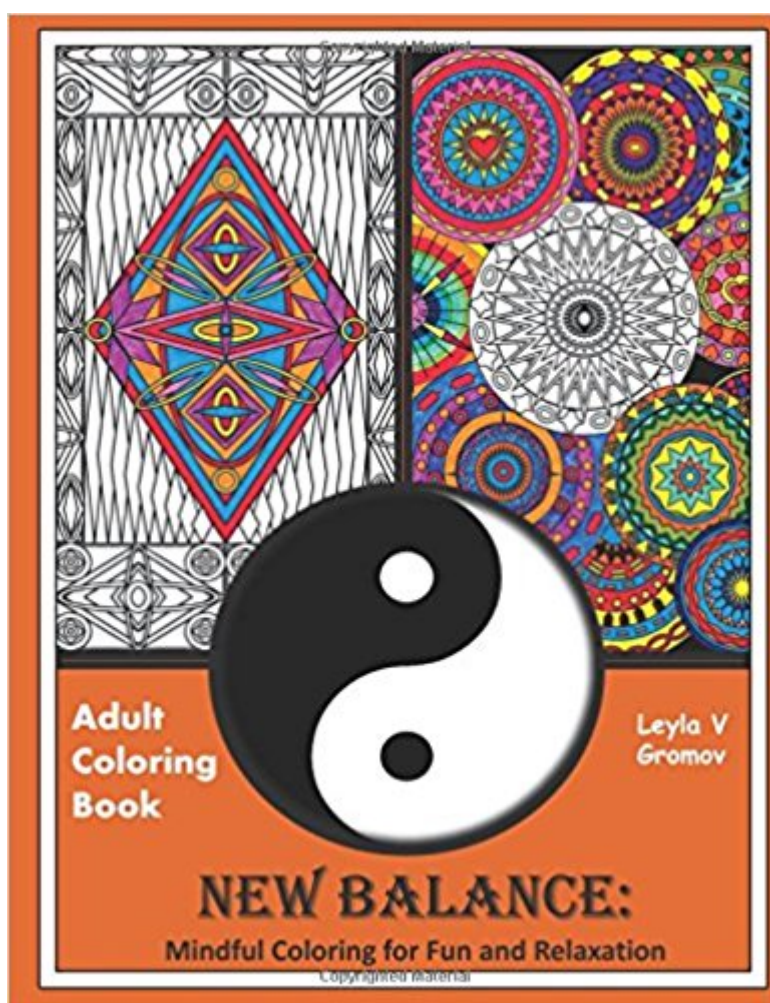


The book was found

New Balance: Mindful Coloring For Fun And Relaxation (Adult Coloring Books) (Volume 1)



Synopsis

For those who love coloring. Enjoy the delightful, stress-relieving benefits of coloring for adults with New Balance unique coloring pages. All pages are one-sided; only one picture printed on each sheet, high-resolution images, a large 8.5" x 11" size. Featuring 24 detailed patterns, white paper, glossy finish. Join millions of adults all around the world who are rediscovering the simple relaxation and joy of coloring! The concentration while coloring switches your brain in a different gear. It acts as a meditation and a state of balance returns. In addition, the creativity is stimulated and encouraged. No wonder coloring has become a favorite way to relax in the modern world! This coloring book for adults includes 24 patterns with different degrees of difficulty. It is suitable for beginners as well as for advanced, where one can relax into the pleasure of filling space with color without having to do anything right. Make each picture stand out by placing darker colors next to light ones. Try different color combinations on a piece of scrap paper before you put them on the image you are about to color. Experiment with the unusual if you feel adventurous. Try coloring in the negative spaces with black. Use any coloring tools, including colored pencils, gel pens, fine-tipped markers, and watercolor markers. Lefty Edition can be found here:

https://www..com/New-Balance-Mindful-Coloring-Relaxation/dp/1546980628/ref=sr_1_3?ie=UTF8&qid=1496321721&sr=8-3&keywords=leyla+gromov TAGS : adult coloring books, coloring books for adults relaxation, artists illustrators, flower mandalas, stress relieving patterns, coloring pages for adults, meditation, mindfulness meditation, nature mandalas, coloring books for grownups, anti-stress management, anger management, healing, coloring books for women, creative inspirations, coloring books for men, art therapy, color therapy, yoga for the mind, yin-yang symbol

Book Information

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Average Customer Review: 5.0 out of 5 stars 5 customer reviews

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Photography > Graphic Design > Techniques > Use of Ornament #175 in [Books > Crafts, Hobbies & Home > Crafts & Hobbies > Nature Crafts](#) #291 in [Books > Self-Help > Anger Management](#)

Customer Reviews

It is a very nice coloring book! The designs are beautiful and interesting. I like the guidance in the beginning of the book about how this coloring activity can be helpful in resolving certain issues you are facing in life. Never thought of coloring this way before and it sounds really true! The symmetrical nature of the patterns does help to focus your mind and bring some order into the thinking process. Love this book and would certainly recommend it to my friends to experience some fun and relaxation!

Nice book! Instead of characters, people or animals, this book provides designs created with just basic shapes, yet, artistic. Very good book to help release stress! Love it!

Great book! I have purchased similar books in the past for my coloring meditation practices but they weren't even close as cool as this one! Beautiful diverse patterns and unique designs take me away from the reality for hours. Definitely recommend, you won't get bored!

Wonderful adult coloring book!! love the idea of writing down the issue on the opposite side of the paper. Really great way to find the inner peace or solution to the problem through coloring! Love it!

Great concept. Great stress reliever. And fun, too! Thanks, Ms. Gromov!

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