



Flower Coloring Pages For Adults: 30 Anti-Stress Pages For You. Color Your Day!: (Floral Patterns, Coloring for Grown-Ups, Pencil Drawing) (Coloring Pages ... Love is Everywhere. 30 Lovely Colorings)

Vickie Granger

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Flower Coloring Pages For Adults

30 Anti-Stress Pages For You. Color Your Day!

You can find 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.

If you were to think about one of your oldest memories, it would probably include coloring. Back then, a box of crayons and a coloring book would have been enough to put a smile on your face. However, who is to say that you cannot do the same today? We have gathered for you no less than 30 flower designs and patterns to color, in order to help you unwind and re-connect with your inner child. Our book is all about relaxation, as we understand how important it is to relieve the stress that tends to pile up, day after day.

This book is all about pure and simple pleasure, with each flower design unfolding in front of your eyes as you turn a new leaf. Amazingly enough, by choosing our book, not only you will relax but you will also exercise your fine motor skills and improve the ability of the brain to focus. In fact, according to the specialists in the field, adult coloring is one of the best ways to fight anxiety and daily stress. We welcome you into the field of adult coloring and we hope that you will use this book for what it really is, a great method to relieve stress.

Our coloring book will allow you to reach a state of calm and peace, eliminating negative thoughts and emotions. As you focus on the intricate designs and you have fun choosing various colors, you will actually re-center your mind and forget all your troubles. When you color, you return to an activity that is simple and fun and we sincerely believe that our book is one of the best out there. The patterns that you will find in this book will help you stay productive and enjoy this cathartic experience to the very last detail.

Remember how stressed you feel sometimes? And how about those time when you cannot simply escape certain thoughts? We understand that dealing with certain things is no easy matter and this is the reason why we have brought the fun to you. Coloring should be a liberating experience and we are more than confident in the power of our designs. From a therapeutic point of view, adult coloring can be beneficial to your health, helping you replace negative thoughts and emotions with positive ones.

They say that you never forget the things you used to do as a child. And that includes coloring. You can

share this experience with your entire family, creating memories that you are going to cherish for the rest of your lives. Or, if you want, you can enjoy a quiet afternoon by yourself, feeling inspired, as you go from one design to the other. We have chosen flowers because we believe they are our source of inspiration, beauty and elegance. For as long as it is blooming, there is nothing more beautiful than a flower. This book is your opportunity to relax and re-connect with yourself, so do not hesitate to give it a try.

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Anthony Vice:

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