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Adult Coloring Book - Fishes (Paperback)

By Splash Coloring Books

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Adult Coloring Book - Fishes 30 interesting and fun Fish Coloring pages that are sure to keep your creativity flowing. Over 30 unique coloring pages to enjoy from. Includes a mix of intricate and semi-intricate designs, something for every taste. Provides hours of relaxation and fun. Allows you to de-stress and relax for a few hours! Coloring allows your brain to relax. Allowing your amygdala to rest periodically, which in turn reduces your overall stress. Coloring is a relaxing and meditative activity, that also allows you to be creative. Coloring trains your mind to put all the distractions aside and helps you forget your worries for the time you spend coloring. So grab your colors and enjoy this meditative, calming and creative process today!.



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