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Fun and Fantasy: Adult Colouring Book

Ms Lee Pryke

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FUN AND FANTASY ADULT COLOURING BOOK



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Ms Lee Pryke : Fun and Fantasy: Adult Colouring Book before purchasing it in order to gage whether or not it would be worth my time, and all praised Fun and Fantasy: Adult Colouring Book:

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Colouring, at any age; is good for the soul. It is a fun way for relaxation, stress relief, and memory retention. Remember what it was like when we were children with no fear or expectations and just did things because it felt good and made us smile. 'Let the inner child out to play' is a motto to live by and one childhood action important to bring into our adult life, is playful art. Colouring, doodling, and sketching are all ways to tap into our creative nature. When we tap into our creative nature, good things happen. • Colouring is a stress management. • Colouring is a creative way

of meditation. • Colouring lets that inner child out and we feel better inside and out.