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Artful Color. 50 Unique Original Patterns with Inspirational Quotes

By Maz Scales

Fat Dog Publishing LLC, United States, 2015. Paperback. Book Condition: New. 216 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.Artful Color - 50 Unique Original Patterns With Inspirational Quotes This adult coloring book features over 50 beautiful, original and detailed patterns designed by an artist. Millions of adults around the world are rediscovering the joy of coloring. Find tranquility and calm by concentrating on coloring in the intricate patterns and be inspired by the quotes written on the back of each page. Coloring can help achieve mindfulness, banish anxiety, and even help people deal with trauma. Coloring for adults is an easy way to be creative without the need for expensive tools, or drawing skills you may think you don't have. Any creative activity that focuses the mind in a meditative way is therapeutic, enlivening and just makes you feel better. So release your inner child, grab some coloring pencils, crayons or markers and have fun!.



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