



Adult Coloring Book: Abstract Patterns, Volume 1: Challenging Coloring for Stress Relief, Enjoyment and Relaxation (Paperback)

By Amanda J Ward

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.Welcome to Adult Coloring Book: Abstract Patterns Vol 1This book is part of a series in "Adult Coloring Book: Abstract Patterns" and is specially designed for those who enjoy investing their time in coloring challenging abstract patterns. "Abstract Patterns" is for 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 challenging abstract 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 calmnessThis 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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