



For My Daughter: Creative Patterns, Colouring For Grown-Ups

Mia Harper

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TAKE CONTROL OF YOUR STRESS LEVELS

COLOUR TO CALM - BE CREATIVE

Do you find you need to switch off from the noisy world and find your own quiet corner of calm?

If this is you there's no better way than to pick up this amazing adult colouring book of 30 patterns to help you escape from the day's pressures. You'll become engrossed in these creative patterns and designs for meditative colouring.

The colouring book for grownups has abstract designs, geometric patterns and florals.

Art Therapy at Your Fingertips

- Colouring that keeps you focused in the present moment
- Eliminates stress and soothes anxiety
- Discover peace and calm colouring in
- Helps your creative side to emerge
- Gives you a sense of satisfaction and fulfilment having completed a unique piece of art
- Share this pastime with your family and friends
- Connect with your colouring book groups

Or, if you just want to spend some **me-time** alone that's okay!

For the marker enthusiasts, who love bright, vivid colours that boost your mood and uplift the soul, these designs have been created with you in mind

You can achieve stunning results with the minimum of colours. Or if you want to walk on the wild side use as many colours as you dare!

SEE Mia's other Amazon Bestselling colouring books for adults

Mia wishes you many happy hours colouring.

Start colouring, click **Add to Basket** button

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From reader reviews:

Mary Manzo:

The experience that you get from For My Daughter: Creative Patterns, Colouring For Grown-Ups is the more deep you digging the information that hide inside the words the more you get enthusiastic about reading it. It doesn't mean that this book is hard to understand but For My Daughter: Creative Patterns, Colouring For Grown-Ups giving you joy feeling of reading. The article author conveys their point in certain way that can be understood by anyone who read the item because the author of this book is well-known enough. That book also makes your own personal vocabulary increase well. So it is easy to understand then can go with you, both in printed or e-book style are available. We advise you for having this kind of For My Daughter: Creative Patterns, Colouring For Grown-Ups instantly.

John Casale:

Playing with family in a very park, coming to see the water world or hanging out with pals is thing that usually you will have done when you have spare time, subsequently why you don't try issue that really opposite from that. One activity that make you not experiencing tired but still relaxing, trilling like on roller coaster you have been ride on and with addition of knowledge. Even you love For My Daughter: Creative Patterns, Colouring For Grown-Ups, you are able to enjoy both. It is excellent combination right, you still wish to miss it? What kind of hang-out type is it? Oh can occur its mind hangout guys. What? Still don't obtain it, oh come on its referred to as reading friends.

Elsie Port:

Beside that For My Daughter: Creative Patterns, Colouring For Grown-Ups in your phone, it might give you a way to get closer to the new knowledge or information. The information and the knowledge you might got here is fresh from your oven so don't become worry if you feel like an older people live in narrow small town. It is good thing to have For My Daughter: Creative Patterns, Colouring For Grown-Ups because this book offers to your account readable information. Do you sometimes have book but you don't get what it's all about. Oh come on, that will not end up to happen if you have this within your hand. The Enjoyable agreement here cannot be questionable, like treasuring beautiful island. Use you still want to miss it? Find this book along with read it from right now!

Maria Blanco:

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