



# The Little Book of Calm Coloring: Portable Relaxation

*David Sinden, Victoria Kay*

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**The Little Book of Calm Coloring: Portable Relaxation** David Sinden, Victoria Kay

Already a bestseller in Australia and the UK, this beautifully illustrated, calming coloring book for adults takes relaxation to the next level—and it's pocket-sized, so you can bring it anywhere!

Alleviate anxiety and soothe all stress with *The Little Book of Calm Coloring*, the perfectly formed, sought-after antidote to a busy life. Beautifully hand-illustrated and thoughtfully designed for portability, you can now take coloring art therapy with you wherever you go. With beautiful tranquil designs, this gorgeous book will help your creativity flourish. Take a short relaxing breather from your stressful day to color calming images and feel inspired by the poignant quotations that accompany each elegant artwork.

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Reading can called imagination hangout, why? Because when you are reading a book particularly book entitled The Little Book of Calm Coloring: Portable Relaxation your thoughts will drift away trough every dimension, wandering in most aspect that maybe unfamiliar for but surely can be your mind friends. Imaging just about every word written in a guide then become one application form conclusion and explanation in which maybe you never get prior to. The The Little Book of Calm Coloring: Portable Relaxation giving you another experience more than blown away your mind but also giving you useful details for your better life on this era. So now let us present to you the relaxing pattern at this point is your body and mind are going to be pleased when you are finished reading through it, like winning a sport. Do you want to try this extraordinary wasting spare time activity?

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