



Be Calm: A Zen Coloring Book for Adults: Meditation Coloring Book, Volume 2

By Lindsey Fosson

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*****.A Zen Coloring Book for Adults Kids Relax and unwind while you color your way calm. With 50 intricate breath-taking illustrations printed on single pages, you can get lost in the moment and immerse yourself in a world full of color and balance. Each detailed illustration has been carefully designed to allow you to practice meditational color therapy whenever you feel the need to free your mind from it s worries. These illustrations are perfect for beginners and expert colorists alike. Zen coloring can be enjoyed by people of all ages and is the perfect family activity that can help restore positive interaction and mental clarity. These amazingly beautiful illustrations can be brought to life by the use of colored pencils, fine tip markers or pens, pencils or any other medium that you desire.



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