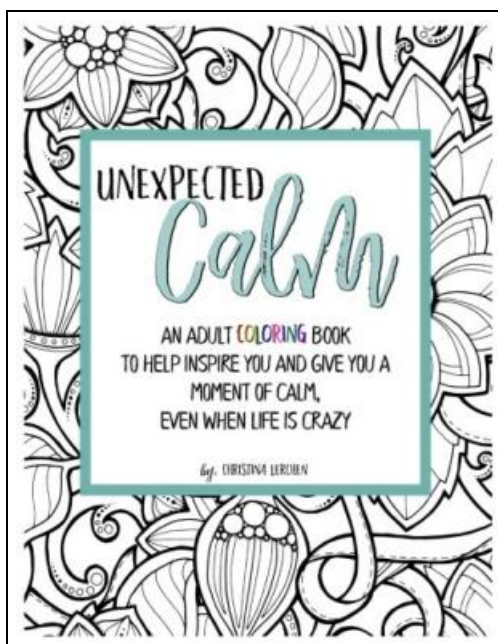


Unexpected Calm: An Adult Coloring Book to Help Inspire You and Give You a Moment of Calm, Even When Life Is Crazy (Paperback)



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Reviews

Complete information for ebook fans. It is actually full of knowledge and wisdom I am pleased to inform you that this is basically the very best pdf we have read through inside my very own daily life and can be the very best ebook for ever.

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UNEXPECTED CALM: AN ADULT COLORING BOOK TO HELP INSPIRE YOU AND GIVE YOU A MOMENT OF CALM, EVEN WHEN LIFE IS CRAZY (PAPERBACK)



Christina Lerchen, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Adult Coloring Book full of inspirational quotes. Take time for yourself to relax with this calming adult coloring book. Enjoy this inspirational quote filled adult coloring book which includes empowering quotes to remind you of how fabulous you are! These adult coloring pages look amazing framed and hung up to remind you to stay strong, be brave, believe in yourself. Adult Coloring Books are a great way to: *Over 35 Coloring Pages These pages look amazing Framed and hung up to remind you to stay strong, be brave, believe in yourself. *Inspirational Quotes Quotes on gratitude, positivity, and courage help you take a moment to appreciate yourself, relax and breathe in confidence and calm *Ease Anxiety Relax and unwind on a break, so you can return to your work refreshed. Reboot your energy and creativity . and get unstuck on a creative project. *Relax and unwind on a break . so you can return to your work refreshed *Reboot your energy and creativity . and get unstuck on a creative project *As binder front-cover inserts . to add a splash of color to your home or workplace *Frame them and put them on the wall for inspiration *Keep the kids busy (they don t have to be for adults only!) *Use the inspirational quotes as your daily motivation! There s something else I discovered - when I spend even 5 min focusing on coloring I am able to shut out the grief, overwhelm and confusion going on in my brain. Coloring is meditation in it s simplest form. Take the time to give yourself a creative break and heal with color!.

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