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Choose Your Own Path to Stress Relief: Coloring Activity Book for Adults

By Maggie Lakes Meadow

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 280 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.Maggie has taken a break from her coloring books for kids to make one for adults! This one is unusual in that it combines two popular book forms: coloring activity books and choose your own adventure books. We all need time to ourselves to reflect, relax and rejuvenate. In this choose your own path coloring and activity book you get to choose what you need most on any given day. You are invited to choose from four paths: Inspiration, Laughter, Perspective and Relaxation. After you choose you'll see the page of the path to follow for inspiring quotes and activities to help you relax and relieve some of the stress you live with every day. Come back each day to try a different path. You'll find relaxing coloring pages and games and puzzles like hidden object, cryptogram, maze and origami you can make. So make a cup of coffee or tea and take some time for yourself. Enjoy!



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Reviews

A must buy book if you need to adding benefit. This is for anyone who stante that there had not been a well worth reading through. Its been designed in an exceptionally straightforward way which is simply right after i finished reading this book where basically changed me, change the way i think.
-- **Adrien Robel**

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