



**Coloring Book For Adults (and Big Kids)
Relaxation and Stress Relieving Designs: Over 40
Symmetrical Mandalas & Geometric Patterns
(Adult Coloring Books) (Volume 1)**

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This Coloring Book for Adults (And Big Kids) is all you need to be able to relax and color away the stresses of the day. Use it for meditation or simply for fun, you will happily spend hours coloring these pages whilst getting creative as you watch your art come to life. This is the best form of art therapy. The book is nicely designed and is a good size adult coloring book measuring 8.5" x 11" so there's plenty of space to color in each design. The paper is very good quality too and there is a nice mixture of patterns so you can choose what you fancy dependent on your mood (or stress levels). This is a great little coloring book for grownups who still love to doodle. Try it for yourself and watch your stresses dissolve as you escape into the pages of this coloring book for adults and big kids - there's fantastic mandalas and geometric designs, some simple to look at yet stunning and eye-catching pieces of art when completed. The coloring book is printed on one side only so you can remove your works of art after you complete each one and frame and display them if you want to. What are you waiting for? it's time to de-stress, order your relaxation coloring book for adults (and big kids) today.

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