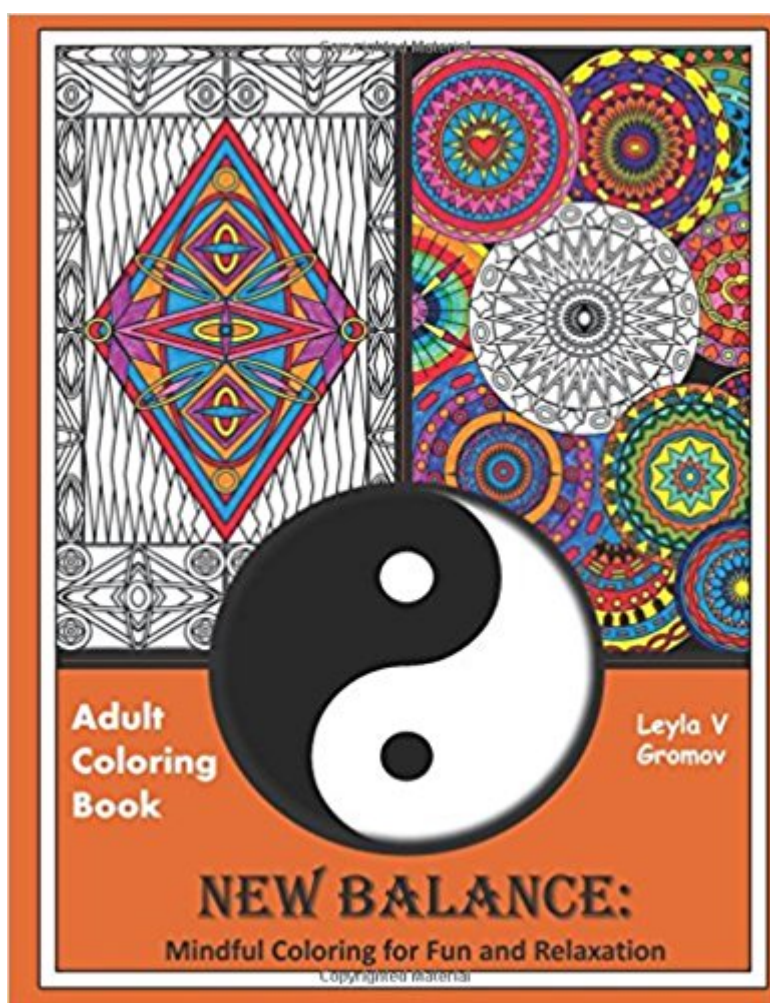


The book was found

New Balance: Mindful Coloring For Fun And Relaxation (Adult Coloring Books) (Volume 1)



Synopsis

For those who love coloring. Enjoy the delightful, stress-relieving benefits of coloring for adults with New Balance unique coloring pages. All pages are one-sided; only one picture printed on each sheet, high-resolution images, a large 8.5" x 11" size. Featuring 24 detailed patterns, white paper, glossy finish. Join millions of adults all around the world who are rediscovering the simple relaxation and joy of coloring! The concentration while coloring switches your brain in a different gear. It acts as a meditation and a state of balance returns. In addition, the creativity is stimulated and encouraged. No wonder coloring has become a favorite way to relax in the modern world! This coloring book for adults includes 24 patterns with different degrees of difficulty. It is suitable for beginners as well as for advanced, where one can relax into the pleasure of filling space with color without having to do anything right. Make each picture stand out by placing darker colors next to light ones. Try different color combinations on a piece of scrap paper before you put them on the image you are about to color. Experiment with the unusual if you feel adventurous. Try coloring in the negative spaces with black. Use any coloring tools, including colored pencils, gel pens, fine-tipped markers, and watercolor markers. Lefty Edition can be found here:

https://www..com/New-Balance-Mindful-Coloring-Relaxation/dp/1546980628/ref=sr_1_3?ie=UTF8&qid=1496321721&sr=8-3&keywords=leyla+gromov TAGS : adult coloring books, coloring books for adults relaxation, artists illustrators, flower mandalas, stress relieving patterns, coloring pages for adults, meditation, mindfulness meditation, nature mandalas, coloring books for grownups, anti-stress management, anger management, healing, coloring books for women, creative inspirations, coloring books for men, art therapy, color therapy, yoga for the mind, yin-yang symbol

Book Information

Series: Adult Coloring Books

Paperback: 50 pages

Publisher: CreateSpace Independent Publishing Platform; Clr Csm edition (May 28, 2017)

Language: English

ISBN-10: 1546980253

ISBN-13: 978-1546980254

Product Dimensions: 8.5 x 0.1 x 11 inches

Shipping Weight: 6.4 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 5 customer reviews

Best Sellers Rank: #800,889 in Books (See Top 100 in Books) #20 in Ã Â Books > Arts &

Photography > Graphic Design > Techniques > Use of Ornament #175 in [Books > Crafts, Hobbies & Home > Crafts & Hobbies > Nature Crafts](#) #291 in [Books > Self-Help > Anger Management](#)

Customer Reviews

It is a very nice coloring book! The designs are beautiful and interesting. I like the guidance in the beginning of the book about how this coloring activity can be helpful in resolving certain issues you are facing in life. Never thought of coloring this way before and it sounds really true! The symmetrical nature of the patterns does help to focus your mind and bring some order into the thinking process. Love this book and would certainly recommend it to my friends to experience some fun and relaxation!

Nice book! Instead of characters, people or animals, this book provides designs created with just basic shapes, yet, artistic. Very good book to help release stress! Love it!

Great book! I have purchased similar books in the past for my coloring meditation practices but they weren't even close as cool as this one! Beautiful diverse patterns and unique designs take me away from the reality for hours. Definitely recommend, you won't get bored!

Wonderful adult coloring book!! love the idea of writing down the issue on the opposite side of the paper. Really great way to find the inner peace or solution to the problem through coloring! Love it!

Great concept. Great stress reliever. And fun, too! Thanks, Ms. Gromov!

[Download to continue reading...](#)

New Balance: Mindful Coloring for Fun and Relaxation (Adult Coloring Books) (Volume 1) Antique Hunting: Adult Coloring Books for Men in all Departments; Adult Coloring Books in Books; Adult Coloriing Books Travel in all D; Adult Coloring ... for Men in all D; Coloring Books Travel in al Mandala Coloring book: Mandalas. Easy coloring: Simple mandala coloring book, Adult mandala coloring Books, Mandala coloring, Adult Coloring Book: ... coloring books for Adults) (Volume 2) 3-Word Stories Coloring Book (Three Word Story Adult Coloring Book): The Adult Coloring Book of Colorist-Created 3-Word Stories (Adult Coloring, ... Adult Coloring Book Series) (Volume 1) "DON'T F*CK WITH ME I'M COLORING" ADULT COLORING, SWEAR WORD, CUSS WORD, NOVELTY GAG GIFT SWEAR COLORING FUN BOOK FOR HER: A Bad Attitude Bad Language Adult Cuss

Word Coloring For Relaxation Book! #Love #Coloring Book: #Love is Coloring Book #1 in the Adult Coloring Book Series Celebrating Love and Friendship (Coloring Books, Coloring Pencils) ... Series of Adult Coloring Books) (Volume 1) Coloring Books For Adults Volume 1: 40 Stress Relieving And Relaxing Patterns, Adult Coloring Books Series By ColoringCraze.com (Adult Coloring Books, ... Anti Stress Coloring Books For Grownups) Coloring Books for Adults Relaxation: Swear Word Animal Designs: Sweary Book, Swear Word Coloring Book Patterns For Relaxation, Fun, and Relieve Your Stress (Volume 5) Lotus Shading Coloring Book: Grayscale coloring books for adults Relaxation Art Therapy for Busy People (Adult Coloring Books Series, grayscale fantasy coloring books) Easter Morning Minis Colouring Book Europe: Easter Coloring Books for Children in al; Coloring Books for Adults Relaxation in al; Valentines Day Books ... Cups in al; Adult Coloring Books Paris in al Beautiful Birds Volume 1: Grayscale coloring books for adults Relaxation (Adult Coloring Books Series, grayscale fantasy coloring books) BirdTopia Shading Volume 2: Bird Grayscale coloring books for adults Relaxation Art Therapy for Busy People (Adult Coloring Books Series, grayscale fantasy coloring books) Flower Designs Coloring Book: An Adult Coloring Book for Stress-Relief, Relaxation, Meditation and Creativity (Jenean Morrison Adult Coloring Books) (Volume 1) Hand-Drawn Mandalas Coloring Book, Volume Two: An Adult Coloring Book for Stress-Relief, Relaxation, Meditation and Creativity (Jenean Morrison Adult Coloring Books) Totally Bodacious 80s Adult Coloring Book: 80s Adult Coloring Book full of Radical 1980s Fashion, Trends, and Style for Relaxation Therapy (Coloring books for grownups) (Volume 56) Grayscale Adult Coloring Books Gray Pin-up GIRLS Vol.1: Coloring Book for Grown-Ups (Grayscale Coloring Books) (Photo Coloring Books) (Vintage Coloring Books) (Volume 1) #Chalkboard #Coloring Book: #Chalkboard is Coloring Book #4 in the Adult Coloring Book Series Celebrating #Love and #Friendship (Coloring Books, ... Series of Adult Coloring Books) (Volume 4) #Mandalas Coloring Book: #Mandalas is Coloring Book No.6 in the Adult Coloring Book # Series Celebrating Mandalas (Coloring Books, Stress Relief, ... Series of Adult Coloring Books) (Volume 6) #Food #Coloring Book: #FOOD is Coloring Book No.7 in the Adult Coloring Book Series Celebrating Foods, Snacks & Treats (Coloring Books, Foods, ... Series of Adult Coloring Books) (Volume 7) #Fcuk Coloring Book: #Fcuk is Coloring Book No.10 in the Adult Coloring Book # Series Celebrating the F-bomb (Coloring Books, Swear words, Stress ... Series of Adult Coloring Books) (Volume 10)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

