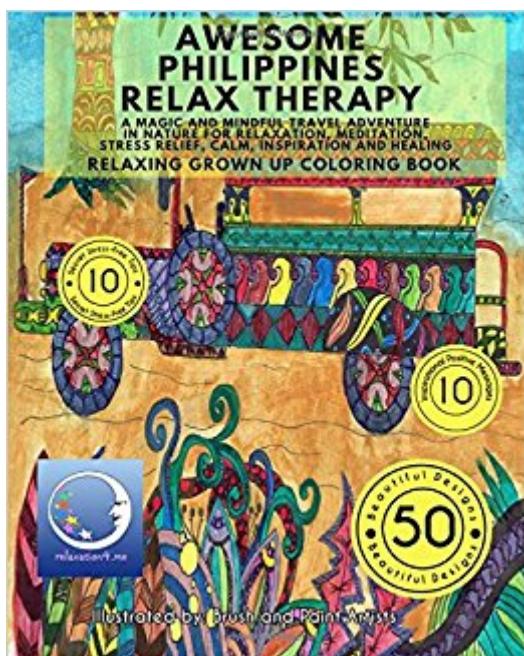


The book was found

# **RELAXING Grown Up Coloring Book: Awesome Philippines Relax Therapy - A Magic And Mindful Travel Adventure In Nature For Relaxation, Meditation, Stress Relief, Calm, Inspiration And Healing**



## Synopsis

NEW ONE SIDED PAGES MORE PAGES THAN 95% OF THE COMPETITION 50 + 6  
UNIQUE ANTI-STRESS, CREATIVITY BOOSTING ILLUSTRATIONS INCLUDES TIPS FOR A  
STRESSFREE LIFE PREVIEW the first 9 Illustrations from the book at  
[www.relaxation4.me/philippines](http://www.relaxation4.me/philippines) "relaxation4.me's work combines artistry, positivity and a genuine effort to do good in the world. Its books are a delight designed for all to enjoy and relax." - Dr. Ben Michaelis, author of Your Next Big Thing: 10 Small Steps to Get Moving and Get Happy + International phenomenon and latest mega trend! + Our No. 1 Bestseller! + Free Your mind! + Stress Relieving! + Coloring will have a healing effect, enhances creativity and is fun! + This Adult Coloring Book will benefit You with WEEKS of coloring fun! + 50 beautiful designed and amazing detailed images of the most wonderful Philippines™ sceneries, landscapes and cultural goods! + 6 Bonus Images! + Especially detailed and complex illustrations for grownups but also (older) kids will love it! + For girls and boys, women and men, ladies and gents, grandma and grandad! + We won't blame You if Your next holiday vacation is the Philippines;) + Made by Philippines™ artists with disabilities! + Includes: 10 Stress Free Secrets! + Includes: 10 Inspirational Positive Messages! + Includes: short how to color introduction! + Each illustration is on a separate sheet to avoid bleeding through! + Easy to color! + Improves eye-hand coordination! + Calms an anxious mind and cultivates moment-to-moment awareness! + Increases self-confidence, self-esteem and self-love! + Boosts mental clarity! + Enhances the ability of inner focus and lets You develop more mindfulness! + Coloring will take You into a Zen Buddhism meditation-like state! + Depressions are going to disappear! + Wellness and yoga for Your mind! + Art Therapy! + Unique handmade and hand drawn designs! + Create Your own art! + Makes a Great Christmas Gift, Birthday Gift, Thanksgiving Day Gift, Valentine's Day Gift! + 132 pages! + Over \$250 (!) of value in this book! + Anti-stress guarantee! What's Inside? + Manila City Hall + Bangui Windfarm Ilocos + Mayon Volcano + Rizal Park Manila + Zamboanga + Taal Volcano + Igorot Girl + Hundred Islands + Mt. Arayat + Bacolod Masskara Festival + Filipiniana + Tinikling Folk Dance + Kalesa + Jeepney + Tricycle + Sorbetero Dirty Ice Cream + Taho Vendor + Chocolate Hills + Banaue + Nipa Hut + Vinta + Beach + Province + Luneta Park + Tagaytay Park View + Zamboanga + Bohol + Mindoro Wind Farm + Beach Side + Pandanggo Sa Llaw + Sunny Farm + Volcano + Vigan + Waterfalls + Windfarm + Bohol + Albay + Carabao + Carabao Cart + Higante Festival + Jeepney Front + Jeepney Side + Ma Cristina Falls + Cebu + Palawan + QC Memorial Circle + Rice Terraces + Pagsanjan Falls + San Juanico Bridge + Mt. Banahaw + Bonus Illustration #1 + Bonus Illustration #2 + Bonus Illustration #3 + Bonus Illustration #4 + Bonus Illustration #5 +

Bonus Illustration #6 GRAB YOUR COPY NOW! Receive 10 FREE Bonus Illustrations while You are waiting for the book: <http://relaxation4.me/bonus-relaxing-designs> This book will provide Coloring Fun For Weeks for just the price of roughly two cinema tickets. How long will the two movies entertain You?;)

## Customer Reviews

"relaxation4.me's work combines artistry, positivity and a genuine effort to do good in the world. Its books are a delight designed for all to enjoy and relax." - Dr. Ben Michaelis, author of Your Next Big Thing: 10 Small Steps to Get Moving and Get Happy 5 Benefits Of Coloring Which Will Enrich Your Life We are a passionate company who strive to make the world a better place by empowering people. Thinking about how we could contribute our part to make this world better, we stumbled upon Grown Up Coloring Books. Coloring Books have become the latest trend in the world. But why are they so famous? Here are 5 Benefits Of Coloring Which Will Enrich Your Life:

1. Coloring Reduces Stress Stress is a major issue in the 21th century. Almost everybody in our society is influenced by it. While coloring, the fear center of Your brain - the amygdala - takes a rest, stress is relieving and You feel overall relaxed.

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RELAXING Grown Up Coloring Book: Awesome Philippines Relax Therapy - A Magic and Mindful Travel Adventure in Nature for Relaxation, Meditation, Stress Relief, Calm, Inspiration and Healing The Adult Coloring Book for Coffee Lovers: A Meditation and Stress Relief Coloring Book for Grown-Ups (Humorous Antistress Coloring Pages and Zentangle Designs for Relaxation and Stress Relief) Aspects of Philippine Culture: Pre-history of the Philippines; Architecture in the Philippines; Music of the Philippines; Muslim Folk Art in the Philippines; Mountain Folk Art; Folk Festivals of the Philippines; Contemporary Painting of the Philippines Mandalas For Meditation: A Mandala Coloring Book (Mindfulness Coloring Books for Grown-Ups for Relaxation, Stress Relief & Art Therapy) Magic Cards: Magic the Gathering - 33 Killer Tips from a Magic Master! (Magic Cards, Magic the Gathering, Magic Decks, Magic the Gathering Tips, Magic Card Tips, How to Play Magic, Magic) Transcendental-meditation: Mindful Meditation, A Beginners Guide To Demystifying Meditation & Being Mindful With Transcendental-meditation Mindful Mandalas: A Mandala Coloring Book: A Unique & Uplifting Mandalas Adult Coloring Book For Men Women Teens Children & Seniors Featuring ... Relaxation Stress Relief & Art Color Therapy) Yoga: 21 Essential Yoga Poses to Strengthen Your Body and Calm Your Mind (FREE Meditation Bonus!): (Meditation, Yoga Poses, Relaxation, Stress Relief, Yoga for beginners) Guided Meditation: 30 Minute Guided Meditation for

Sleep, Relaxation, & Stress Relief ((Self Hypnosis, Affirmations, Guided Imagery & Relaxation Techniques) Adult Coloring Books: Mandala for a stress relieving experience (mandalas, stress relief, reduce stress, coloring books, relax) Grown Up Coloring Book: 48 Mandala Relaxing Stress Relief Patterns for Adult Art Therapy, Volume 1 RELAXING Adult Coloring Book: Awesome Tessellations for Relaxation and Against Stress - Abstract Geometric Designs, Patterns and Shapes (New Happy ... Therapy for Women and Men, Girls and Guys) CALM the FUCK DOWN. Color Your Stress Away: Swear Word Coloring Book : 40 Sweary Beautiful Designs .Relaxing Coloring Book with Sweary Coloring Book for Fun ( Adult Coloring Books ) Color Your Blessings: A Christian Coloring Book for Relaxation, Inspiration and Stress Relief: Scripture Coloring Book with Psalm and Bible Verse ... Coloring Book for Adults) (Volume 1) Relaxing Coloring Book: Coloring Books for Adults Relaxation : Relaxation & Stress Reduction Patterns (Volume 45) American Football Sketch Gray Scale Photo Adult Coloring Book, Mind Relaxation Stress Relief: Just added color to release your stress and power brain ... and grown up, 8.5" x 11" (21.59 x 27.94 cm) Flower Designs Coloring Book: An Adult Coloring Book for Stress-Relief, Relaxation, Meditation and Creativity (Jenean Morrison Adult Coloring Books) (Volume 1) Hand-Drawn Mandalas Coloring Book, Volume Two: An Adult Coloring Book for Stress-Relief, Relaxation, Meditation and Creativity (Jenean Morrison Adult Coloring Books) Adult Coloring Books: Awesome Animal Designs and Stress Relieving Mandala Patterns for Adult Relaxation, Meditation, and Happiness (Awesome Animals) (Volume 2) Adult Coloring Books: Awesome Animal Designs and Stress Relieving Mandala Patterns for Adult Relaxation, Meditation, and Happiness (Awesome Animals) (Volume 1)

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