

# Coloring Book for Adults & Grown Ups: An Easy & Quick Guide to Mastering Coloring for Stress Relieving Relaxation & Health Today! (The Stress Relieving Adult Coloring Pages)

Jason Potash



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### Coloring Book for Adults & Grown Ups: An Easy & Quick Guide to Mastering Coloring for Stress Relieving Relaxation & Health Today! (The Stress Relieving Adult Coloring Pages)

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**Coloring Book for Adults & Grown Ups: An Easy & Quick Guide to Mastering Coloring for Stress Relieving Relaxation & Health Today! (The Stress Relieving Adult Coloring Pages)** Jason Potash Want to discover how to master coloring in your free time and enjoy the relaxing activity more? Now you can. Introducing: Coloring Book for Adults & Grown Ups :An Easy & Quick Guide to Mastering Coloring for Stress Relieving Relaxation & Health Today! In this book, you will discover:- 1. The Most Popular Materials for Coloring 2. The Different Techniques for Coloring 3. Color Theory and How to Harness it in your Coloring 4. How to Boost your Creativity & Produce Brilliant Coloring 5. Tools/Scrapbooking Supplies Essential to Coloring 6. Ancient Tools of Meditation with Coloring & Drawing -- The Nine Designs Known as Yantras 7. The Quick Action List to Start your Coloring Journey 8. The Quick Color Chart Grab the book now and start your coloring journey today !

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