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Celestial Alchemy: Patterns of Celestial and Alchemy Objects to Release Stress (Relaxation & Creativity)

Rosalie Young

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Coloring books aren't a new trend, but the increasing popularity of adult coloring books may have you asking what on Earth is going on. While you may be tempted to think that this is a fast passing fad, you may be surprised to know that there are a vast number of benefits to be had from joining in on the adult coloring book trend.

Our exclusive adult coloring book shares just about everything you ever wanted to know about the budding adult coloring craze. In addition to learning more about the benefits of adult coloring, you will find unique and creative coloring pages so that you can try your hand at this new hobby!

Whether you are looking to understand the adult coloring "fad" or whether you are looking to understand just why you love this new trend so much, this book explains it all!

Forget the books that contain generic coloring designs and a paragraph about the benefits of coloring, this book delves into it all!

Inside you will find plenty of amazing adult coloring designs as well as explanation of some of the benefits of adult coloring including:

- *The increase of sociability*
- *A reduction of stress and anxiety*
- *An increase in focus*
- *An increase in fine motor skills*

After getting started on these unique adult coloring book patterns, you will find yourself spending more and more time enjoying the benefits of coloring!

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