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## Adult Coloring Book: Intrinsic Patterns, Volume 1 (Left Handed): Fun and Challenging Coloring for Stress Relief, Relaxation and Enjoyment

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By Amanda J Ward

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Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Welcome to Adult Coloring Book: Intrinsic Patterns Vol 1

(Left Handed) This book is part of a series in "Adult Coloring Book: Intrinsic Patterns" and is specially designed for those who like the challenge of coloring small or intrinsic patterns.

"Intrinsic Patterns" is for fun and challenging coloring on mandala, the ancient Tibetan art of drawing and coloring geometric patterns and figures with sand. The 20 patterns in this volume, to suit different preferences, are a mix of simple and intrinsic patterns. When you have decided on which of these patterns are your preferred coloring designs, you can then consider focusing on specific types of designs in this series.

Coloring drawings has lots of benefits. This includes: Stimulating your creativity Keeping your mind sharp Enhancing your happiness Increasing your creativity Reducing your stress Increasing your tranquility Promoting calmness

This is a great way to relax, unwind and feel young again. Forget about everything else, enjoy your private time and just color away.



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### Reviews

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