



Adult Coloring Book Vol 4: Big Patterns - Easy Coloring for Stress Relief, Relaxation and Enjoyment

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 Vol 4 - Big Patterns This book is part of a series in "Adult Coloring Book: Big Patterns" and is specially designed for those who have special medical conditions and find difficulty in coloring small patterns. "Big Patterns" is for fun and easy 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 simple and big 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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Reviews

It is easy in read through easier to fully grasp. it had been writtern very completely and useful. I am pleased to let you know that here is the greatest book we have read during my personal life and could be he very best book for possibly.

-- Miss Marge Jerde

It is really an remarkable publication i actually have possibly study. It usually is not going to cost excessive. Its been written in an exceedingly basic way and is particularly only right after i finished reading this publication through which basically transformed me, affect the way i think.

-- Dr. Breana O'Kon