



# Art Therapy Coloring Book: Adult Coloring Book : Stress Relieving Patterns

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The unique detailed patterns are printed on large 8.5 x 11 high quality paper.

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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
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