

## *Anti Stress Colouring Doodle Dream*

**Adult Coloring Books Best Seller! FREE GIFTS INSIDE Additional 10+ Unique Illustrations (\$27 Value) Report Revealing Top 10 Tools Every Coloring Enthusiast Should Have Exclusive Discounts for New Book Releases and More Free Designs Relax and step away from everyday life stress! Coloring books aren't just for kids anymore. Nowadays our lives become busier and more complicated. Technology escalation moves us through waves of emails and social networks' notifications. This constant stimulation of expectations, obligations and stress has left us burnt**

**out and distanced from the joys of the present. Finding a moment of calm can be a challenge. Recently, coloring has been discovered a wonderful activity for anyone who wants to relax, de-stress and release mind from overwhelming thoughts. The growing popularity of adult coloring books proves its positive simplicity and being a trendy way to find yourself focused and unwind from the hectic pace of modern life! Channel stress and anxiety into artistic fulfillment. Escape to the world of inspiration suitable for both, beginners and advanced colorists, anyone who loves coloring joy. There are no instructions, no rights or wrongs, and there is no need for expensive art supplies. Color in any way you**

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wish to create unique and exquisite pieces. Coloring can benefit those who find it difficult to discover their inner artist when faced with a blank page. Switch off and lose yourself in the flow of coloring. Filled with fanciful mix of devious forms, the book features 20 detailed mandalas and 20 original nature inspired (and funny) landscapes. This book ensures hours of entertaining mental relaxation. Take your time, bring the color and let your imagination run free! These amazing, intricate arts are ready for you to add your own special touch. Features: 40 beautiful, stress-relieving patterns, designed to engage and spark imagination to unleash your inner creativity. Different levels of detail, from easy to difficult (for

**different eyes). Pick a picture depending on your mood and start your de-stressing journey. Printed on large 8.5x11 high quality paper. You'll have plenty of space to be creative and work on the details. Each drawing is printed with the reverse side blank. When you are done, you will have unique piece of art, worth framing and displaying. Perfect for decorating with colored pencils, gel pens, markers, porous point pens or crayons. Share your coloring passion. Give your friend a gift of relaxation or sit and enjoy it together. You don't need creative experience. If you find it difficult to discover your inner artist - you will still benefit. Coloring alone is calming, just add color! Check out what others are saying..."I have found out**

**that it doesn't matter what I am coloring, the coloring itself is very calming." - Sandra "Good activity for a tea with friends, great stress reliever after hours of corporate work!" - Jacob "I get every release from the series, designs are original and the books are not overpriced like some of the others." - Elizabeth \*Please note that if you are using markers or gel pens, consider using scrap paper behind the page you're coloring to prevent bleed-through. \_\_\_\_\_**

**Tags: adult coloring books best sellers, coloring books for adults relaxation, artists illustrators, flowers mandala fantasy, zentangle coloring book, animals geometric, stress relieving patterns, coloring pages for adults, ryan gosling, meditation, adult**

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**coloring pencils pen crayons markers, creative inspirations, color me calm, extreme art, dream catcher happy balance wow, stress relief coloring book, really cool relaxing colouring, doodle invasion, mindfulness meditation, nature mandalas coloring books for grownups, anti-stress**

**Coloring pages + 40 waterproof vinyl stickers! Featuring brand new fun patterns with motivational sayings, Dream In Color will brighten your mood, encourage you to seek adventure, and inspire you to live life with a sense of wonder. BONUS 40 stickers to decorate your laptop, water bottle, or whatever surface needs an artistic touch. The "Artist Grade" paper is specifically intended for framing your**

**finished work, or to share it with friends.**

**Inspirational quotes include: • Dreams Don't Work Unless You Do • Make Today an Adventure • Dance Beneath the Stars Artist Brita Lynn Thompson, a.k.a. @zenspiredesigns, is known for her zenful designs and patterns. Check her out for more artistic inspiration and fun new designs!**

**Do you love animals? If you do, this coloring book is for you! Broderick S. Johnson has taken the best of the animal designs and compiled them into our best coloring book yet! Delve into the artistic world of these majestic animals as you color through these pages. From beautiful butterflies, to courageous lions, we have an amazing variety of animals across**

**every coloring page. Each page is intricately crafted with the most precise design; to ensure your coloring experience is nothing short of amazing. Sit back, relax, and let the creativity flow! Why You Need To Pick Up This Coloring Book...Right Now! Do you remember coming home from school with your coloring book, proud of what you have done? As soon as you finish the first page in your adult book, you will be taken right back to those days. You'll want to interrupt your significant other so you can show off your latest work and when he/she turns around and says "that's nice", the sense of satisfaction you'll get will be unlike anything you've experienced before. The Possibilities Are Endless When you buy your own**



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**coloring book, you'll realize that the possibilities are endless. You will also realize that there is just something so appealing about coloring and that it is a great way for you to de-stress at the end of the day. With coloring books being more affordable than ever, there has never been a better time for you to pick up your own today. Large 8.5"x11" designs. Each design is printed individually on one pge to reduce color bleed. FREE PDF copy of the book for instant print or reprint on demand of any art page or the entire book. Get a variety of FREE coloring art delivered to your email inbox weekly. Free Guided Meditation Newsletter - Contains simple proven strategies to reduce stress. Get exclusive discounts for new book**

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**The Complete Anti-Stress Colouring Collection Book 5: the ultimate calming colouring book collection for**

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**all This five book collection of colouring books is guaranteed to calm and de-stress you. Carefully selected beautiful and intricate patterns will help you focus the mind on the moment and add colour to the world. Each of the individual drawings is accompanied by inspirational quotes and specially printed on a single page with the reverse left blank so you can cut out and keep, to create a picture perfect for framing or displaying. You may also enjoy other colouring books by Christina Rose including: Doodle & Dream series Dream Catcher series The Gift of Colouring series Animal Magic series Mind Healing series**

**Creative Coloring Journey**

**Creative Country Farm Scenes Coloring Book**

**Creative Haven Dream Doodles**

**Doodle & Dream**

**The Complete Anti-stress Colouring Collection Book 2**

**Finding Peace**

**The Complete Anti-stress Colouring Collection Book 3**

This is NOT your everyday coloring book. This is authentic, classic art, created hundreds of years ago. Yet it is perfect for coloring today. Imagine you are in old medieval Britain, surrounded by knights and royalty. Take a look around you. See the people, the gardens, the ceremonies. Now color it... This coloring book for adults is also suitable for older children coloring with fine tipped markers, colored pencils or brush tipped markers. It's printed on large, bright pages, so

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you can enjoy and color every tiny detail in those cute little angels. Free your mind. Relax... And explore the intricate and exquisite world of stress mending art. Feel how your tension and worries fade away, stroke by stroke, shade by shade. Features: Beautiful, stress-relieving original medieval patterns, carefully designed to touch inner creativity. Different levels of detail Printed on large, high quality paper. Printed just one side of the page. Perfect for decorating with colored pencils, gel pens, markers, porous point pens or crayons. \_\_\_ Tags: adult coloring books best sellers, coloring books for adults relaxation, artists illustrators, flowers mandala fantasy, zentangle coloring book, animals geometric, stress relieving patterns, coloring pages for adults, meditation, adult coloring pencils pen crayons markers,

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creative inspirations, color me calm, extreme art, dream catcher happy balance wow, stress relief coloring book, really cool relaxing colouring, doodle invasion, mindfulness meditation, nature mandalas coloring books for grownups, anti-stress management

Twenty-eight intricate images offer a mind-expanding coloring experience. But there's more here than meets the eye – look closely to find the bumblebees, teacups, mushrooms, and other surprising figures hidden amid the wild, swirling designs. Answers are included and illustrations are printed on one side of perforated pages for easy removal and display. Specially designed for experienced colorists, Dream Doodles with a Hidden Picture Twist and other Creative Haven® adult coloring books offer an escape to a world of inspiration and

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artistic fulfillment. Each title is also an effective and fun-filled way to relax and reduce stress.

Do you love coloring or know someone that does? Then this coloring book is for you, or it will make a great gift idea for your family and friends. Coloring is an excellent way to relax and unwind. Recent studies have shown that adult coloring books can help reduce stress and promote mindfulness. The 40 pages in this doodle style coloring book have been drawn by an Artist that specialises in Adult colouring patterns to reduce stress. The pages in all of our books are printed single sided, this means you can trim them out if you're using markers. So pick up your favourite pencils or markers and settle down with this book for some relaxation. Happy coloring!

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Free your mind. Relax... And explore the intricate and exquisite world of stress mending art. Feel how your tension and worries fade away, stroke by stroke, shade by shade. This coloring book for adult book is also suitable for older children coloring with fine tipped markers, colored pencils or brush tipped markers. It's printed on large, bright pages, so you can enjoy and color every tiny detail in those masterfully crafted Mandalas. Features: 72 (!) beautiful, stress-relieving patterns, carefully designed to touch inner creativity. Different levels of detail Printed on large 8.5x11 high quality paper. Printed just one side of the page. Perfect for decorating with colored pencils, gel pens, markers, porous point pens or crayons.\_\_\_\_Tags: adult coloring books best sellers, coloring books for adults relaxation, artists illustrators, flowers



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Anti-Stress Coloring Doodle & Dream Adult Coloring Book  
Stress Management Coloring

Owly Owls

An Adult Coloring Book Featuring Over 30 Elegant Designs

The Creative Therapy Colouring Book

Horses Adult Coloring Book

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## Coloring Books for Adults

Anti-Stress Colouring: Doodle & DreamBell  
& MacKenzie Publishing

Free your mind. Relax... And explore the intricate and exquisite world of stress mending art. Feel how your tension and worries fade away, stroke by stroke, shade by shade. This coloring book for adult book is also suitable for older children coloring with fine tipped markers, colored pencils or brush tipped markers. It's printed on large, bright pages, so you can enjoy and color every tiny detail in those

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masterfully crafted Mandalas. Features: 26 beautiful, stress-relieving patterns, carefully designed to touch inner creativity. Different levels of detail Printed on large 8.5x11 high quality paper. Printed just one side of the page. Perfect for decorating with colored pencils, gel pens, markers, porous point pens or crayons.\_\_\_\_Tags: adult coloring books best sellers, coloring books for adults relaxation, artists illustrators, flowers mandala fantasy, zentangle coloring book, animals geometric, stress

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relieving patterns, coloring pages for adults, meditation, adult coloring pencils pen crayons markers, creative inspirations, color me calm, extreme art, dream catcher happy balance wow, stress relief coloring book, really cool relaxing colouring, doodle invasion, mindfulness meditation, nature mandalas coloring books for grownups, anti-stress management Unleash your creative spirit with this sophisticated anti-stress colouring, doodling and drawing book. The flowing lines, sweeping swirls and highly-detailed

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patterns on every illustration have been created so that anyone and everyone can enjoy making something beautiful and calming. Increasing focus through creativity can benefit those who find it difficult to unwind or struggle to find their inner artist when faced with a blank page. There are no instructions, no rights or wrongs, and no need for expensive art supplies - readers can simply doodle and colour in any way they wish to create unique and exquisite pieces.

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your mind. Relax... And explore the intricate and exquisite world of stress mending art. Feel how your tension and worries fade away, stroke by stroke, shade by shade. This coloring book for adult book is also suitable for older children coloring with fine tipped markers, colored pencils or brush tipped markers. It's printed on large, bright pages, so you can enjoy and color every tiny detail in those masterfully crafted patterns. Features: 30 beautiful, stress-relieving patterns, carefully designed to touch inner

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inspirations, color me calm, extreme art, dream catcher happy balance wow, stress relief coloring book, really cool relaxing colouring, doodle invasion, mindfulness meditation, nature mandalas coloring books for grownups, anti-stress management Stop Worrying and Anti Stress Art Therapy Coloring Book 40 Stress Relieving New Patterns to Color Creative Colouring Elephants Animals Adult Coloring Book The Complete Anti-stress Colouring



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Collection Book 4

26 Stress Relieving Wonderful Mandala  
Patterns Adult Coloring Book

***The Complete Anti-Stress Colouring Collection Book 2: the ultimate calming adult colouring book collection for all This five book collection of adult colouring books is guaranteed to calm and de-stress you. Carefully selected beautiful and intricate patterns will help you focus the mind on the moment and add colour to the world. Each of the individual drawings is accompanied by inspirational quotes and specially printed on a single page with the reverse left blank so you can cut out and keep, to create a***

***picture perfect for framing or displaying. You may also enjoy other colouring books by Christina Rose including: Doodle & Dream series Dream Catcher series The Gift of Colouring series Animal Magic series Mind Healing series Creative Colouring: doodle & dream An Intricate Colouring Book for Grown Ups Imaginative, innovative and inspiring, this gorgeous collection of intricate patterns is the perfect partner to bring out your inner creative. Lose yourself and spend time creating rewarding and colourful images allowing the soothing lines and swirling patterns to guide your imagination. Each of the individual drawings is accompanied by inspirational quotes and specially***

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***printed on a single page with the reverse left blank so you can cut out and keep, to create a picture perfect for framing or displaying. You may also enjoy other creative doodle & dream adult colouring titles by Christina Rose: "Art Therapy: doodle & dream" "Anti-Stress Colouring: doodle & dream" "Colouring Therapy: doodle & dream" "Love You Mum: doodle & dream" "Love You Grandma: doodle & dream" LIMITED TIME SPECIAL DISCOUNT!Free your mind. Relax... And explore the intricate and exquisite world of stress mending art. Feel how your tension and worries fade away, stroke by stroke, shade by shade.This coloring book for adults is also suitable for older children coloring with fine tipped markers,***

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**colored pencils or brush tipped markers. It's printed on large, bright pages, so you can enjoy and color every tiny detail in those masterfully crafted owls. Features: 38 beautiful, stress-relieving patterns, carefully designed to touch inner creativity. Different levels of detail Printed on large 8.5x11 high quality paper. Printed just one side of the page. Perfect for decorating with colored pencils, gel pens, markers, porous point pens or crayons. LIMITED TIME SPECIAL DISCOUNT! GRAB YOUR COPY NOW! \_\_ Tags: adult coloring books best sellers, coloring books for adults relaxation, artists illustrators, flowers mandala fantasy, zentangle coloring book, animals geometric, stress relieving patterns, coloring pages**

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***for adults, meditation, adult coloring pencils pen crayons markers, creative inspirations, color me calm, extreme art, dream catcher happy balance wow, stress relief coloring book, really cool relaxing colouring, doodle invasion, mindfulness meditation, nature mandalas coloring books for grownups, anti-stress management***Coloring is our passion. We create, collect and publish beautiful and original coloring books for adults... With an added value. ***Art Therapy: doodle & dream Inspiring adult art therapy for creative relaxation Creative relaxation through beautiful and motivational patterns and illustrations. Feelings of stress and anxiety are replaced with waves of calm and peacefulness as you***

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***focus your mind on the joy of therapeutic creative colouring . Each of the individual drawings is accompanied by inspirational quotes and specially printed on a single page with the reverse left blank so you can cut out and keep, to create a picture perfect for framing or displaying. You may also enjoy other creative doodle & dream adult colouring titles by Christina Rose: "Creative Colouring: doodle & dream" "Anti-Stress Colouring: doodle & dream" "Colouring Therapy: doodle & dream" "Love You Mum: doodle & dream" "Love You Grandma: doodle & dream"***

***Elephants Adult Coloring Book  
Dream Catcher***

***A Stress Relieving Coloring Journey  
Adult Coloring Book  
Love You Mum***

***Adult Coloring Books***

***The Complete Anti-Stress Colouring Collection  
Book 3: the ultimate calming colouring book  
collection for all This five book collection of  
colouring books is guaranteed to calm and de-  
stress you. Carefully selected beautiful and  
intricate patterns will help you focus the mind on  
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***inspirational quotes and specially printed on a single page with the reverse left blank so you can cut out and keep, to create a picture perfect for framing or displaying. You may also enjoy other adult colouring books by Christina Rose including: Doodle & Dream series Dream Catcher series The Gift of Colouring series Animal Magic series Mind Healing series Golden girls coloring book for adults: Coloring books for girls Golden girls coloring book for adults: Coloring books for girls For a group of girls Stress Relieving Each coloring page is designed to help relax and inspire WHAT'S***



***INSIDE 30 Beautifully illustrated coloring sheets. Large 8.5" x 11" sized pages. Singled sided pages to avoid bleed through. Buy Now, Start Coloring, and Relax... Scroll to the top of the page and click the buy button. " Get This Book Today " Tags: adult coloring books best sellers, coloring books for adults relaxation, artists illustrators, flowers mandala fantasy, zentangle coloring book, animals geometric, stress relieving patterns, coloring pages for adults, adult coloring pencils pen crayons markers, creative inspirations, color me calm, extreme art, dream catcher happy balance wow, stress relief coloring book, really***

*cool relaxing colouring, doodle invasion, mindfulness meditation, nature mandalas coloring books for grownups, anti-stress, coloring books for girls*

***Anti-Stress Coloring Doodle & Dream Adult Coloring Book Get sound sleep at night by releasing tensions before going to bed. This 8.5x11 coloring book is a great tool to aid you as you color through the intricate patterns while forgetting about worries from a tough day at work. Grab your copy of this coloring book today, and start this great activity right away. Click the BUY NOW button!***

***Anti-Stress: doodle & dream A Beautiful, Inspiring & Calming Adult Colouring Book A de-stressing and calming collection of beautiful and intricate patterns created to focus the mind on the moment. Creativity replaces anxiousness when pencils and pens are put to paper in this intricate collection of illustrations. Each of the individual drawings is accompanied by inspirational quotes and specially printed on a single page with the reverse left blank so you can cut out and keep, to create a picture perfect for framing or displaying. You may also enjoy other creative doodle & dream adult colouring titles by***

***Christina Rose: Art Therapy: doodle & dream  
Colouring Therapy: doodle & dream Creative  
Colouring: doodle & dream Love You Mum:  
doodle & dream Love You Grandma: doodle &  
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### ***Dream in Color***

*Free your mind. Relax... And explore the intricate and exquisite world of stress mending art. Feel how your tension and worries fade away, stroke by stroke, shade by shade. This coloring book for adult book is also suitable for older children coloring with fine tipped markers, colored pencils or brush tipped markers. It's printed on large, bright pages, so you can enjoy and color every tiny detail in those masterfully crafted patterns. Features: 40 beautiful, stress-relieving patterns, carefully designed to touch inner creativity. Different levels of detail Printed on large 8.5x11 high quality paper. Printed just one side of the page. Perfect for decorating*

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*with colored pencils, gel pens, markers, porous point pens or crayons.\_\_\_\_\_ Tags: adult coloring books best sellers, coloring books for adults relaxation, artists illustrators, flowers mandala fantasy, zentangle coloring book, animals geometric, stress relieving patterns, coloring pages for adults, meditation, adult coloring pencils pen crayons markers, creative inspirations, color me calm, extreme art, dream catcher happy balance wow, stress relief coloring book, really cool relaxing colouring, doodle invasion, mindfulness meditation, nature mandalas coloring books for grownups, anti-stress management*

*Creative Elephant Patterns For Relaxation, Fun, and*

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*done? As soon as you finish the first page in your adult book, you will be taken right back to those days. You'll want to interrupt your significant other so you can show off your latest work and when he/she turns around and says "that's nice", the sense of satisfaction you'll get will be unlike anything you've experienced before. The Possibilities Are Endless When you buy your own coloring book, you'll realize that the possibilities are endless. You will also realize that there is just something so appealing about coloring and that it is a great way for you to de-stress at the end of the day. With coloring books being more affordable than ever, there has never been a better time for you to pick up your own today. Use*



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*Any of Your Favorite Tools Including colored pencils, pens, and fine-tipped markers. One Image Per Page Each image is printed on black-backed pages to prevent bleed-through. Display Your Artwork You can display your artwork with a standard 8.5" x 11" frame. Now on Sale Regular Price: \$29.99 | SAVE \$10.00, 33% OFF | Limited time only. Makes the Perfect Gift Surprise that special someone in your life and make them smile. Buy two copies and enjoy coloring together. FREE PDF COPY FREE PDF copy of the book for instant print or reprint on demand of any art page or the entire book. Get This Book Today!" Tags: adult coloring books best sellers, coloring books for adults relaxation, artists*

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*your mum the gift of relaxation with this inspiring colouring book. Beautifully detailed black & white illustrations will take your mum on a journey of de-stressing art therapy, while the gorgeous words & quotes celebrating motherhood will remind her just how important she is. Whether she already enjoys colouring or hasn't picked up a pencil for years she will find something here to love. Each of the 50+ individual drawings is specially printed on a single page with the reverse left blank so they can be cut out and kept to create a picture perfect for framing or displaying. Take your mum's precious free time into a new and thoughtful dimension and show her your appreciation. "You may also enjoy....."*

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*The Complete Anti-Stress Colouring Collection Book 1: the ultimate calming colouring book collection for all This five book collection of colouring books is guaranteed to calm and de-stress you. Carefully selected beautiful and intricate patterns will help you focus the mind on the moment and add colour to the world. Each of the individual drawings is accompanied by inspirational quotes and specially printed on a single page with the reverse left blank so you can cut out and keep, to create a picture perfect for framing or displaying. You may also enjoy other colouring books by Christina Rose including:*

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*30 Farm Inspired Design Pages for Immersive Fun, Relaxation, and Stress Relief*

*Dream Coloring Book*

*30 Fantastic Optical Illusions to Color*

*20 More Stress Relieving Original Medieval Classics to Color*

*A Coloring Book for Creative Minds (Featuring 40 Bonus Waterproof Stickers!)*

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*72! Stress Relieving Vivid Patterns to Color Adult*

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### *Coloring Book*

Creative Elephant Patterns For Relaxation, Fun, and Stress Relief On their own, elephants might be one of the most misunderstood, tranquil, and beautiful species in our world. But now, with our elephant themed adult coloring book, you have the opportunity to create with color your own beautiful coloring pages! With abstract designs ranging through all coloring skill levels, you are sure to find relaxing components all throughout this elaborate coloring book. This book contains over 30 Beautiful, Creative, Complex and Delightful elephant designs requiring full immersion for the ultimate in calm and relaxation. Why You Need To

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great way for you to de-stress at the end of the day. With coloring books being more affordable than ever, there has never been a better time for you to pick up your own today. Use Any of Your Favorite Tools Including colored pencils, pens, and fine-tipped markers. One Image Per Page Each image is printed on black-backed pages to prevent bleed-through. Display Your Artwork You can display your artwork with a standard 8.5" x 11" frame. Now on Sale Regular Price: \$9.99 | SAVE \$6.00, 60% OFF | Limited time only. Makes the Perfect Gift Surprise that special someone in your life and make them smile. Buy two copies and enjoy coloring together. FREE PDF COPY FREE PDF copy of the



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wonderful activity for anyone who wants to relax, de-stress and release mind from overwhelming thoughts. The growing popularity of adult coloring books proves its positive simplicity and being a trendy way to find yourself focused and unwind from the hectic pace of modern life! Channel stress and anxiety into artistic fulfillment. Escape to the world of inspiration suitable for both, beginners and advanced colorists, anyone who loves coloring joy. There are no instructions, no rights or wrongs, and there is no need for expensive art supplies. Color in any way you wish to create unique and exquisite pieces. Coloring can benefit those who find it difficult to discover their inner artist when faced

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with a blank page. Switch off and lose yourself in the flow of coloring. The book features animals and florals filled with fanciful mix of devious forms, swirls, flowing lines and geometric prints. It ensures hours of entertaining mental relaxation. Take your time, bring the color and let your imagination run free! These amazing, intricate arts are ready for you to add your own special touch. Features: 40 beautiful, stress-relieving patterns, designed to engage and spark imagination to unleash your inner creativity. Different levels of detail, from easy to difficult (for different eyes). Pick a picture depending on your mood and start your de-stressing journey. Printed on large 8.5x11 high

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quality paper. You'll have plenty of space to be creative and work on the details. Each drawing is printed with the reverse side blank. When you are done, you will have unique piece of art, worth framing and displaying. Perfect for decorating with colored pencils, gel pens, markers, porous point pens or crayons. Share your coloring passion. Give your friend a gift of relaxation or sit and enjoy it together. You don't need creative experience. If you find it difficult to discover your inner artist - you will still benefit. Coloring alone is calming, just add color! Check out what others are saying..."I have found out that it doesn't matter what I am coloring, the coloring itself is very calming." - Sandra

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