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Coloring Yourself Calm, Volume 8: Adult Coloring Book (Paperback)

By Jeffrey Littorno

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There s no denying that the world has gotten more stressful in the 21st century. Fortunately, many adults have rediscovered the relaxing effects of coloring books. Coloring books for adults have sprung in stores and online. Jeffrey Littorno s Adult Coloring Book, Volume 8 in the Coloring Yourself Calm series, is full of 50 captivating Mandala designs. The pages are created with the idea that they are simple enough to be finished in one sitting. This coloring book for grown up is perfect for anyone seeking to enjoy the relaxing power of coloring.



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