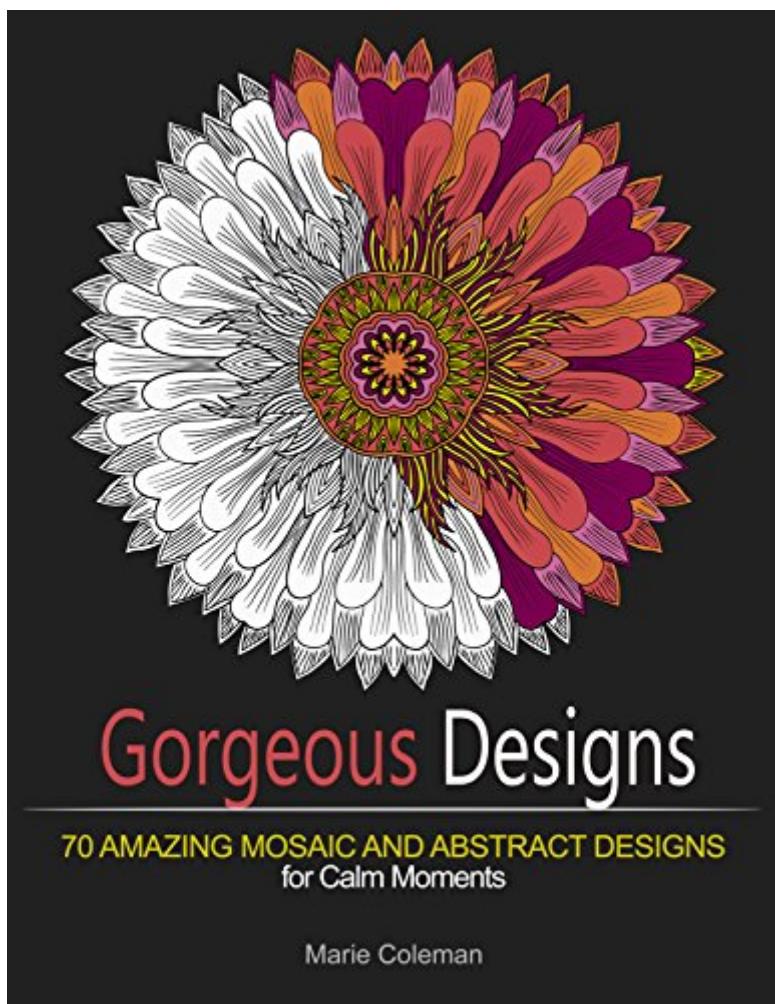


The book was found

Gorgeous Designs: 70 Amazing Mosaic And Abstract Designs For Calm Moments



Synopsis

COLORING — A Perfect Way to Practice MindfulnessFor Kindle users — navigate to the end of this book to download PDF version of a book.Gorgeous Designs: 70 Amazing Mosaic and Abstract Designs for Calm Moments is a perfect way to relax and be creative at the same time! This amazing book has 70 designs for coloring and having fun while making a masterpiece. Each illustration is perfect for any coloring tools you have. You can use crayons, colored pencils, markers, gel pens, or watercolors.Did you know that coloring can help emotional and mental health issues?People who have anxiety, stress disorders, depressive disorders, and many other issues find coloring as a great way to focus on more safe and productive way instead of focusing on negative thoughts.Find out why coloring for adults is so popular and why it became a useful distraction for many people. Choose a design you like the most and start coloring!Reach Zen by only 10-15 minutes of coloring daily.

Book Information

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I had previously purchased this coloring book and really enjoyed the different floral mandala designs. However, the print link was no longer active so I was very glad to see a re-issue and fortunate enough to grab it when it was free. This version offers an active print link and I was able to save it on my computer. In this book there are 70 designs and most appear to be floral or inspired by floral designs. Most are quite detailed, making this book wonderful for gel pens. A few of the pages are too heavily outlined in black for my taste, one star removed for that. The print link is located at the end of the book and works well.

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