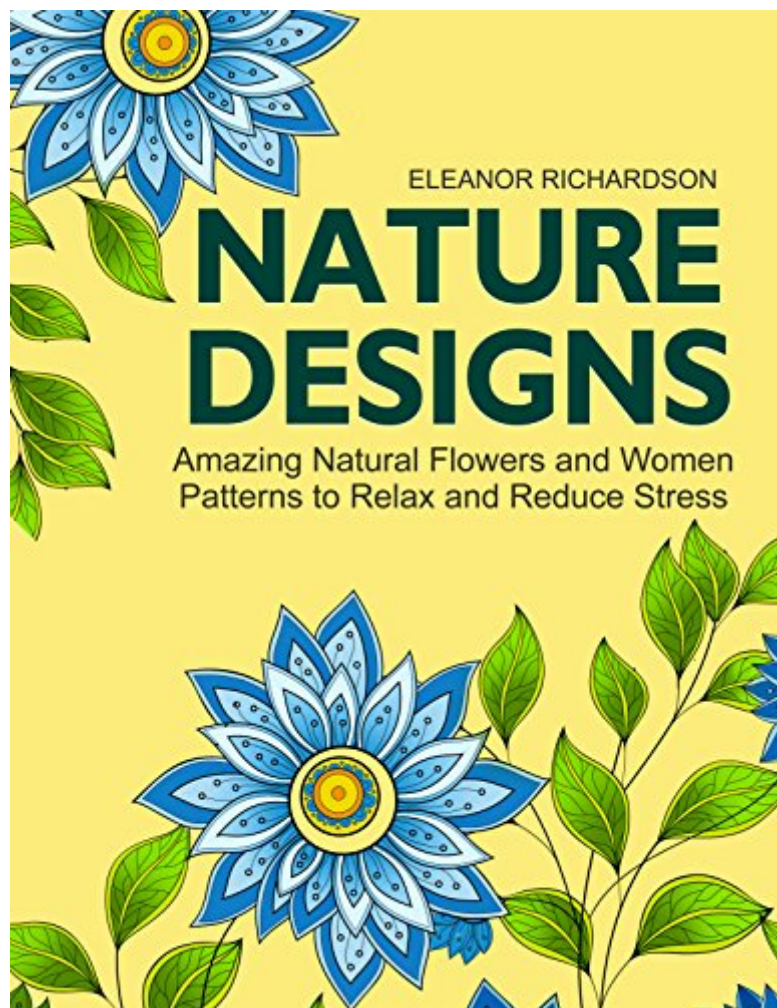


The book was found

Nature Designs: Amazing Natural Flowers And Women Patterns To Relax And Reduce Stress (nature Sesigns, Beautiful Woman, Natural Patterns)



Synopsis

*** AMAZING NATURAL FLOWERS AND WOMEN PATTERNS TO RELAX AND REDUCE STRESS ***KINDLE USERS â “ We Are Thinking Of You. Since you canâ™t download this book from your Kindle device - We put a link of a printable PDF version at the end of the book. Print the PDF on large 8.5x11 high quality paper and let your creativity to do the rest. Are you ready to relieve stress and get creative? Our Nature Designs: Amazing Natural Flowers and Women Patterns to Relax and Reduce Stress is just what you need. Youâ™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? Itâ™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 more than 30 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. Itâ™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 heartâ™s content!

Book Information

File Size: 9413 KB

Print Length: 35 pages

Simultaneous Device Usage: Unlimited

Publication Date: June 20, 2016

Sold by:Â Digital Services LLC

Language: English

ASIN: B01HDGOZMW

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #242,850 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #68

in Kindle Store > Kindle eBooks > Arts & Photography > Art > Instruction & Reference > Color

#108 in Kindle Store > Kindle Short Reads > One hour (33-43 pages) > Arts & Photography #210

in Books > Arts & Photography > Drawing > Coloring Books for Grown-Ups > Flowers & Landscapes

Customer Reviews

This EXACT book was previously published as ZenDoodle Coloring Book Relax & Reduce Stress with these Adult Coloring Pages Including Natural Flowers & Women Patterns. The cover has been changed, but it is the same book. Bad enough it's stock images, but trying to trick us, the buying public, into buying the same trash twice is just shameful. If you found my review helpful, please vote "YES" and help me become a better reviewer!

IF YOU HAVE: Zen Doodle Coloring Book: Relax and Reduce Stress with these Adult Coloring Pages including Natural Flowers and Women Patterns by Eleanor Richards... THEN You Have this new coloring book, as it's an exact duplicate. This new coloring book has been repackaged with new color, title rearranged and the same author. However, we are Not being told that it's the same coloring book! We're seeing these new coloring books being sold without notice to us that they're reissues. These "new" coloring books usually, but not always, have different covers, titles rearranged and usually, but not always, the same author name. When we buy coloring books in stores we can look inside to see if we like the designs and check for designs we already have. WHY Not Here On ??

Great free coloring book. I ran across this when looking for adult coloring books. With it being a kindle book it has a download link in it so I can print out the hard copies to color. I love all of the details to color. It will keep me busy for hours on end.

Love this book

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

Nature Designs: Amazing Natural Flowers and Women Patterns to Relax and Reduce Stress (nature designs, beautiful woman, natural patterns) Swear Word Coloring Book. 40 Unique Designs:

Swear and Relax Coloring Book. Release Your Anxiety and Stress(Sweary Beautiful Designs : Flowers, Mandalas, Patterns) Swear Word Coloring Book : 40 Swear Words, Obnoxious Words and Insults: Release Your Anxiety and Stress. Sweary Beautiful Designs : Patterns, Flowers, Mandalas (Swear and Relax) Coffee Designs: Take a Coffee Break! 50 Amazing Coffee And Superfood Patterns for Stress Free (Coffee Designs, Superfood Patterns, Stress Free) Designs: An Adult Coloring Book: 50 Stress Relief Mandala Designs Inspired by Flowers, Hearts, Animals, and other Patterns found in Nature, Adult ... Gift For Friends and Family, For All Occasions Tropical Insects: 50 Incredible Insect and Beautiful Butterflies Designs to Raise up Your Creativity (butterflies and flowers, insect designs, butterfly designs) Creative Oceans Coloring Book: Adult Coloring Book of Stress Relief Sea Animal Patterns and Designs (Ocean Coloring Book, Lost Ocean, Stress Relief Coloring Book, Anti Stress Coloring Book) (Volume 1) Mandala Adult Coloring Book Stress Relieving Patterns Relaxation: coloring book for Adult and grown ups, Anti-Stress Art Therapy, Stress Relieving Flower Patterns Whimsical Flowers Floral Designs and Patterns Square Coloring Book (Sacred Mandala Designs and Patterns Coloring Books for Adults) (Volume 64) Color Yourself to Happiness: And reduce stress with these magical illustrations of animals, flowers, birds, and trees Simple Flower and Vine Designs: Easy Designs and Stress Relieving Patterns Adult Coloring Book (Adult Coloring Patterns) (Volume 53) Detailed Designs and Beautiful Patterns (Sacred Mandala Designs and Patterns Coloring Books for Adults) (Volume 28) Beautiful Designs and Patterns Adult Coloring Book (Sacred Mandala Designs and Patterns Coloring Books for Adults) (Volume 23) Anxiety - 220 Stress Free Cures: 120 Simple Ways to Reduce Stress in Your Life & 100 Powerful Quotes Butterfly Garden: Beautiful Butterflies and Flowers Patterns For Relaxation, Fun, and Stress Relief, Vol. 10 Fox Coloring Book: An Adult Coloring Book of 40 Stress Relief Fox Designs to Help You Relax and Unwind (Animal Coloring Books) (Volume 16) Adult Coloring Book Designs: Stress Relief Coloring Book: POKEMON Designs for Coloring Stress Relieving - Inspire Creativity and Relaxation of Kids And Adults (Volume 1) Adult Coloring Books - A Collection: A collection of 42 best animals, mandalas, flowers, fruits and vintage designs : Coloring books for adults : stress relieving patterns. Adult Coloring Books: Butterflies Wings : Relax release and stress relieving patterns (Volume 15) Inspiring Doodles Box Set (6 in 1): Faces, Dogs, Messages, and Other Patterns to Relax with (Stress-Free Meditation)