



## Tranquility Patterns: Colouring Book (Paperback)

By Mauindiarts

Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Tranquility Patterns Colouring Book, Volume 4 by MauindiArts contains 30 one sided prints to colour. Each print in this book has been created using hand drawn elements incorporating many hours of thought and consideration. Prints range from simple and relaxing to intricate and focused. Colouring is a wonderful past time at any age, and adult colouring is particularly good for adults who wish to combat stress and anxiety. Colouring is a fulfilling way to relax, reflect and re-focus your energies through creative meditation. We recommend using pencils or crayons for best results. If you would like to use pens or markers in this book, we recommend using a blank sheet behind the page you are colouring to prevent bleeding. Adult Coloring, Coloring Book, Art Therapy, Grown Up Coloring Book.



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