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Adult Coloring Book: Coloring Book for Adults Featuring 30 Beautiful Moari and Polynesian Inspired Designs

By Morgana Skye

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Language: English . Brand New Book ***** Print on Demand *****. Start Your Coloring Journey Today with Beautiful Maori and Polynesian Inspired Designs As adults, we can often forget how to slow down and de-stress. Whether you had a bad day at work, get stuck in traffic all afternoon, or have way too much to do, you deserve a bit of a break as well as an outlet for all of that frustration that you are experiencing. Luckily, coloring can help you in both of those areas. True, you can take a jog or lift some weights at the gym or even talk to your therapist to help you deal with your stress, but what about a creative outlet for your brain? That's where coloring comes in. Whether you're feeling sad, angry, frustrated, or overwhelmed, you can redirect all of that energy into coloring. Think of it as a form of art therapy that you can easily do in the comfort of your own home. When you are coloring, all you are thinking about is the page and the colors that you are putting...



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Reviews

This ebook is very gripping and exciting. It is one of the most amazing book we have study. Its been printed in an remarkably easy way and it is only after i finished reading this book through which really transformed me, affect the way i think.

-- **Camille Greenholt**

Good e book and valuable one. Better then never, though i am quite late in start reading this one. You are going to like how the article writer publish this publication.

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