



My Beautiful Mess (Paperback)

By Liana Challender

Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. My Beautiful Mess is an adult coloring book with a set of mandalas, created and mixed with an array of insanely, chaotic sculpted lines. These turn into mesmerizing flowers, bursting stars, bubbled circles, and a mixture of sharp geometric edges. Open the book, take a look, grab your crayons, markers, pens, or whatever you like, and COLOR. Happy Coloring! **I hope everyone enjoys the coloring book. I love to color with colored pencils and markers--the thin ones. I can sit for hours and color, even my own coloring books. It relaxes my mind. One of my favorite things to do with a coloring book is-- if there is space around the design-- writing my feelings down in the free space. This is like a journal that helps get out how I feel. I color and write goals. I doodle, even, if I need to. We all have our own relaxation techniques--this is mine. I color. I write. I doodle. Find your relaxation technique. Coloring is a very good way to calm your mind. You can drift off and get...



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