



## New Balance: Mindful Coloring for Fun and Relaxation (Paperback)

By Leyla V Gromov

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. For those who love coloring. Enjoy the delightful, stress-relieving benefits of coloring for adults with New Balance unique coloring pages. All pages are one-sided; only one picture printed on each sheet, high-resolution images, a large 8.5 x 11 size. Featuring 24 detailed patterns, white paper, glossy finish. Join millions of adults all around the world who are rediscovering the simple relaxation and joy of coloring! The concentration while coloring switches your brain in a different gear. It acts as a meditation and a state of balance returns. In addition, the creativity is stimulated and encouraged. No wonder coloring has become a favorite way to relax in the modern world! This coloring book for adults includes 24 patterns with different degrees of difficulty. It is suitable for beginners as well as for advanced, where one can relax into the pleasure of filling space with color without having to do anything right. Make each picture stand out by placing darker colors next to light ones. Try different color combinations on a piece of scrap paper before you put them on the image you...

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