



Colorful Christmas Coloring Book: 50 Beautiful Winter Designs for Enjoyable Christmas Moments and Calmness (coloring book, adult coloring book, mandala coloring book)

Kevin Day

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COLORING – A Perfect Way to Practice Mindfulness

“Colorful Christmas Coloring Book: 50 Beautiful Winter Designs for Enjoyable Christmas Moments and Calmness” is a perfect way to relax and be creative at the same time! This amazing book has “50” designs for coloring and having fun while making a masterpiece. Each illustration is perfect for any coloring tools you have. You can use crayons, colored pencils, markers, gel pens, or watercolors.

Did you know that coloring can help emotional and mental health issues?

People who have anxiety, stress disorders, depressive disorders, and many other issues find coloring as a great way to focus on more safe and productive way instead of focusing on negative thoughts.

Find out why coloring for adults is so popular and why it became a useful distraction for many people. Choose a design you like the most and start coloring!

Reach Zen by only 10-15 minutes of coloring daily.

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Kim Scott:

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Jessica Nakagawa:

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