

150 Mindful Puzzles Sudoku To Stress Less

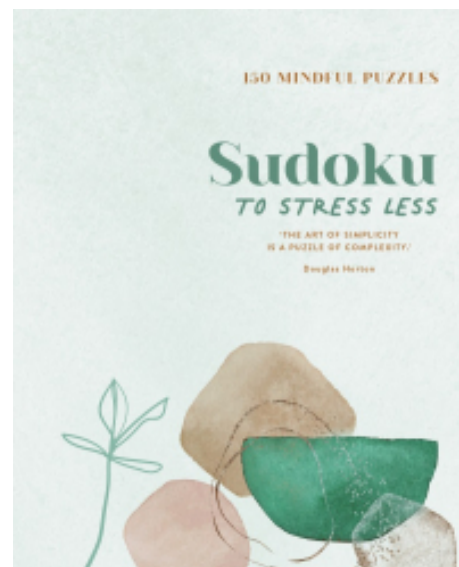
by

Sudoku To Stress Less 150 Mindful Puzzles

Puzzling is calming. Simply by doing it the mind is focussed and the body rewards success with a little endorphin hit. Enjoy the fun number facts and words of wisdom contained with these puzzles and reap twice the reward. Also Available - Dot-to-dot for downtime, Crosswords to quieten the mind, Wordsearch your worries away, Mixed Puzzles for peaceful moments.

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