



## Adult Coloring Book Vol 3: Big Patterns - Easy Coloring for Stress Relief, Relaxation and Enjoyment (Paperback)

By Amanda J Ward

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Welcome to Adult Coloring Book: Big Patterns Vol 3This book is part of a series in "Adult Coloring Book: Big Patterns" and is specially designed for those who have special medical conditions and find difficulty in coloring small patterns. "Big Patterns" is for fun and easy coloring on mandala, the ancient Tibetan art of drawing and coloring geometric patterns and figures with sand. The 20 patterns in this volume, to suit different preferences, are a mix of simple and big patterns. When you have decided on which of these patterns are your preferred coloring designs, you can then consider focusing on specific types of designs in this series. Coloring drawings has lots of benefits. This includes: Stimulating your creativity Keeping your mind sharp Enhancing your happiness Increasing your creativity Reducing your stress Increasing your tranquility Promoting calmnessThis is a great way to relax, unwind and feel young again. Forget about everything else, enjoy your private time and just color away.



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