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## Coloring Books for Adults, Volume 5: 40 Stress Relieving and Relaxing Patterns (Paperback)

By Adult Coloring Books Illustrators Allian

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Adult Coloring Books Best Seller! \*\*\* LIMITED TIME NEW YEAR S SALE \*\*\* \*\*\* ALL OUR BOOKS ARE \$5.97 \$12.49 \*\*\* Preview of what's inside => //bit.ly/1MBARow FREE GIFTS INSIDEAdditional 20+ Unique Illustrations (\$27 Value)Report Revealing Top 10 Tools Every Coloring Enthusiast Should HaveExclusive Discounts for New Book Releases and More Free Designs Relax and step away from everyday life stress! Coloring books aren't just for kids anymore. Nowadays our lives become busier and more complicated. Technology escalation moves us through waves of emails and social networks notifications. This constant stimulation of expectations, obligations and stress has left us burnt out and distanced from the joys of the present. Finding a moment of calm can be a challenge. Recently, coloring has been discovered a wonderful activity for anyone who wants to relax, de-stress and release mind from overwhelming thoughts. The growing popularity of adult coloring books proves its positive simplicity and being a trendy way to find yourself focused and unwind from the hectic pace of modern life! Channel stress and anxiety into...



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