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Coloring Books for Adults, Volume 2: 40 Stress Relieving and Relaxing Patterns

By Adult Coloring Books Illustrators Allian

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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...



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