



Flowers: An Adult Coloring Book: (Volume 2), #1 Book For Your Inner Artist, An Adult Coloring Book with Over 30 Unique Patterns & Designs To Color, Roses, Sunflowers, lilies and more, Perfect Gift

An Adult Coloring Book, Coloring Books for adults and teens

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Flowers: Vol.2 An Adult Coloring Book

#1 book for your inner artist. An Adult Coloring Book featuring A collection of over 30 Stress Relieving Flowers.

This book is for all levels with shape patterns ranging from minimal to very detailed. The paper is perfect for fine tip pens, colored pencils and markers. The completed adult coloring pages are an excellent Gift to give to friends, family and other loved ones for holidays and special occasions. Join the millions of Adults who are using coloring books to conquer stress while at the same time relaxing and creating beautiful artwork.

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The Benefits of Coloring for Adults

Coloring is the perfect way to relax after a tough day and great for enhancing your creativity. For many, coloring a beautiful image can be a form of meditation. It allows you to enter the flow state in which you are in the moment, actively focusing on what you are doing and blocking out all distractions around you. Stressful thoughts and future worries can be simply pushed aside as you take time to enjoy the present moment.

We live in an incredibly busy world. Our pace of living is often full speed and our minds are continually jumping from one thing to the next. It is very beneficial to disconnect and give yourself a break. Your mind needs time to sort out all the information it receives and your body needs time to simply unwind. Coloring can provide that calming break.

Coloring is such a simple relaxing leisure activity and best of all you get to create beautiful artwork too!

Here are some other benefits of the art of coloring:

- 0. Color on your own or with friends and family.
- 0. Coloring can improve performance at work through enhanced focus.

- 0. You can display your finished artwork in the Home or Office.
- 0. You can give your finished artwork away to friends and family for special occasions.
- 0. Coloring strengthens the creative side of your brain.
- 0. Coloring helps to build fine motor skills.
- 0. Coloring is an amazing form of self expression.

Grab your supplies, find a quiet space and enjoy this peaceful activity!

File under: Books > Arts & Photography > Graphic Design > Techniques > Use of Ornament Books > Arts & Photography > Drawing > Pen & Ink For Adult who color, Coloring book for kids, Coloring books for Children. Books > Arts & Photography > Other Media > Mixed Media



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From reader reviews:

Dora Bair:

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Veronica Lopez:

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Alberta Keyes:

Reading can called brain hangout, why? Because if you are reading a book especially book entitled Flowers: An Adult Coloring Book: (Volume 2), #1 Book For Your Inner Artist, An Adult Coloring Book with Over 30 Unique Patterns & Designs To Color, Roses, Sunflowers, lilies and more, Perfect Gift your thoughts will drift away trough every dimension, wandering in every single aspect that maybe unidentified for but surely might be your mind friends. Imaging every single word written in a book then become one type conclusion and explanation in which maybe you never get prior to. The Flowers: An Adult Coloring Book: (Volume 2), #1 Book For Your Inner Artist, An Adult Coloring Book with Over 30 Unique Patterns & Designs To Color, Roses, Sunflowers, lilies and more, Perfect Gift giving you a different experience more than blown away your head but also giving you useful data for your better life in this era. So now let us present to you the

relaxing pattern at this point is your body and mind will likely be pleased when you are finished examining it, like winning an activity. Do you want to try this extraordinary shelling out spare time activity?

Sylvia Ferland:

Reading a guide make you to get more knowledge as a result. You can take knowledge and information coming from a book. Book is written or printed or outlined from each source that filled update of news. In this modern era like now, many ways to get information are available for you actually. From media social including newspaper, magazines, science publication, encyclopedia, reference book, novel and comic. You can add your understanding by that book. Isn't it time to spend your spare time to open your book? Or just looking for the Flowers: An Adult Coloring Book: (Volume 2), #1 Book For Your Inner Artist, An Adult Coloring Book with Over 30 Unique Patterns & Designs To Color, Roses, Sunflowers, lilies and more, Perfect Gift when you necessary it?

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