



# Let It Go! Coloring and Activities to Awaken Your Mind and Relieve Stress Adult Coloring Book

*Sherise Seven*

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## **Let It Go! Coloring and Activities to Awaken Your Mind and Relieve Stress Adult Coloring Book**

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More than just pages for you to color, "Let it Go" is a journey to happiness. We know coloring provides a meditative form of relaxation for many people and can calm stressed nerves on busy days. This book however, is different in it's approach - in addition to 40 coloring pages, it also offers 11 unique activity pages that will push your brain towards happiness and inspirational positive thoughts.

Pages like "The Color Waltz", "Doodling In The Dark" and "Meditative Circles" will take your mind off the day's challenges and release your creativity.

- **++Please see video flip through of this book by clicking on the author's page!**
- **40 coloring pages and 11 stress relief activities**
- **Perforated, one-sided coloring pages**
- **Original, hand-drawn art, no computer generated images**
- **Rear cover unfolds and tears out to become color protector sheet**

Our book takes adult coloring to the next step. We wanted to create a self help tool that not only taps into your creativity but is uplifting for your heart and soul which ultimately is good for your health. Stress relief by being creative! What could be better?

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