



**RELAXING Grown Up Coloring Book: Relax and
Calm - For Relaxation, Meditation, Stress Relief,
Inspirational Mindfulness and Healing (New
Happy Art Therapy for Women and Men, Girls
and Guys)**

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NEW

50 + 6 UNIQUE ANTI-STRESS, CREATIVITY BOOSTING ILLUSTRATIONS

INCLUDES TIPS FOR A STRESSFREE LIFE

PREVIEW the first **9 Illustrations** from the book at
<http://relaxation4.me/the-first-9-illustrations-relax-and-calm-preview>

"relaxation4.me's work combines artistry, positivity and a genuine effort to do good in the world. Its books are a delight designed for all to enjoy and relax." - Dr. Ben Michaelis, author of Your Next Big Thing: 10 Small Steps to Get Moving and Get Happy

- + International phenomenon and latest mega trend!
- + Free Your mind!
- + Stress Relieving!
- + Coloring will have a healing effect, enhances creativity and is fun!
- + Coloring books are leading the international bestsellers!
- + This Adult Coloring Book will benefit You with WEEKS of coloring fun!
- + 50 beautiful designed and amazing images of elephants, hearts, owls and much much more.
- + 6 Bonus Images!
- + Especially detailed and complex illustrations for grownups but also (older) kids will love it.
- + For girls and boys, women and men, ladies and gents, grandma and grandad!
- + Relaxing, calming, healing, stress relieving and joyful!
- + Made by many of the same artist like our bestseller AWESOME PHILIPPINES' RELAX THERAPY - A MAGIC and MINDFUL TRAVEL ADVENTURE of HEALING Coloring Book!
- + Includes: 10 Health Boosting Superfoods Suggestions!
- + Includes: 10 Inspirational Positive Messages!
- + Includes: short how to color introduction!
- + Each illustration is on a separate sheet to avoid bleeding through!
- + Easy to color!
- + Improves eye-hand coordination!
- + Calms an anxious mind and cultivates moment-to-moment awareness!
- + Increases self-confidence, self-esteem and self-love!
- + Boosts mental clarity!
- + Enhances the ability of inner focus and lets You develop more mindfulness!

- + Coloring will take You into a Zen Buddhism meditation-like state!
- + Depressions are going to disappear!
- + Wellness and yoga for Your mind!
- + Art Therapy!
- + Unique handmade and hand drawn designs!
- + Create Your own art!
- + Makes a Great Christmas Gift, Birthday Gift, Thanksgiving Day Gift, Valentine's Day Gift!
- + 130 pages!
- + Over \$250 (!) of value in this book!
- + Anti-stress guarantee!

What's Inside?

- + Owl On Tree
- + 3 Hearts
- + Elephant
- + Lady
- + Flower 1
- + Flower 2
- + Castle
- + Rain
- + Moonlight
- + Tropical Plants
- + Heart
- + 4 Hearts
- + Shapes
- + Filipiniana
- + Tiger
- + Happy
- + Elephant Hearts
- + Girl
- + Love Birds
- + Recycle
- + Mango
- + 2 Hearts Fan
- + 4 Flowers
- + Birdhouse
- + Hearts
- + Fruits Basket
- + Flower 3
- + Music Girl
- + Moon
- + Circle
- + Circles
- + Tree
- + Rose
- + Hearts Stars
- + Elephant Family
- + Flowers 4
- + Koi

- + Horses
- + Whale Shark
- + Sea Turtle
- + Beachside
- + Papaya Mango Banana
- + Vinta
- + Mansion
- + Sea Turtle 2
- + Coconut
- + Farmland
- + Moving Jeepney
- + Gumamela
- + Owl Creature
- + Bonus Illustration #1
- + Bonus Illustration #2
- + Bonus Illustration #3
- + Bonus Illustration #4
- + Bonus Illustration #5
- + Bonus Illustration #6

GRAB YOUR COPY NOW!

Receive **10 FREE Bonus Illustrations** while You are waiting for the book:
<http://relaxation4.me/bonus-relaxing-designs>

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From reader reviews:

Hannelore Evans:

In this 21st one hundred year, people become competitive in every way. By being competitive today, people have to do something to make all of them survive, being in the middle of the particular crowded place and notice by means of surrounding. One thing that sometimes many people have underestimated the item for a while is reading. Yes, by reading a e-book your ability to survive raise then having chance to stand up than other is high. In your case who want to start reading any book, we give you that RELAXING Grown Up Coloring Book: Relax and Calm - For Relaxation, Meditation, Stress Relief, Inspirational Mindfulness and Healing (New Happy Art Therapy for Women and Men, Girls and Guys) book as basic and daily reading book. Why, because this book is greater than just a book.

Nancy Baumgardner:

Information is provisions for folks to get better life, information these days can get by anyone at everywhere. The information can be a knowledge or any news even a huge concern. What people must be consider if those information which is from the former life are difficult to be find than now could be taking seriously which one is appropriate to believe or which one the resource are convinced. If you find the unstable resource then you get it as your main information you will have huge disadvantage for you. All of those possibilities will not happen throughout you if you take RELAXING Grown Up Coloring Book: Relax and Calm - For Relaxation, Meditation, Stress Relief, Inspirational Mindfulness and Healing (New Happy Art Therapy for Women and Men, Girls and Guys) as your daily resource information.

Grace Seals:

The guide untitled RELAXING Grown Up Coloring Book: Relax and Calm - For Relaxation, Meditation, Stress Relief, Inspirational Mindfulness and Healing (New Happy Art Therapy for Women and Men, Girls and Guys) is the book that recommended to you to read. You can see the quality of the book content that will be shown to anyone. The language that publisher use to explained their way of doing something is easily to understand. The article writer was did a lot of research when write the book, so the information that they share to your account is absolutely accurate. You also could get the e-book of RELAXING Grown Up Coloring Book: Relax and Calm - For Relaxation, Meditation, Stress Relief, Inspirational Mindfulness and Healing (New Happy Art Therapy for Women and Men, Girls and Guys) from the publisher to make you much more enjoy free time.

Edgar Hightower:

The particular book RELAXING Grown Up Coloring Book: Relax and Calm - For Relaxation, Meditation, Stress Relief, Inspirational Mindfulness and Healing (New Happy Art Therapy for Women and Men, Girls and Guys) has a lot details on it. So when you make sure to read this book you can get a lot of advantage.

The book was published by the very famous author. The writer makes some research previous to write this book. That book very easy to read you will get the point easily after scanning this book.

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