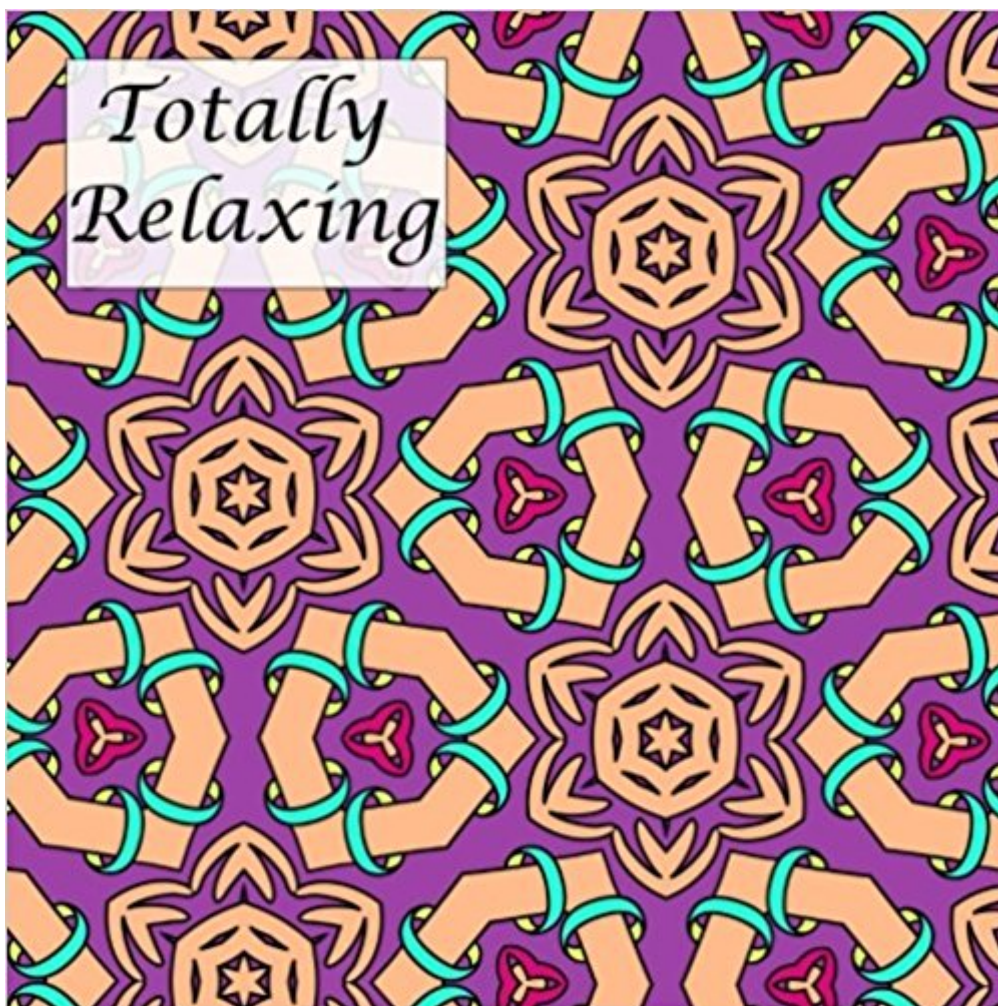


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# Totally Relaxing: Adult Coloring Patterns (Volume 1)



## 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 pages Easy to moderate difficulty Fun to color!

## Book Information

Series: Adult Coloring Patterns

Paperback: 52 pages

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

Language: English

ISBN-10: 1523365374

ISBN-13: 978-1523365371

Product Dimensions: 8.5 x 0.1 x 8.5 inches

Shipping Weight: 5.6 ounces (View shipping rates and policies)

Average Customer Review: 3.0 out of 5 stars 1 customer review

Best Sellers Rank: #1,858,699 in Books (See Top 100 in Books) #87 in Books > Health, Fitness & Dieting > Mental Health > Postpartum Depression #2029 in Books > Arts & Photography > Graphic Design > Techniques > Use of Color #4198 in Books > Health, Fitness & Dieting > Psychology & Counseling > Counseling

## Customer Reviews

Mindful Coloring Books is an independent coloring book publisher created to share the joy of coloring with everyone! Whether you color for fun, relaxation or to stimulate your creativity Mindful Coloring Books has something for you. Creating coloring books began as such a marvelous experience and quickly turned into a fun and creative adventure.

Not as many pages as expected and pages are double sided

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