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## Color and Relax: Tranquil Treasures: A Relaxing Coloring Book for Adults

By Jo Shiloh

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 280 x 216 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Coloring Can Help You Defuse The Bomb of Stress! Are you stressed out? Do you want a simple and creative way to help you relieve stress and relax? Imagine having a quick and effortless way to put your mind at ease from your day s problems. Picture yourself coloring away your stress. You probably already know this but more and more adults are turning to coloring books as a way to unwind and de-stress. Why? Because the act of coloring activates therapeutic qualities similar to those of meditation. Studies show coloring in designs and patterns can help lessen anxiety levels and encourage a state of deep engagement. This is why I created Color and Relax: Tranquil Treasures. To help you experience this state of deep engagement and relaxation. To help you turn on your chill-mode and color away your stress one relaxing coloring stroke at a time. Check out what others are saying about the Color and Relax coloring book series: Awesome book that definitely helps relieve stress. The patterns are unique and ridiculously calming...



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### Reviews

*This book will never be straightforward to start on reading through but quite enjoyable to learn. Better then never, though i am quite late in start reading this one. Your lifestyle span will probably be convert once you complete reading this publication.*

-- **Dr. Kadin Hane DVM**

*This publication may be worth purchasing. it was actually writtern quite flawlessly and valuable. I am just happy to tell you that this is actually the very best book i actually have study inside my personal life and can be he best ebook for actually.*

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