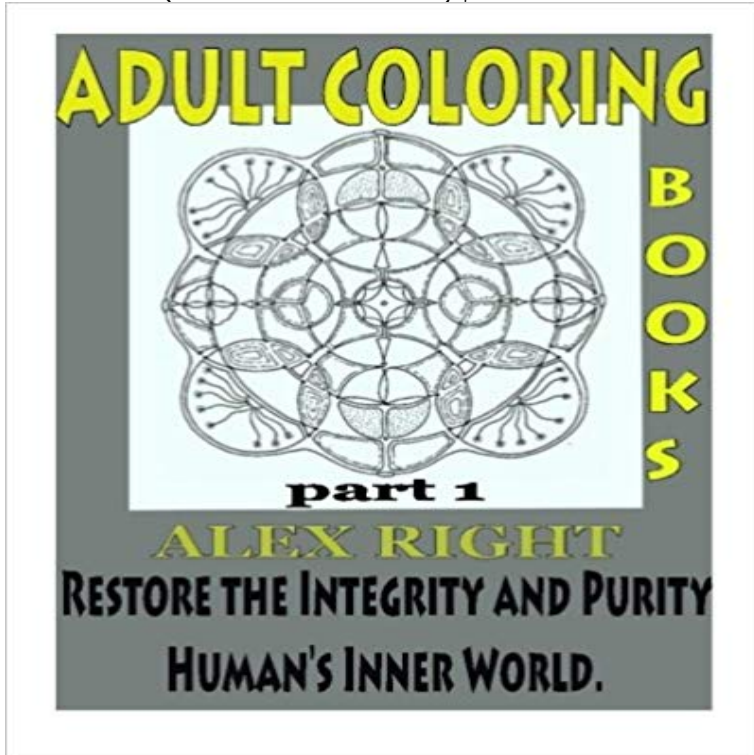


# Adult Coloring Book-1: Restore the Integrity and Purity of Humans Inner World. (Adult Coloring Book For Mindfulness) (Volume 1)



Coloring for adults it is a technique that allows you to work through shape and color to restore the integrity and purity of mans inner world. Select one of the figures. Consider it, mentally selecting a particular shape proceed to coloring. You can repeat the outlines of the figure carefully draw the smallest details of shapes or simply fill geometric pieces by drawing in color. In choosing a color, rely on intuition. Do not overload while working on coloring. Do it with pleasure.

In the process, you will feel like changing your mood. With each drawing your inner peace will become cleaner and more harmonious. If you want to be healthy - just draw! If you want to be calm - just draw! Do you want to smile and enjoy life JUST DRAW! Afterwards, you will change everything around you!!!

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