



## **New Spaces: Expand Your Frontiers with 70 Amazing Abstract Patterns (abstract designs creative haven, mandalas, coloring pages)**

*Elia Silva*

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**Are you ready to relieve stress and get creative?** Our *New Spaces: Expand Your Frontiers with 70 Amazing Abstract Patterns* is just what you need. You'll benefit by reducing your stress and anxiety after a long, hard day. Coloring has also been shown to increase your creativity.

## **How does coloring help stress for adults?**

It's been scientifically proven to help you take your attention away from your problems. This is the first step to stress relief. Because coloring regulates your amygdala, you get therapeutic relief from stress. You get a small dose of dopamine when you color which helps reduce anxiety and fear. Neuroscience has proven that when we stimulate this area of our brain to produce positive feelings, it can literally rewire our brains.

Coloring can now be thought of as a very inexpensive and creative therapy session. Since it requires focus, even if you only color for a short period of time, it can improve symptoms associated with ADD.

**Why choose this coloring book?** This book provides 70 patterns to provide you with the ultimate coloring experience. You get to be creative and be transported back in time to your carefree childhood days.

It's time to unwind with one of the most popular relaxation methods available: adult coloring. Find out for yourself just why adult coloring has become amazingly popular. Choose the best picture that suits your day and start coloring. Our digital version means that you can print out high quality digital images and color until your heart's content!

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#### **George Foulds:**

Spent a free time and energy to be fun activity to complete! A lot of people spend their down time with their family, or all their friends. Usually they perform activity like watching television, about to beach, or picnic inside the park. They actually do ditto every week. Do you feel it? Do you want to do something different to fill your own personal free time/ holiday? Could possibly be reading a book might be an option to fill your no cost time/ holiday. The first thing you ask may be what kinds of review that you should read. If you want to consider look for book, maybe the e-book titled *New Spaces: Expand Your Frontiers with 70 Amazing Abstract Patterns (abstract designs creative haven, mandalas, coloring pages)* can be an excellent book to read. Maybe it could be the best activity to you.

#### **Bernard Lewis:**

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