



Seat of Your Soul Adult Coloring Book: For Calm Relaxation 20 Drawings X 2 Pages for Each 40 Full Pages of Animals Nature Stress Anxiety Relief in Minutes Your Perfect Mindfulness Tool

By Seat Of Your Soul

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.COLORING REDUCES STRESS ANXIETY - Coloring is a meditative type of practice that allows the fear-center of your brain to relax - which allows you to relax and reduces your overall stress. COLORING IS FUN SOCIAL - Adult coloring is being done individually and in groups and events these days - so get coloring with your family, friends, or even solo with some relaxing music. COLORING TRAINS YOUR MIND TO FOCUS - It takes us great focus and concentration to color within the lines. Clinical counselor Leslie Marshall says that coloring "opens up the frontal lobe of the brain (the home of organizing and problem solving) and focuses the mind"; by allowing us to forget our worries. COLORING BOOSTS YOUR CREATIVITY - Your coloring book is your work of art! It doesn't matter what anyone else thinks - it's your Picasso. Have fun and be child-like creating your masterpiece! COLORING IS LIKE MINDFULNESS MEDITATION - Being mindful is a critical skill in our increasingly busy world, and coloring allows your other external...



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Reviews

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Excellent electronic book and valuable one. We have read and so i am sure that i am going to likely to study again once more in the foreseeable future. I am just happy to inform you that here is the very best book i have read during my personal lifestyle and might be he greatest book for possibly.

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