



## Creative Mindfulness: Seas of Serenity: On-the-Go Adult Coloring Books (Paperback)

By Racehorse Publishing

Perseus Distribution Services, United Kingdom, 2016. Paperback. Book Condition: New. 171 x 130 mm. Language: English . Brand New Book. The crashing sound of waves on the shore, shells beneath your feet, a variety of sea life skimming through the deep blue. Creative Mindfulness: Seas of Serenity brings you calming, travel-sized outlines of sea and beach scenes to help you de-stress virtually anywhere. Whether you're at home or on your morning commute, you'll be able to color an array of intricate ocean animals and creative coastal designs. Adult coloring provides an artistic outlet for stress that aids in alleviating everyday pressures many of which occur while we're active and not in the comfort of our homes. However, many books are often restricted to oversized pages that require a large surface to color. These twenty-four black-and-white illustrations are travel-sized, making it simple and convenient to color when you're on the go. The pages are perforated and printed on one side, so each design can be removed to share or display. Additionally, the book is printed on a sturdy art stock that accommodates any coloring medium whether it's markers, crayons, colored pencils, or pens. This book features: Twenty-four original black-and-white designs for your coloring pleasure...



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