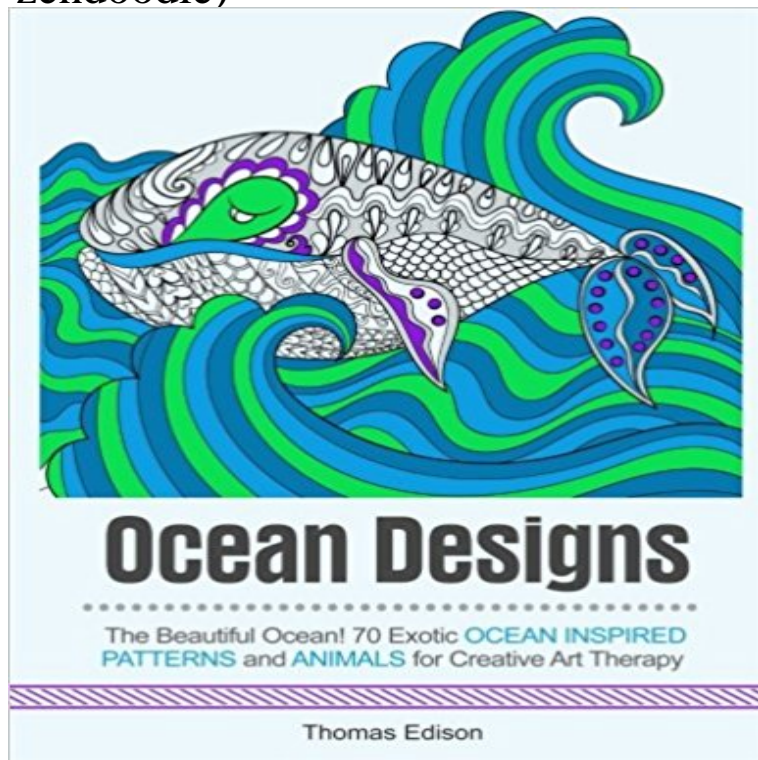


Ocean Designs: The Beautiful Ocean! 70 Exotic Ocean Inspired Patterns and Animals for Creative Art Therapy (Ocean Designs, animal designs, zendoodle)



70 EXOTIC OCEAN INSPIRED AND ANIMALS PATTERNS Are you ready to relieve stress and get creative? Our Ocean Designs: The Beautiful Ocean! 70 Exotic Ocean Inspired Patterns and Animals for Creative Art Therapy 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 hearts content!

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Ocean Designs: The Beautiful Ocean! 70 Exotic Ocean Inspired Patterns and Animals for Creative Art Therapy (Ocean Designs, animal designs, zendoodle) for protection from the elements and to ensure colors will stay bright throughout the seasons. Birds love gourds for nesting and will often return to the same one year after year. When nesting season ends, the gourd's usefulness doesn't end. Birds will continue to use them as shelter from weather and for protection from predators. If you don't see what you want, please contact me for a custom made gourd creation or inquire about other types of artwork...anything from pet portraits to painted milkcans! Enjoy your visit! New Products For July Pair of Penguins \$50.00 Links View All Links Submit Link Who's Online There currently is 1 guest online. Copyright © 2015 <http://www.gourdpatchart.com> Your IP Address is: 204.236.235.245

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