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Grown Up Coloring Book: Anti Stress Coloring Book For Adults: Featuring Wild Animals From A To Z (Volume 1)

By Talon James

CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 108 pages. Dimensions: 11.0in. x 8.5in. x 0.2in. Grown Up Coloring Book: Anti Stress Coloring Book for Adults Featuring Wild Animals From A To Z 49 unique illustrations showcasing over 50 assorted wild animals varying levels of complexity each illustration is on its own page the second half of the book has been formatted so that the images continue to be convenient to color Wild Animals from an Anteater to a Zebra All of us have the potential to be creative. Coloring offers hours and hours of stress relief, mindful calm, and fun, creative expression. Moreover it stimulates the brain areas associated with motor skills, the senses and creativity. At times your imagination is stifled by social expectations, everyday life, and limited time. The further knowledgeable you are, the more often you will choose to evaluate things the way they are supposed to be, rather than permitting your thoughts to wander over imaginative possibilities. You inhabit a stressful world, which can lead to stress, which can bring about health problems, depression, anxiety or just general unwellness. Coloring-in provides many, many benefits, apart from ending up with an awesome...



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