



# Adult Coloring Book: Heart and Flower Patterns for Happiness, Relaxation and Stress Relief

*Jessica Love*

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## ADULT COLORING BOOK

### 52 HEART AND FLOWER PATTERS FOR RELAXATION AND STRESS RELIEF

Are you ready to relieve stress and get creative? Adult Coloring Book: 52 Heart and Flower Patterns is exactly what you need. You'll benefit by reducing your stress and anxiety after a long, hard day. Coloring has also been shown to increase your creativity. How does coloring help stress for adults? It's been scientifically proven to help you take your attention away from your problems. This is the first step to stress relief. Because coloring regulates your amygdala, you get therapeutic relief from stress. You get a small dose of dopamine when you color which helps reduce anxiety and fear. Neuroscience has proven that when we stimulate this area of our brain to produce positive feelings, it can literally rewire our brains. Coloring can now be thought of as a very inexpensive and creative therapy session. Since it requires focus, even if you only color for a short period of time, it can improve symptoms associated with ADD. Why choose this coloring book? This book provides 52 patterns to provide you with the ultimate coloring experience. You get to be creative and be transported back in time to your carefree childhood days. It's time to unwind with one of the most popular relaxation methods available: adult coloring. Find out for yourself just why adult coloring has become amazingly popular. Choose the best picture that suits your day and start coloring. Our digital version means that you can print out high quality digital images and color until your heart's content!

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#### **James Alvarez:**

A lot of people always spent all their free time to vacation as well as go to the outside with them loved ones or their friend. Did you know? Many a lot of people spent they will free time just watching TV, or perhaps playing video games all day long. If you need to try to find a new activity that's look different you can read some sort of book. It is really fun in your case. If you enjoy the book which you read you can spent all day long to reading a book. The book Adult Coloring Book: Heart and Flower Patterns for Happiness, Relaxation and Stress Relief it is quite good to read. There are a lot of those who recommended this book. These people were enjoying reading this book. In the event you did not have enough space to deliver this book you can buy typically the e-book. You can m0ore effortlessly to read this book from the smart phone. The price is not very costly but this book has high quality.

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