



# **Nature Coloring Book: 70 Amazing Illustrations Inspired by Nature and Its Beauty (coloring book, adult coloring book, nature coloring book)**

*Kevin Allen*

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## COLORING – A Perfect Way to Practice Mindfulness

*Nature Coloring Book: 70 Amazing Illustrations Inspired by Nature and Its Beauty* is a perfect way to relax and be creative at the same time! This amazing book has 70 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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