



Relaxing Hawaiian Scenes: An Adult Coloring Book (Paperback)

By Stephen Jorgensen

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. This book is a coloring book for adults. It is more complicated than a child s coloring book with smaller and finer details. You have to concentrate to color in all the small shapes. That makes it an ideal method to clear your mind of many negative thoughts and it helps you relieve stress. Coloring will reduce anxiety, and help you focus and will bring you more mindfulness. It is therapeutic. Plus, this coloring book will bring the beauty of Hawaii into your life. The next best thing to actually going there. All the work here is by the Hawaiian artist Stephen E Jorgensen. He has produced over 200 other works of beautiful Hawaiian art sold in Hawaii and on the internet. Most of his work is as large canvas wall hangings, some of which are reduced to the coloring pages in this book. A lot of his other Hawaiian work is smaller 6 X8 watercolors which provides the originals for most of the images in this coloring book. 26 one sided coloring pages are presented here. Many of...



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