

Adult Coloring Book - Geometric Design (Geometric Designs) (Volume 1)

Splash Coloring Books

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Splash Coloring Books : Adult Coloring Book - Geometric Design (Geometric Designs) (Volume 1) before purchasing it in order to gage whether or not it would be worth my time, and all praised Adult Coloring Book - Geometric Design (Geometric Designs) (Volume 1):

Intricate Geometric Patterns that are sure to spark creativity within you. Over 50 unique Geometric Patterns to enjoy from. Includes a mix of intricate and semi-intricate patterns, something for every taste. Provides hours of relaxation and fun. Allows you to de-stress and relax for a few hours! Coloring allows your brain to relax. Allowing your amygdala to rest periodically, which in turn reduces your overall stress. Coloring is a relaxing and meditative activity, that also allows you to be creative. Coloring trains your mind to put all the distractions aside and helps you forget your

worries for the time you spend coloring. Once you are done filling up the book with your favorite colors, you can use it for various types of crafts, such as wall decor, decoupage etc. So grab your colors and enjoy this meditative, calming and creative process today!

About the Author"Coloring is one of the most creative forms of meditation" Coloring is a true meditative and calming experience. Studies have shown that anxiety levels drops in adults who color. The calming effects of coloring helps reduce your stress levels, but also helps you to indulge in a creative and fulfilling process. We have a variety of coloring books at Splash Coloring such as coloring books for elderly, adult coloring books - animals, adult coloring books for men, adult coloring books for stress etc. Just grab your favorite color pencils or crayons, and you are good to go. Coloring does not have to be a complicated process, its like listening to meditative music, you are able to get in touch with your inner self, and block out any stress from the day and distractions around you.