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Do you miss holding a pencil and making your own artistic creations, rather than just using a keyboard?
If you find any of the questions suitable for you, this book is exactly what you need.

The intensive and hectic reality of our daily life brings many of us to seek relaxation and peace. Coloring the illustrations in this book will give you a chance for introspection, bringing calm moments for new thoughts and ideas, exactly like meditating.
- The book provides hours of experiential personal creation.
- There is no need for previous experience in drawing or painting, the book suits everyone who wishes to relax
- A great opportunity to release stresses in a fun and creative way
- Suitable for all ages
The book includes 26 illustrations, with extra beautiful elements and moments from nature on each page.

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