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By -

Blue Star Coloring, 2015. Paperback. Condition: New. Adult Coloring Book Artists (illustrator). Language: English . Brand New Book ***** Print on Demand *****. Filled with intricate, detailed, and inspiring patterns designs, this adult coloring book provides hours of stress relief and mental relaxation. Your instructions for maximum enjoyment are simple: 1. Break out your crayons or colored pencils. 2. Turn off your phone, tablet, computer, whatever. 3. Stop thinking about your job, your credit score, your reputation with your co-workers, your goals, your waistline, your retirement savings, etc. 4. Remind yourself that coloring is like dancing, or being alive. It doesn't have a point; it is the point. 5. Find your favorite page in the book. That is the beginning. 6. Start coloring. 7. If you notice at any point that you are having fun, forgetting your worries, daydreaming freely, feeling more creative, excitable, curious, delighted, relaxed or any combination thereof, breathe deeply and take a moment to enjoy it. Then, gently return your attention to coloring. 8. When you are satisfied or don't feel like it anymore, stop.



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