

Serenity Adult Coloring Book



BOOK DETAILS

- Author : Fox
- Pages : 96 Pages
- Publisher : Dark Horse Books
- Language : English
- ISBN : 1506702546

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BOOK SYNOPSIS

Art-Unplugged gives you a way to express your creativity. Explore patterns, shapes, and colors to find a sense of accomplishment, balance, and hope. Meditate away the stress that drains your energy. Art-Unplugged is a natural source of healing through the practice of art, journaling, and mindful relaxation. You can color and journal your thoughts and feelings with a unique combination of questions and images. Reflect, let go, and begin a relaxing experience. Become Art-Unplugged!

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