

## Color For Fun Adult Coloring Book: Stress Relieving Patterns



Life is full of things that stress us out. Between work, children, bills, and chores at home, our minds are inundated with stuff, vying for our attention. Coloring is a great way to relax and allow stress to melt away. Have a problem you are trying to figure out? Just open up this book, take your colored pencils, and begin filling in the blank spaces. Dont focus on anything, but coloring what is within this book. By doing this, you will clear you mind, and just might come up with the solution youve been searching for. Filled with flowers, landscapes, underwater scenery, and even something of the macabre, this adult coloring book has something for everyone, and is perfect for when you need a moment to relax.

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