



## Garden Beauty: Adult Coloring Book for Relaxation (Paperback)

By June Y

Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Learn To Relax By Coloring If you find it hard to relax or even have a restful sleep, you may want to try adult coloring book. Stress is the root cause of a lot of physical and emotional problems we face today. We often rush from one task to another, barely giving ourselves time to rest or even catch our breath. Adult coloring will teach you to slow down and help you relax. It won't be easy in the beginning but once you try it, you will find it helps. Coloring has the ability to calm our mind and nerves. In this first edition of Garden Beauty, there are 25 engaging floral-inspired coloring pattern pages designed to relax your mind and body. Some patterns are a bit difficult but once you get a hang of it, you will find it most satisfying. I hope you will enjoy it!.



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