



Adult Coloring Book: Abstract Patterns, Volume 2 (Left Handed): Challenging Coloring for Stress Relief, Enjoyment and Relaxation (Paperback)

By Amanda J Ward

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Welcome to Adult Coloring Book: Abstract Patterns Vol 2 (Left Handed) This 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 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 small and 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 calmness This 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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-- **Blanca Davis**

An extremely wonderful book with lucid and perfect information. It is one of the most awesome publication i have read. Your life period will probably be enhance the instant you total looking at this pdf.

-- **Prof. Dan Windler MD**