



Being Mindful: Relieving stress through coloring (Adult Coloring Patterns) (Volume 6)

Mindful Coloring Books

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40 Coloring Pages!

Updated cover!

This stress relieving coloring book for adults contains **40** super relaxing coloring patterns to promote mindfulness. Adult coloring books are proven to relieve stress and anxiety and make great meditation aids. Engage in some creative recreation therapy with these beautiful patterns and designs. Coloring is a great way to relax and have fun, start the day or unwind before bed!

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