



# Totally Relaxing: Adult Coloring Patterns (Volume 1)

*Mindful Coloring Books*

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*Mindful Coloring Books*

**Totally Relaxing: Adult Coloring Patterns (Volume 1)** Mindful Coloring Books

Updated cover, same great pages!

This book is great for everyone from older kids to grownups. Even aging adults will be able to enjoy some mindful relaxation. It contains really wonderful stress-relieving geometric patterns. Some are simple pages, some are intricate, but all are beautiful. Coloring is proven to reduce stress and anxiety! So just relax and color!

## **Highlights:**

- Square coloring pages
- Easy to moderate difficulty
- Fun to color!

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