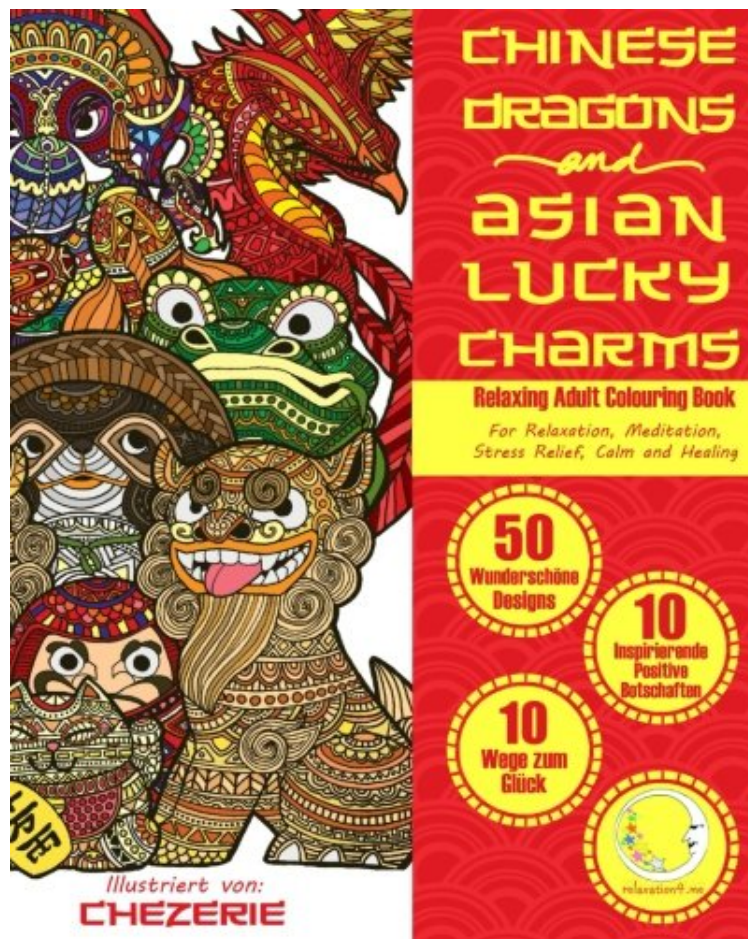


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0 of 0 people found the following review helpful. I like the patterns but they have a little too much small details for

me. By Linny I really like most of the patterns. Unfortunately a lot of them have a lot of detail and difficult for a beginner like me. I have a tremor in my hand and have started coloring as an exercise my hand and get some control of the movement in my hand. I hope that some day I will be able to color the patterns in this book because I really like them.

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About the Author "relaxation4.me's work combines artistry, positivity and a genuine effort to do good in the world. Its books are a delight designed for all to enjoy and relax." - Dr. Ben Michaelis, author of *Your Next Big Thing: 10 Small Steps to Get Moving and Get Happy*

5 Benefits Of Coloring Which Will Enrich Your Life We are a passionate company who strive to make the world a better place by empowering people. Thinking about how we could contribute our part to make this world better, we stumbled upon Grown Up Coloring Books. Coloring Books have become the latest trend in the world. But why are they so famous? Here are 5 Benefits Of Coloring Which Will Enrich Your Life:

1. Coloring Reduces Stress Stress is a major issue in the 21st century. Almost everybody in our society is influenced by it. While coloring, the fear center of Your brain - the amygdala - takes a rest, stress is relieving and You feel overall relaxed.
2. Coloring Centers Your Mind Too many activities and things to do try every single day to get our attention. Coloring allows the colorer to forget his worries, to be in and feel the moment. This state is very similar to meditation - the mind chatter disappears and You are able to focus on just being.
3. Coloring Boosts Your Creativity A black and white illustration looks very nice. But by adding some fancy colors it becomes a masterpiece. While choosing, mixing and matching colors You activate and train the creativity center of Your brain.
4. Coloring Improves Your Hand-Eye Coordination Although almost everybody can grab a crayon and start coloring, the activity itself requires complex processes and communication in both of the brain's hemispheres. Coloring involves both logic and creativity. Your hand and eyes need to move in a perfect dance to let the vision in Your mind become a masterpiece in reality.
5. Coloring Is Fun Seriously, who didn't like coloring as a kid? As we grow older we stop doing things we loved doing when we were younger. Now it's time to have fun again. No rules, no obligations and no expectations. Just enjoy it and keep smiling :) GRAB YOUR COPY NOW!