



Your Guide To Adult Coloring Book: Improve Focus, Mental Balance, and Reduce Stress (Adult Coloring Books - Art Therapy for The Mind) (Volume 15)

Broderick S Johnson

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This quick guide to Adult Coloring Books contains all the information you need to get to know the fascinating trend of Adult Coloring. Designed for the beginner, it guides you through the main concepts of Adult Coloring, and contains simple, practical tips to help improve focus, mental balance, and reduce stress.

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Hattie Godfrey:

The book untitled Your Guide To Adult Coloring Book: Improve Focus, Mental Balance, and Reduce Stress

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