



For My Sister-in-Law: Creative Patterns, Colouring For Grown-Ups

Mia Harper

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TAKE CONTROL OF YOUR STRESS LEVELS

COLOUR TO CALM - BE CREATIVE

Do you find you need to switch off from the noisy world and find your own quiet corner of calm?

If this is you there's no better way than to pick up this amazing adult colouring book of 30 patterns to help you escape from the day's pressures. You'll become engrossed in these creative patterns and designs for meditative colouring.

The colouring book for grownups has abstract designs, geometric patterns and florals.

Art Therapy at Your Fingertips

- Colouring that keeps you focused in the present moment
- Eliminates stress and soothes anxiety
- Discover peace and calm colouring in
- Helps your creative side to emerge
- Gives you a sense of satisfaction and fulfilment having completed a unique piece of art
- Share this pastime with your family and friends
- Connect with your colouring book groups

Or, if you just want to spend some **me-time** alone that's okay!

For the marker enthusiasts, who love bright, vivid colours that boost your mood and uplift the soul, these designs have been created with you in mind

You can achieve stunning results with the minimum of colours. Or if you want to walk on the wild side use as many colours as you dare!

SEE Mia's other Amazon Bestselling colouring books for adults

Mia wishes you many happy hours colouring.

Start colouring, click **Add to Basket** button

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Jose Carr:

In this particular era which is the greater man or woman or who has ability to do something more are more valuable than other. Do you want to become one of it? It is just simple approach to have that. What you must do is just spending your time not very much but quite enough to have a look at some books. One of many books in the top collection in your reading list is For My Sister-in-Law: Creative Patterns, Colouring For Grown-Ups. This book which is qualified as The Hungry Hills can get you closer in becoming precious person. By looking right up and review this e-book you can get many advantages.

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