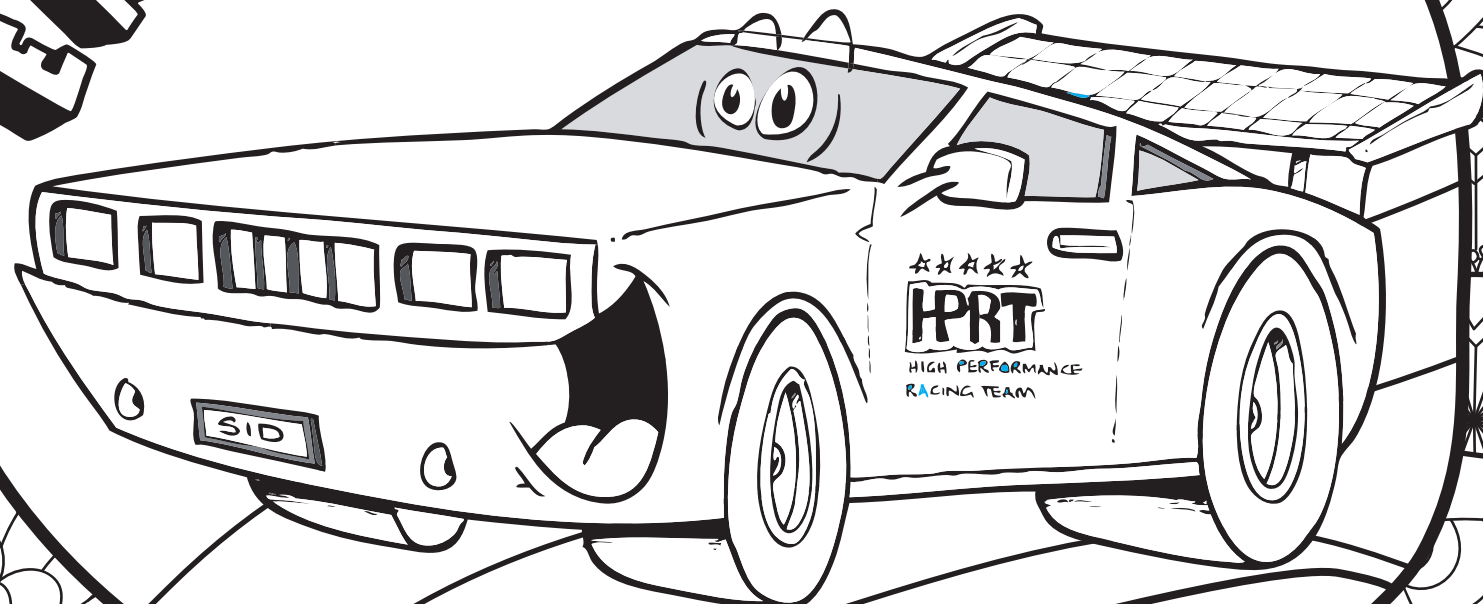


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# ENCOURAGING



TRYING

MAKES

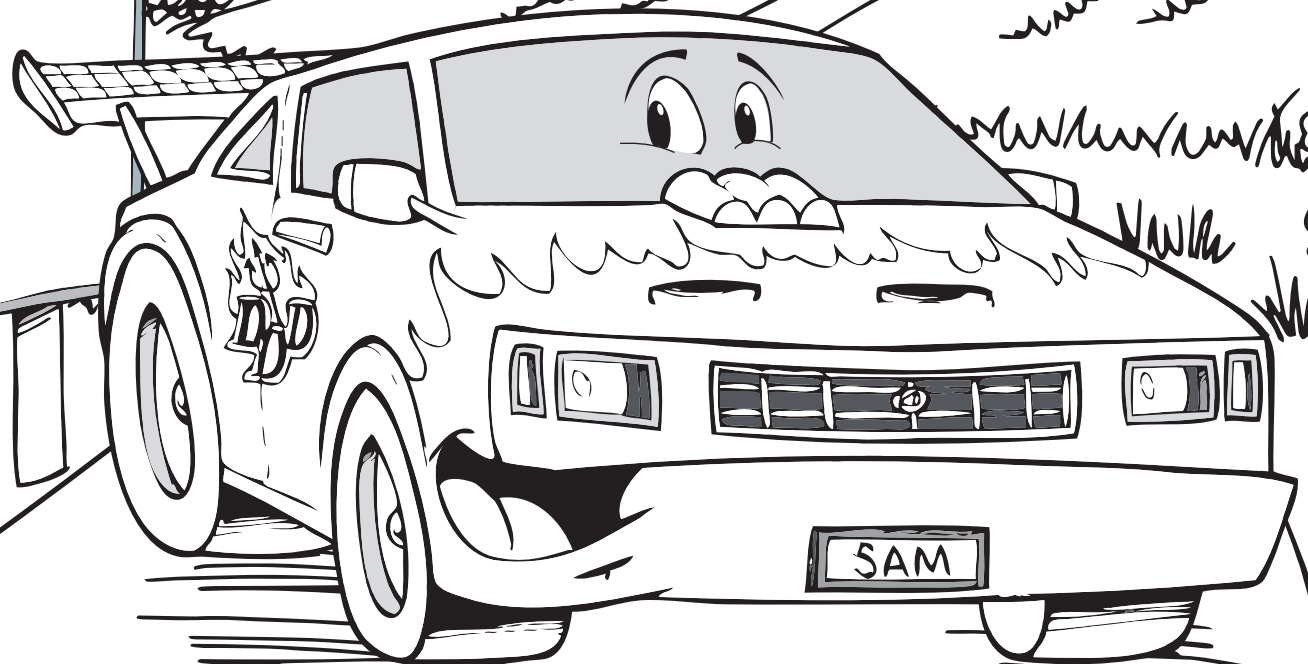
ME

STRONG



# LISTENING

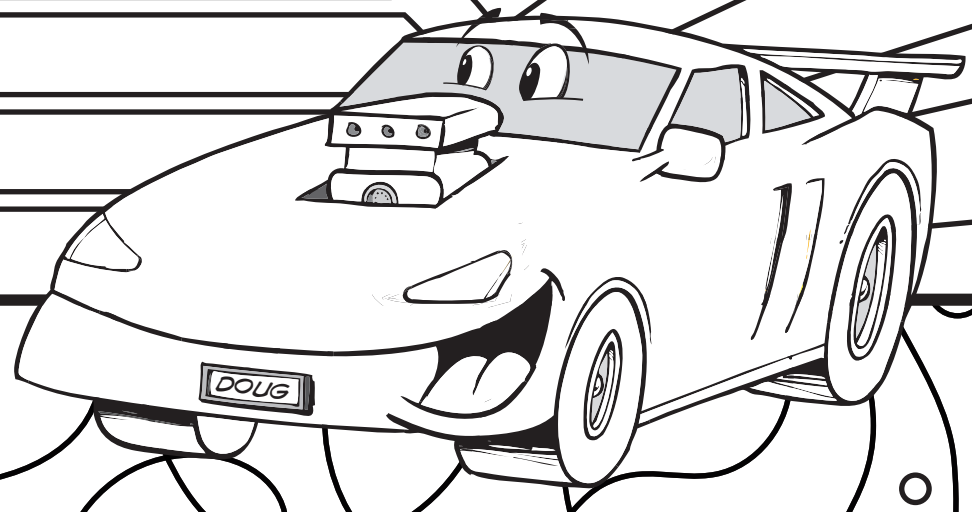
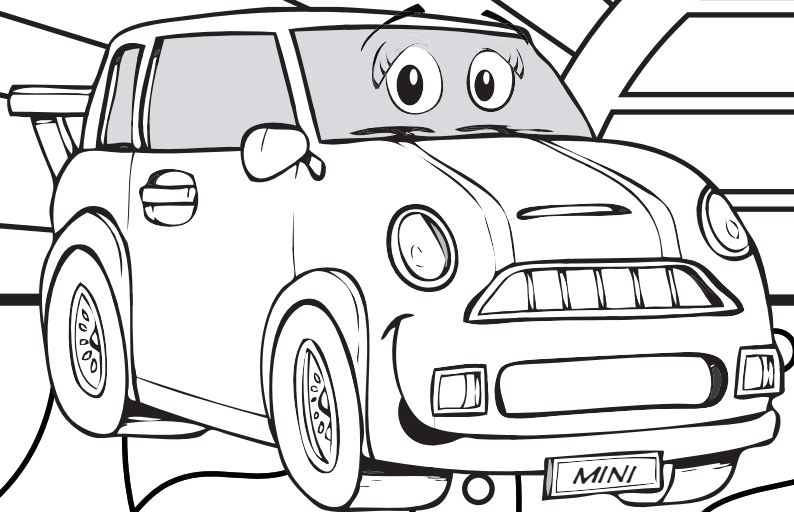
WHEN I LISTEN  
I CAN WORK  
OUT WHAT'S  
GOING ON



The  
**Get Happier**  
Project



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WORKING THINGS OUT TOGETHER CAN BE FUN!



P  
E  
R  
F  
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C  
T  
I  
N  
G

I CARE  
4 ME  
+ U

I'm in charge UNCLE of me

We all have  
a right to  
be happy

**HELPING  
MAKES ME  
HAPPIER**

**SUPPORTING**

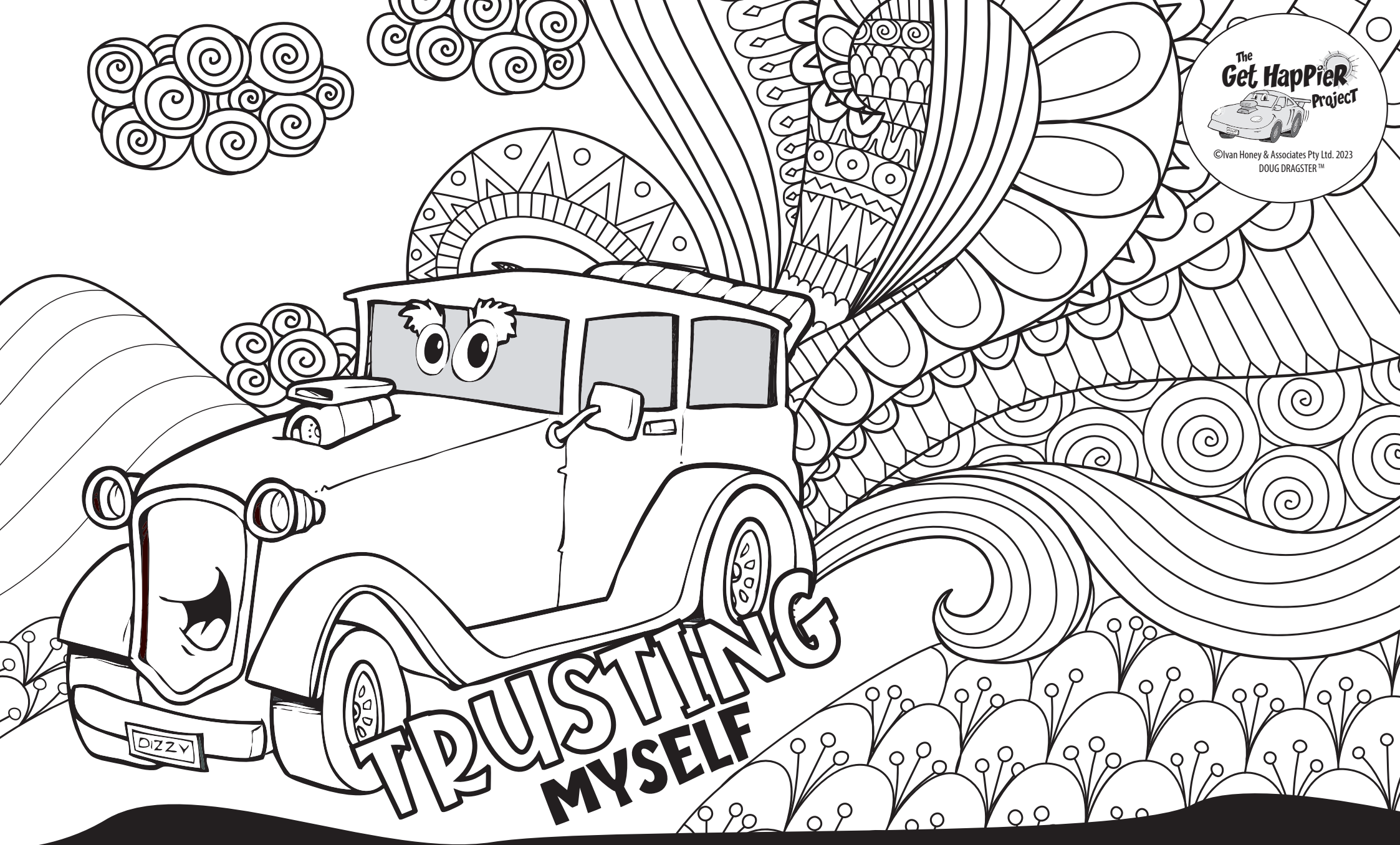
LARRY

The  
**Get Happier**  
Project



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DOUG DRAGSTER™





**I TRUST MYSELF TO MAKE SAFE CHOICES**