



Adult Coloring Book Patterns with ease: Simplified coloring pages with patterns, mandalas, animals more. Includes sketching pages for creativity. Unplug and Create

By Unplug Coloring

Unplug Coloring. Paperback. Condition: New. 194 pages. Dimensions: 11.0in. x 8.5in. x 0.4in. Adult coloring book designed to be an alternative to meditation, reduce anxiety, and create more focus. This Patterns book will allow you to UNPLUG AND RECONNECT with your childhood; with your calming and relaxing mental state; with logical parts of the brain; with yourself to combat anxiety; with color to unwind with friends and family. Coloring is good for therapy Coloring helps you relax Coloring exercises your fine motor skills Coloring is great share with friends and family Coloring improves your focus and hand to eye coordination Coloring improves your self esteem and confidence Coloring unplugs you from electronics and brings you back to your inner self This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.



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