



# **Adult Coloring Book: Coloring Books for Adults Relaxation : Relaxation & Stress Relieving Patterns (Volume 7)**

*Tanakorn Suwannawat*

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

Pages are printed on one side only for easy removal and display.

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
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