



# **Relaxing Coloring Book: Coloring Books for Adults Relaxation : Relaxation & Stress Reduction Patterns (Volume 49)**

*Tanakorn Suwannawat*

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The 40 unique detailed patterns are printed on large 8.5 x 11 high quality paper.

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Provides hours and hours of mindful calm, stress relief and creative expression.

These are what you can achieve through the use of this coloring book.

- Helps to relax & boost your meditation
- Helps to balance your body, your mind, and your spirit
- Give you that spiritual connection that you needed
- Enhance your creativity
- Help to increase your self-worth and awareness
- Encourage your self-expression
- It is fun, either alone or with your friends. You will have fun!

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