



Adult Coloring Book: Stress Relief Coloring Book: Garden Designs, Mandalas, Animals, and Paisley Patterns

Mark Cooper

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Wonderful patterns for you to color. This Coloring Book will help you find your inner calm and creativity every day. Each unique design will draw your eye inward allowing you to fully relax your mind as you express yourself through these beautifully complex illustrations. This is a great way to ground yourself in the present moment, to stop worrying and forget all your problems. Your mind gets occupied with this calmness and as problems cross your mind, you are in a better state to solve them. The pages are single-sided and every second page is a lined page where you can color and you don't need to worry about pressing hard or having ink run through the pages. Relax and Enjoy!



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Barbara Rubio:

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