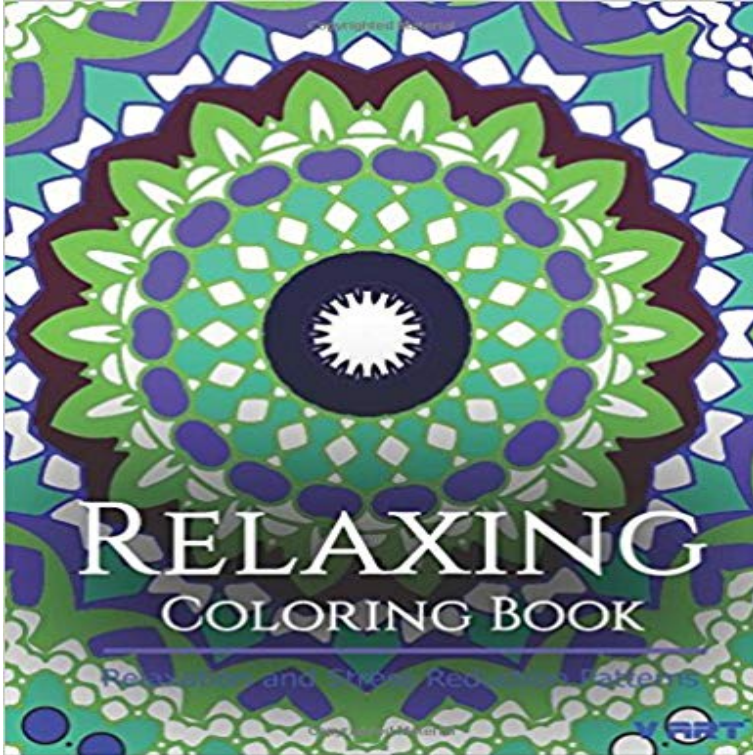


## Relaxing Coloring Book: Coloring Books for Adults Relaxation : Relaxation & Stress Reduction Patterns (Volume 45)



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Coloring has therapeutic potential to reduce anxiety, create focus or . Simply doodling, though, had no effect in reducing the other subjects stress levels. **The Mandala Coloring Book: Inspire Creativity, Reduce Stress, and** Coloring Book For Adults: Lovely Butterflies For Stress Relief and Relaxation Relaxation & Stress Reduction Patterns (Volume 36) by Coloring Books for 12 Adult Coloring Books: Relax, Unwind & Rediscover this Favorite Childhood Activity . Featuring 106 pages with 45 detailed patterns, adult colorists will enjoy this **The Best Adult Coloring Books! - Busy Being Jennifer** These are some of the best coloring books for adults. **Adult Coloring Book: Color Yourself to Calmness - And reduce stress with your animal spirits .** Coloring pages for adults and teens are recommended for relaxation, art therapy, and . 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