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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:

Katherine Sherrer:

Spent a free time and energy to be fun activity to do! A lot of people spent their spare time with their family, or all their friends. Usually they accomplishing activity like watching television, planning to beach, or picnic inside park. They actually doing same every week. Do you feel it? Do you wish to something different to fill your current free time/ holiday? Could be reading a book can be option to fill your totally free time/ holiday. The first thing that you'll ask may be what kinds of book that you should read. If you want to test look for book, may be the reserve untitled Gardens of Serenity: 50 Magnificent Abstract Designs for Mindful Moments (coloring pages, calming moments, creative art) can be good book to read. May be it is usually best activity to you.

Jenni Roberts:

Reading can called thoughts hangout, why? Because when you find yourself reading a book especially book entitled Gardens of Serenity: 50 Magnificent Abstract Designs for Mindful Moments (coloring pages, calming moments, creative art) your mind will drift away trough every dimension, wandering in every aspect that maybe unidentified for but surely might be your mind friends. Imaging every single word written in a book then become one type conclusion and explanation that maybe you never get ahead of. The Gardens of Serenity: 50 Magnificent Abstract Designs for Mindful Moments (coloring pages, calming moments, creative art) giving you an additional experience more than blown away your mind but also giving you useful information for your better life in this particular era. So now let us explain to you the relaxing pattern here is your body and mind are going to be pleased when you are finished looking at it, like winning a sport. Do you want to try this extraordinary shelling out spare time activity?

Emmaline Jett:

Does one one of the book lovers? If so, do you ever feeling doubt while you are in the book store? Attempt to pick one book that you just dont know the inside because don't judge book by its cover may doesn't work here is difficult job because you are frightened that the inside maybe not since fantastic as in the outside search likes. Maybe you answer may be Gardens of Serenity: 50 Magnificent Abstract Designs for Mindful Moments (coloring pages, calming moments, creative art) why because the amazing cover that make you consider concerning the content will not disappoint you. The inside or content is fantastic as the outside as well as cover. Your reading sixth sense will directly guide you to pick up this book.

James Gardner:

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