



## Art Therapy Coloring Book: Art Therapy Coloring Books for Adults: Stress Relieving Patterns (Paperback)

By Tanakorn Suwannawat

Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Unique detailed patterns are printed on large 8.5 x 11 high quality paper. Pages are printed on one side only for easy removal and display. Provides hours and hours of mindful calm, stress relief and creative expression. These are what you can achieve through the use of this coloring book. Helps to relax boost your meditation Helps to balance your body, your mind, and your spirit Give you that spiritual connection that you needed Enhance your creativity Help to increase your self-worth and awareness Encourage your self-expression It is fun, either alone or with your friends. You will have fun!.



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