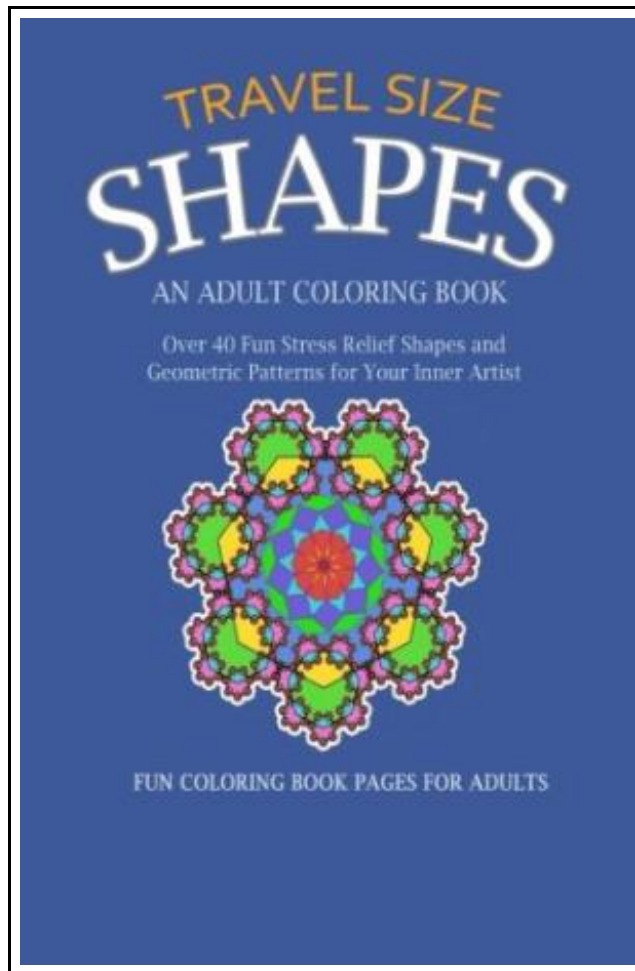


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Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.Travel Size* Due to Popular Demand! Shapes: An Adult Coloring Book featuring A new collection of over 40 Stress Relieving Patterns and Geometric Shapes. A new collection of over 30 beautiful African Masks/African designs created to inspire your inner colorist. In addition to the striking adult coloring pages, this book also features key cultural information including the origins of each mask. The paper is perfect for fine tip pens, colored pencils and markers. The completed adult coloring book pages are an excellent Gift to give to friends, family and other loved ones for holidays and special occasions. The Benefits of Coloring for Adults Coloring is the perfect way to relax after a tough day and great for enhancing your creativity. For many, coloring a beautiful image can be a form of meditation. It allows you to enter the flow state in which you are in the moment, actively focusing on what you are doing and blocking out all distractions around you. Stressful thoughts and future worries can be simply pushed aside as you take time to enjoy the present moment. We live in an incredibly busy world. Our pace of living is often full speed and our minds are continually jumping from one thing to the next. It is very beneficial to disconnect and give yourself a break. Your mind needs time to sort out all the information it receives and your body needs time to simply unwind. Coloring can provide that calming break. Coloring is such a simple relaxing leisure activity and best of all you get to create beautiful artwork too! Here are some other benefits of the art of coloring: Color on...



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