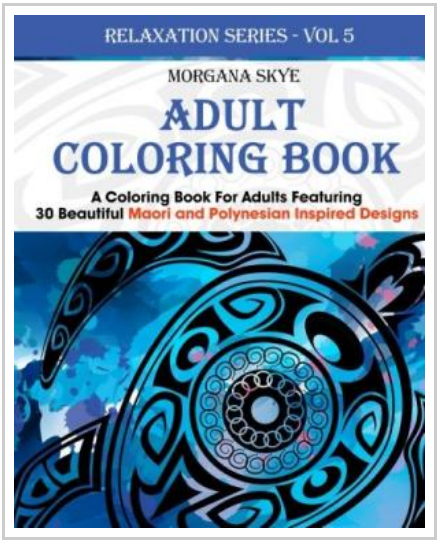


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Adult Coloring Book: Coloring Book for Adults Featuring 30 Beautiful Moari and Polynesian Inspired Designs (Paperback)

By Morgana Skye

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 254 x 203 mm. Language: English . Brand New Book ***** Print on Demand *****.Start Your Coloring Journey Today with Beautiful Maori and Polynesian Inspired Designs As adults, we can often forget how to slow down and de-stress. Whether you had a bad day at work, get stuck in traffic all afternoon, or have way too much to do, you deserve a bit of a break as well as an outlet for all of that frustration that you are experiencing. Luckily, coloring can help you in both of those areas. True, you can take a jog or lift some weights at the gym or even talk to your therapist to help you deal with your stress, but what about a creative outlet for your brain? That s where coloring comes in. Whether you re feeling sad, angry, frustrated, or overwhelmed, you can redirect all of that energy into coloring. Think of it as a form of art therapy that you can easily do in the comfort of your own home. When you are coloring, all you are thinking about is the page and the colors that you are putting...

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