



**RELAXING Grown Up Coloring Book: Relax and  
Calm - For Relaxation, Meditation, Stress Relief,  
Inspirational Mindfulness and Healing (New  
Happy Art Therapy for Women and Men, Girls  
and Guys)**

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# **RELAXING Grown Up Coloring Book: Relax and Calm - For Relaxation, Meditation, Stress Relief, Inspirational Mindfulness and Healing (New Happy Art Therapy for Women and Men, Girls and Guys)**

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**NEW**

**50 + 6 UNIQUE ANTI-STRESS, CREATIVITY BOOSTING ILLUSTRATIONS**

**INCLUDES TIPS FOR A STRESSFREE LIFE**

**PREVIEW** the first **9 Illustrations** from the book at  
**<http://relaxation4.me/the-first-9-illustrations-relax-and-calm-preview>**

*"relaxation4.me's work combines artistry, positivity and a genuine effort to do good in the world. Its books are a delight designed for all to enjoy and relax."* - Dr. Ben Michaelis, author of Your Next Big Thing: 10 Small Steps to Get Moving and Get Happy

- + International phenomenon and latest mega trend!
- + Free Your mind!
- + Stress Relieving!
- + Coloring will have a healing effect, enhances creativity and is fun!
- + Coloring books are leading the international bestsellers!
- + This Adult Coloring Book will benefit You with WEEKS of coloring fun!
- + 50 beautiful designed and amazing images of elephants, hearts, owls and much much more.
- + 6 Bonus Images!
- + Especially detailed and complex illustrations for grownups but also (older) kids will love it.
- + For girls and boys, women and men, ladies and gents, grandma and grandad!
- + Relaxing, calming, healing, stress relieving and joyful!
- + Made by many of the same artist like our bestseller AWESOME PHILIPPINES' RELAX THERAPY - A MAGIC and MINDFUL TRAVEL ADVENTURE of HEALING Coloring Book!
- + Includes: 10 Health Boosting Superfoods Suggestions!
- + Includes: 10 Inspirational Positive Messages!
- + Includes: short how to color introduction!
- + Each illustration is on a separate sheet to avoid bleeding through!
- + Easy to color!
- + Improves eye-hand coordination!
- + Calms an anxious mind and cultivates moment-to-moment awareness!
- + Increases self-confidence, self-esteem and self-love!
- + Boosts mental clarity!
- + Enhances the ability of inner focus and lets You develop more mindfulness!

- + Coloring will take You into a Zen Buddhism meditation-like state!
- + Depressions are going to disappear!
- + Wellness and yoga for Your mind!
- + Art Therapy!
- + Unique handmade and hand drawn designs!
- + Create Your own art!
- + Makes a Great Christmas Gift, Birthday Gift, Thanksgiving Day Gift, Valentine's Day Gift!
- + 130 pages!
- + Over \$250 (!) of value in this book!
- + Anti-stress guarantee!

### **What's Inside?**

- + Owl On Tree
- + 3 Hearts
- + Elephant
- + Lady
- + Flower 1
- + Flower 2
- + Castle
- + Rain
- + Moonlight
- + Tropical Plants
- + Heart
- + 4 Hearts
- + Shapes
- + Filipiniana
- + Tiger
- + Happy
- + Elephant Hearts
- + Girl
- + Love Birds
- + Recycle
- + Mango
- + 2 Hearts Fan
- + 4 Flowers
- + Birdhouse
- + Hearts
- + Fruits Basket
- + Flower 3
- + Music Girl
- + Moon
- + Circle
- + Circles
- + Tree
- + Rose
- + Hearts Stars
- + Elephant Family
- + Flowers 4
- + Koi

- + Horses
- + Whale Shark
- + Sea Turtle
- + Beachside
- + Papaya Mango Banana
- + Vinta
- + Mansion
- + Sea Turtle 2
- + Coconut
- + Farmland
- + Moving Jeepney
- + Gumamela
- + Owl Creature
- + Bonus Illustration #1
- + Bonus Illustration #2
- + Bonus Illustration #3
- + Bonus Illustration #4
- + Bonus Illustration #5
- + Bonus Illustration #6

**GRAB YOUR COPY NOW!**

Receive **10 FREE Bonus Illustrations** while You are waiting for the book:  
**<http://relaxation4.me/bonus-relaxing-designs>**

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**From reader reviews:**

**Timothy Rowe:**

Book is written, printed, or outlined for everything. You can learn everything you want by a book. Book has a different type. To be sure that book is important thing to bring us around the world. Close to that you can your reading proficiency was fluently. A e-book RELAXING Grown Up Coloring Book: Relax and Calm - For Relaxation, Meditation, Stress Relief, Inspirational Mindfulness and Healing (New Happy Art Therapy for Women and Men, Girls and Guys) will make you to become smarter. You can feel considerably more confidence if you can know about almost everything. But some of you think this open or reading any book make you bored. It isn't make you fun. Why they may be thought like that? Have you looking for best book or suitable book with you?

**Laura Mason:**

What do you about book? It is not important with you? Or just adding material when you really need something to explain what the ones you have problem? How about your time? Or are you busy person? If you don't have spare time to complete others business, it is make you feel bored faster. And you have extra time? What did you do? Every individual has many questions above. They have to answer that question due to the fact just their can do that will. It said that about guide. Book is familiar on every person. Yes, it is appropriate. Because start from on pre-school until university need that RELAXING Grown Up Coloring Book: Relax and Calm - For Relaxation, Meditation, Stress Relief, Inspirational Mindfulness and Healing (New Happy Art Therapy for Women and Men, Girls and Guys) to read.

**Eva Velasco:**

As people who live in the modest era should be upgrade about what going on or info even knowledge to make these keep up with the era that is certainly always change and advance. Some of you maybe can update themselves by studying books. It is a good choice in your case but the problems coming to anyone is you don't know what type you should start with. This RELAXING Grown Up Coloring Book: Relax and Calm - For Relaxation, Meditation, Stress Relief, Inspirational Mindfulness and Healing (New Happy Art Therapy for Women and Men, Girls and Guys) is our recommendation so you keep up with the world. Why, because book serves what you want and need in this era.

**Helen Arnold:**

Is it you actually who having spare time in that case spend it whole day by means of watching television programs or just lying down on the bed? Do you need something totally new? This RELAXING Grown Up Coloring Book: Relax and Calm - For Relaxation, Meditation, Stress Relief, Inspirational Mindfulness and Healing (New Happy Art Therapy for Women and Men, Girls and Guys) can be the response, oh how comes? It's a book you know. You are and so out of date, spending your extra time by reading in this new era

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