



## Tranquility Adult Coloring Books: Calming Animal Nature Designs for Stress Relief, Inspiration, and Happiness

By Lifestyle Dezin Coloring

Lifestyle Dezin Coloring Books, United States, 2015. Paperback. Book Condition: New. 280 x 216 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Be inspired by quotes throughout to encourage positivity, mindfulness, and the joys of the present. Make a difference by supporting a purpose-driven business committed to donating 10 of all net profits to charity, mental health, and animal advocacy. Develop your mind with coloring shown to train the brain to focus while improving fine motor skills and vision. Escape to a world of inspiration with hours on end of creative, judgement-free mental relaxation. Channel anxiety and stress into artistic fulfillment with designs ranging in complexity from beginner to advanced. This adult coloring book features 45 beautiful, hand drawn stress relieving designs to color including animals, flowers, paisley patterns, nature scenes, and mandalas. Perfect gift for Christmas, birthday, recovery, meditation, art therapy, or any occasion for both women and men. Grab your colored pencils or markers, choose one of your favorite pages and have fun like millions of grown-ups around the world!.



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### **I Learn, I Speak: Basic Skills for Preschool Learners of English and Chinese**

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