



# 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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