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Gardens of Serenity: 50 Magnificent Abstract Designs for Mindful Moments (coloring pages, calming moments, creative art)

Chun Kechichian

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*****50 MAGNIFICENT ABSTRACT PATTERNS *****

KINDLE USERS – We Are Thinking Of You. Since you can't download this book from your Kindle device - We put a link of a printable PDF version at the end of the book.

Print the PDF on large 8.5x11 high quality paper and let your creativity to do the rest.

Are you ready to relieve stress and get creative? Our *Gardens of Serenity: 50 Magnificent Abstract Designs for Mindful Moments* is just what you need. You'll benefit by reducing your stress and anxiety after a long, hard day. Coloring has also been shown to increase your creativity.

How does coloring help stress for adults?

It's been scientifically proven to help you take your attention away from your problems. This is the first step to stress relief. Because coloring regulates your amygdala, you get therapeutic relief from stress. You get a small dose of dopamine when you color which helps reduce anxiety and fear. Neuroscience has proven that when we stimulate this area of our brain to produce positive feelings, it can literally rewire our brains.

Coloring can now be thought of as a very inexpensive and creative therapy session. Since it requires focus, even if you only color for a short period of time, it can improve symptoms associated with ADD.

Why choose this coloring book? This book provides 50 patterns to provide you with the ultimate coloring experience. You get to be creative and be transported back in time to your carefree childhood days.

It's time to unwind with one of the most popular relaxation methods available: adult coloring. Find out for yourself just why adult coloring has become amazingly popular. Choose the best picture that suits your day and start coloring. Our digital version means that you can print out high quality digital images and color until your heart's content!

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From reader reviews:

Mitchell Diaz:

A lot of people always spent their free time to vacation as well as go to the outside with them household or their friend. Did you know? Many a lot of people spent these people free time just watching TV, or even playing video games all day long. If you need to try to find a new activity this is look different you can read a book. It is really fun in your case. If you enjoy the book you read you can spent all day every day to reading a book. The book Gardens of Serenity: 50 Magnificent Abstract Designs for Mindful Moments (coloring pages, calming moments, creative art) it is extremely good to read. There are a lot of those who recommended this book. They were enjoying reading this book. Should you did not have enough space to develop this book you can buy typically the e-book. You can m0ore very easily to read this book from your smart phone. The price is not very costly but this book possesses high quality.

Marvin Smith:

Precisely why? Because this Gardens of Serenity: 50 Magnificent Abstract Designs for Mindful Moments (coloring pages, calming moments, creative art) is an unordinary book that the inside of the e-book waiting for you to snap the idea but latter it will zap you with the secret the idea inside. Reading this book adjacent to it was fantastic author who write the book in such awesome way makes the content within easier to understand, entertaining technique but still convey the meaning entirely. So , it is good for you for not hesitating having this anymore or you going to regret it. This phenomenal book will give you a lot of benefits than the other book have got such as help improving your expertise and your critical thinking way. So , still want to hold off having that book? If I ended up you I will go to the guide store hurriedly.

Scot Vines:

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Sarah Heath:

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