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Coloring Yourself Calm, Volume 8: Adult Coloring Book

By Jeffrey Littorno

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There s no denying that the world has gotten more stressful in the 21st century. Fortunately, many adults have

rediscovered the relaxing effects of coloring books.

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The pages are created with the idea that they are simple enough to be finished in one sitting. This coloring book for grown up is perfect for anyone seeking to enjoy the relaxing power of coloring.



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