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## Stress Less Coloring: Paisley Patterns: 100+ Coloring Pages for Peace and Relaxation

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By Adams Media

Adams Media Corporation. Paperback. Book Condition: new. BRAND NEW, Stress Less Coloring: Paisley Patterns: 100+ Coloring Pages for Peace and Relaxation, Adams Media, Free your mind with these beautiful paisley designs! Stress Less Coloring: Paisley Patterns helps you manage your worries in a fun, creative, and relaxing way. By concentrating on coloring and shading each of the 100 paisley patterns, you'll calm your mind and let go of any tension you may be feeling. Each stress-reducing page also invites you to express yourself as you use your own unique color palette to fill in the designs. As you bring color to paper, you'll shift your focus back to a relaxed state and enjoy each soothing moment. Whether you're new to the benefits of art therapy or have been coloring for years, you'll find your inner calm and creativity with Stress Less Coloring: Paisley Patterns.



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