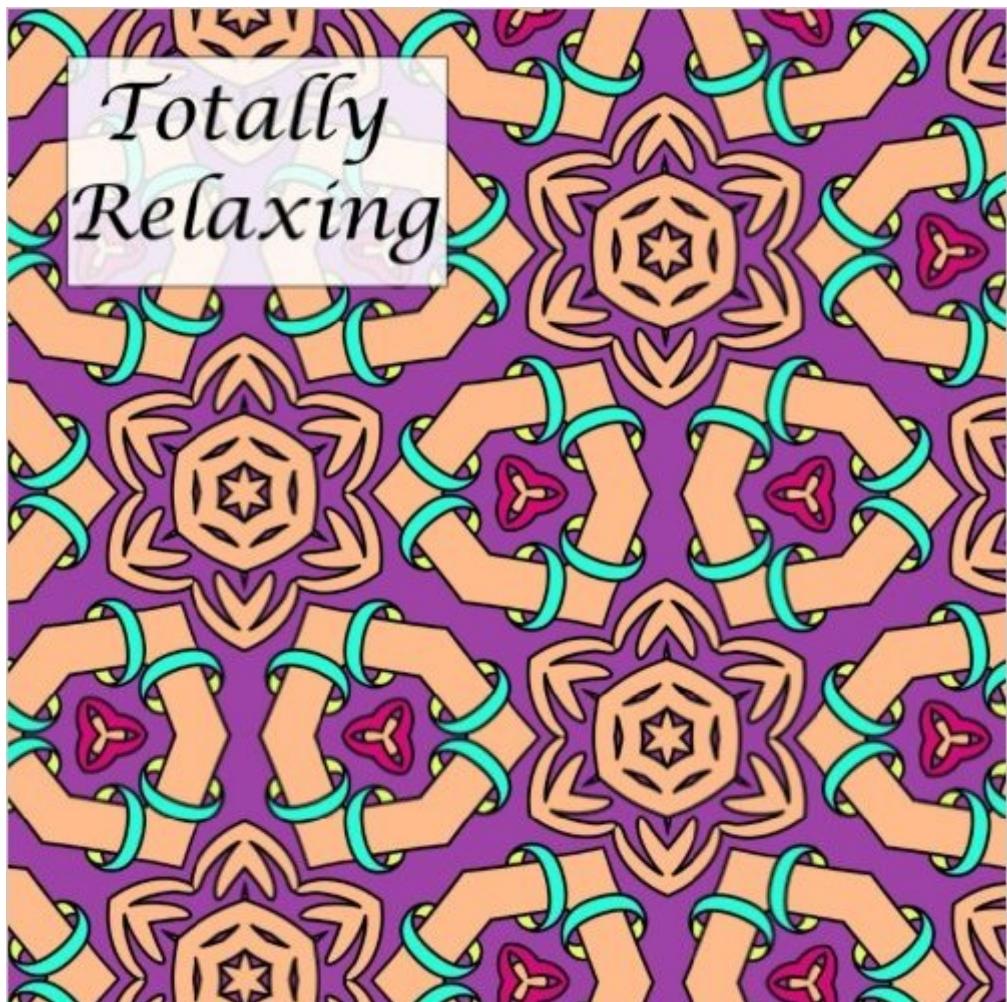


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Totally Relaxing: Adult Coloring Patterns (Volume 1)



Synopsis

Updated cover, same great pages! This book is great for everyone from older kids to grownups. Even aging adults will be able to enjoy some mindful relaxation. It contains really wonderful stress-relieving geometric patterns. Some are simple pages, some are intricate, but all are beautiful. Coloring is proven to reduce stress and anxiety! So just relax and color! Highlights: Square coloring pagesEasy to moderate difficultyFun to color!

Book Information

Series: Adult Coloring Patterns

Paperback: 52 pages

Publisher: CreateSpace Independent Publishing Platform; Clr Csm edition (January 12, 2016)

Language: English

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Product Dimensions: 8.5 x 0.1 x 8.5 inches

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