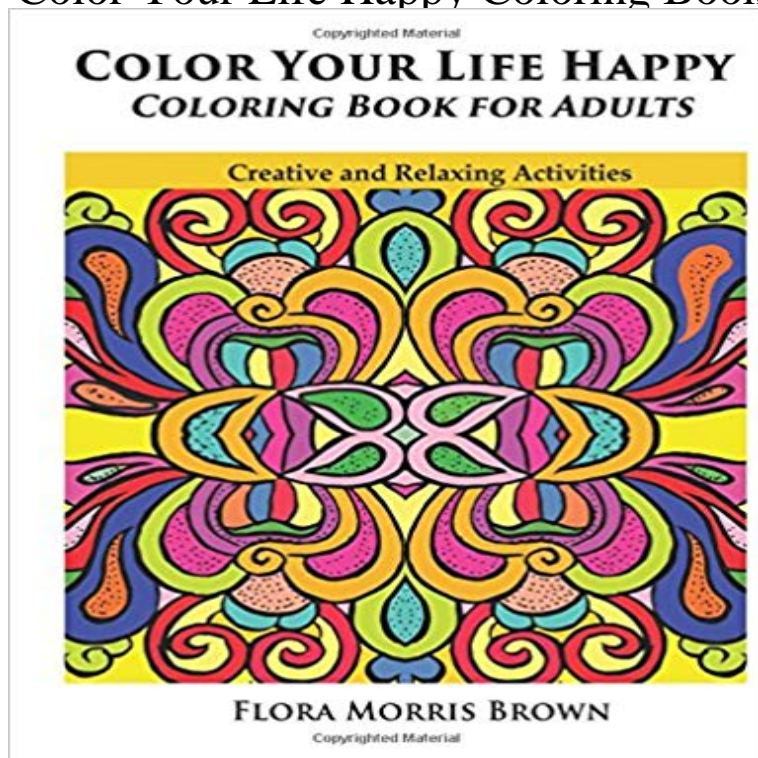


## Color Your Life Happy Coloring Book for Adults



Coloring is now socially acceptable for adults. You no longer have to sneak into the kids section or borrow your kids coloring books. Best of all, slowing your mind and engaging in the repetitive motion of coloring helps you unplug from daily stress, increase mindfulness, foster relaxation, stimulate creativity, and increase self-esteem. There are three types of activities in this book: 30 patterns, drawings and mandalas of varying complexity, seven coloring pages with motivational phrases, and finally, seven open-ended activities with space for you to write, doodle, or draw in response to a prompt. Complete the activities in any order you wish. There are no page numbers or right or wrong. Don't feel pressured to finish an activity. Stop whenever you want, and move on to another one or not. Most of all, let this book transport you to childlike pleasure and guilt-free fun.

[\[PDF\] Business Law Today, The Essentials](#)

[\[PDF\] The Law Magazine, Or, Quarterly Review of Jurisprudence, Volume 10](#)

[\[PDF\] Greek and Roman Sport \(World History \(Lucent\)\)](#)

[\[PDF\] What Bumosaur Is That?](#)

[\[PDF\] Potatoes, Tears, and Wild Roses \(Beneath Old Glory: Book 2\)](#)

[\[PDF\] Revolt of the Black Athlete](#)

[\[PDF\] Hungarian Rhapsody No.13, S.244/13 \(Arrangement for orchestra\): Tuba part \(Qty 4\) \[A6485\]](#)

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