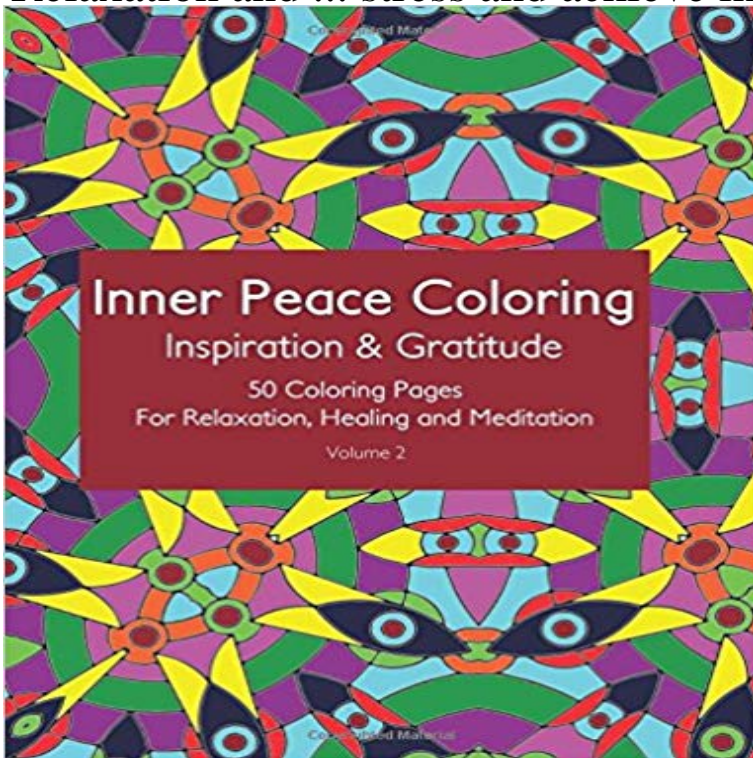


Inner Peace Coloring - Inspiration & Gratitude - 50 Coloring Pages for Relaxation, Healing and Meditation: Coloring Book for Adults for Relaxation and ... stress and achieve inner peace (Volume 2)



Inner Peace Coloring - adult coloring book to create your own works of art. All the designs in Volume 2 of Inner Peace Coloring were created to inspire your gratitude - some are mandalas, others full page designs or other inspirational shapes. The interpretation and inspiration for gratitude from the designs in this volume have been deliberately left blank for you to add your own feelings that arise while coloring. On the page opposite each design there is space for you to write a few thoughts and if you wish set out any intention you might have in coloring the design and, where appropriate, also a space under the design to add a title, if you so desire. Coloring is an effective tool for relaxation, healing and meditation primarily because coloring is a fun and relaxing activity. Coloring is a simple and enjoyable way to express your creativity.

No matter what age you are, you can enjoy coloring. All you need are a few coloring pencils. What is important to remember is that you set the rules - there are no hard and fast, right or wrong ways to color. In fact you can do your coloring in any way you wish, almost anywhere you like, at your own pace. Whats more you can be sure you are creating a unique work of art.

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