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Adult Coloring Book: Creative Designs for Stress Relief

Duy Troung

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Adult Coloring Book

- Creative Designs for Stress Relief Adult Coloring Book - Creative Designs for Stress Relief is an **adult coloring book** that is designed for adults to unleash their creativity while offering that stability we felt as children- swept away into a nice contentment enjoying hours of coloring. Inside, you'll find a range of designs, each offering adults the opportunity to express themselves through **color**. For a relaxation therapy and **stress relief**, there is no better way than to reward yourself with the gift of **coloring**. **Coloring books for adults** have become popular because they do allow adults an escape from the strains of everyday life. Inside, you'll find many **animal** designs that are masterpieces once colored.

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Michael Harmon:

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