

ZenThoughts Coloring Book

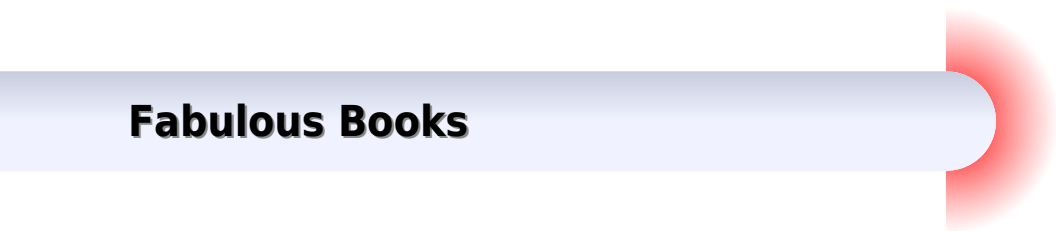
Stress Melting Shoe Designs



Created by Renee Jain

Zenthoughts Coloring Stress Melting Shoe Designs Volume 3

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Zenthoughts Coloring Book Renee Jain,2015-06-27 Looking for a way to relax Love shoes This is the activity for you Research shows that coloring structured geometric shapes can actually bring about benefits similar to meditation You re three steps away from finding this serenity Pick up some crayons or markers flip to a page that speaks to you and begin to color What s inside In this ZenThoughts coloring book we combine the beauty of mandalas with the fun of funky shoe designs to foster an engaging and relaxing coloring activity 20 unique illustrations inside **ZenThoughts Coloring Book: Stress Melting Animal Patterns** Renee Jain,2015-06-03 Have you ever been so immersed in an activity that you lose all sense of time This is what researchers call flow Flow brings about a sense of freedom a sense of timelessness and a sense of peace and serenity Coloring can bring you into a state of flow Grab ZenThoughts Stress Melting coloring book flip through the book and find a page that speaks to you Begin to color and find your own flow What s inside 20 beautiful original designs with animals mandalas and other intricate detail Each design sits on its own page Engaging for kids and adults alike

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Zen - Adult Coloring Book - Stress Relieving Patterns and Designs - Volume 3 Fabulous Books,2018-08-04 This book proudly features more than 50 unique and truly fabulous stress relieving patterns and designs Each page presents a delicately designed inspiringly intricate artwork on one side with the other side thoughtfully left blank So bade stress goodbye come immerse yourself into the beautiful and colorful world that awaits you concealed inside **Zen and Anti Stress Coloring Book** Jc Coloring,2017-08-29 40 Pages of Stunning pattern to Color This coloring book has over 40 Zen and Anti stress patterns and provides hours of stress relief through creative expression Simply sit back relax and choose the design that connects with you Designs range in complexity and detail from beginner *Zen and Anti Stress Coloring Book Vol. 1-3* Jc Coloring,2017-09-13 120 Pages of Stunning pattern to Color This coloring book has over 120 Zen and Anti stress patterns and provides hours of stress relief through creative expression Simply sit back relax and choose the design that connects with you Designs range in complexity and detail from beginner *Mindfulness - Adult Coloring Book - Stress Relieving Patterns and Designs - Volume 3* Fabulous Books,2018-08 This book proudly features more than 50 unique and

truly fabulous stress relieving patterns and designs Each page presents a delicately designed inspiring intricate artwork on one side with the other side thoughtfully left blank So bade stress goodbye come immerse yourself into the beautiful and colorful world that awaits you concealed inside **Patterns for Mindfulness Volume 3** Nerine Martin,2019-09-17

Patterns for Mindfulness Volume 3 contains 40 rectangle mandala designs suitable for all levels of coloring experience Coloring has been found to be a mindful activity that can help reduce symptoms of anxiety depression and stress levels as well as having a calming effect on the mind and body Choose to color when you start to feel anxious or stressed and allow yourself some me time to relax and practice being mindful every day through your coloring experience Designs range from simple to more intricate so you can color and complete a mandala every day of the month Suitable for colored pencils gel pens felt tip markers and crayons Printed on one side only to avoid any bleed through from markers Great gift idea for the sick people in hospital Anxiety Depression the elderly kids anyone wanting to de stress their life or just wanting to have fun

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