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Adult Coloring Books: A Stress Relieving Pattern and Mandala Coloring Book for Adults Adult Coloring Books, Emma Bloom
Adult coloring books exist for every subject under the sun, but this book from best-selling author Emma Bloom is focused purely on relaxation and stress relief, no matter what your mood or desire

Inside the pages of this adult coloring book you'll find a comprehensive collection of calming, relaxing, and imaginative mandalas and patterns to climb right in to and forget about the stresses of life. You'll find that some of the drawings are simple, and some are finely detailed, with a total of 52 beautiful designs that invite you to be relaxed, daydream, and feel truly stress free.

Are you looking for something basic and mindless, or do you want to focus on lots of little details? Keep turning the pages until you find the drawing that speaks to you in this very moment and color away! Before you know it, your tension will be replaced with a feeling of calm, balance, and inspiration as you create your own personalized, beautiful artwork.

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