



COLORING BOOK FOR ADULTS Stress Relieving Patterns: Doodles and Mandalas - Lovink Coloring Books

Joan Smith

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Why are coloring books not just for kids? While not meant to completely eliminate all your troubles, coloring can be therapeutic and is a good way to have some fun without going anywhere. In addition to being a good stress reliever, coloring is comforting. It creates peace, as you focus on staying within the lines, choosing the colors and working methodically. Coloring an intricate scene or a delicate mandala such as those found in this Lovink Coloring Book is also a way to incorporate a little creativity into your lives, as well as improve fine motor skills. If you find yourself bored and tired of working in a cubicle all day or exhausted from household chores, adding some brightness with a coloring book can be just the thing to get your imagination going.

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