



New Spaces: Expand Your Frontiers with 70 Amazing Abstract Patterns (abstract designs creative haven, mandalas, coloring pages)

Elia Silva

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Are you ready to relieve stress and get creative? Our *New Spaces: Expand Your Frontiers with 70 Amazing Abstract Patterns* is just what you need. You'll benefit by reducing your stress and anxiety after a long, hard day. Coloring has also been shown to increase your creativity.

How does coloring help stress for adults?

It's been scientifically proven to help you take your attention away from your problems. This is the first step to stress relief. Because coloring regulates your amygdala, you get therapeutic relief from stress. You get a small dose of dopamine when you color which helps reduce anxiety and fear. Neuroscience has proven that when we stimulate this area of our brain to produce positive feelings, it can literally rewire our brains.

Coloring can now be thought of as a very inexpensive and creative therapy session. Since it requires focus, even if you only color for a short period of time, it can improve symptoms associated with ADD.

Why choose this coloring book? This book provides 70 patterns to provide you with the ultimate coloring experience. You get to be creative and be transported back in time to your carefree childhood days.

It's time to unwind with one of the most popular relaxation methods available: adult coloring. Find out for yourself just why adult coloring has become amazingly popular. Choose the best picture that suits your day and start coloring. Our digital version means that you can print out high quality digital images and color until your heart's content!.

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From reader reviews:

Tracy McCulloch:

Exactly why? Because this New Spaces: Expand Your Frontiers with 70 Amazing Abstract Patterns (abstract designs creative haven, mandalas, coloring pages) is an unordinary book that the inside of the reserve waiting for you to snap that but latter it will distress you with the secret it inside. Reading this book next to it was fantastic author who else write the book in such amazing way makes the content on the inside easier to understand, entertaining technique but still convey the meaning totally. So , it is good for you for not hesitating having this any longer or you going to regret it. This phenomenal book will give you a lot of benefits than the other book have got such as help improving your ability and your critical thinking approach. So , still want to hold up having that book? If I were you I will go to the reserve store hurriedly.

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with the information must you're doing of these time.

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