



For My Daughter 2: Creative Patterns, Colouring for Grown-Ups (For My Daughter, Creative Patterns 2, Colouring for Grown-Ups) (Volume 2)

By Mia Harper

Bright Bold Publishing. Paperback. Condition: New. Mia Harper (illustrator). 80 pages. Dimensions: 10.0in. x 8.0in. x 0.2in. COLLECT ALL 5 NEW BOOKS, FOR MY DAUGHTER, AS AN XMAS GIFT STOP TAKE CONTROL OF YOUR STRESS LEVELS COLOUR TO CALM BE CREATIVE Do you find you need to switch off from the noisy world and find your own quiet corner of calm If this is you theres no better way than to pick up this amazing adult colouring book of 30 patterns For My Daughter, Creative Patterns 2, Colouring for Grown-Ups, based on its bestseller to help you escape from the days pressures. Youll become engrossed in these designs for meditative colouring. The colouring book for grownups has abstract, traditional and geometric patterns. Colouring will keep you focussed in the present moment and allow your creative side to emerge. As you become absorbed in the colouring of shapes and patterns youll feel a sense of satisfaction and fulfilment at having completed a unique piece of art. You can share this pastime with your family and friends or connect with your colouring book groups. Or, if you just want to spend some me-time alone, thats okay! No drawing experience is required to create...



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