

Aerial Adult Coloring Book: Ethereal and Airy Philosophical Mind Inspired Adult Coloring Book (Coloring Book for Adults)

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In this book, you'll learn why coloring books have medical effects and how to: -step away from noise and the neck-breaking speed of the world around you, -recharge your overstressed mind and body, -deal with nagging, negative emotions, -utilize some of the most effective stress-reducing habits, -and achieve a lot despite not being part of the overworked crowd.



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