



## Enlightened Expressions Adult Coloring Book, Volume 4: Spring Is Here (Paperback)

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By Teresa Nichole Thomas

Createspace Independent Publishing Platform, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Reduce your stress and increase your vibrational frequency with Enlightened Expressions from Color Me Peaceful, an adult coloring book series designed by Teresa Nichole Thomas. Spring Is Here is the fourth book in this uplifting and inspirational series. Each of the twenty-six designs in this single-sided book is a different image paired with one spring quote. The designs measure about 7 wide, and they range from basic to slightly complex. The book also contains five blank pages you can remove to place behind your designs to protect the pages that follow from bleed through. Please note, though, that the pages in this book are NOT perforated. Remember what it was like to color when you were a child? Remember how you would pull out your crayons and coloring books and color for hours? Remember how calm you felt when you were immersed in your coloring book? Coloring has been proven to be meditative and calming. So, grab your colored pencils. Put on some relaxing music. Focus. Create. And let that stress fade away as you immerse yourself in Enlightened Expressions,...



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