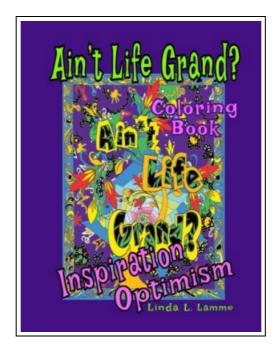
Ain t Life Grand?: Coloring Book - Inspiration, Optimism, Motivation (Paperback)



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Reviews

An incredibly awesome publication with perfect and lucid reasons. It can be writter in simple phrases and not confusing. I am just delighted to let you know that this is actually the very best publication i actually have study during my very own lifestyle and could be he best publication for actually.

(Paula Gutkowski)

AIN T LIFE GRAND?: COLORING BOOK - INSPIRATION, OPTIMISM, MOTIVATION (PAPERBACK)



Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English. Brand New Book ****** Print on Demand *******.Inspiring, Optimistic Beautiful Designs!With various levels of complexity, these designs range from minimal, simplistic and fairly easy to color to detailed, elaborate and challenging. This adult coloring book has a page of thumbnails near the front of the book. To reduce bleed-through, each single-sided image is printed on a black-backed page. Each image includes a simple message added in just for fun. Two Copies of Every ImageIncluded if you want to try a variation, make a mistake. enjoy coloring a second time or with a friend. A Special Bonus FREE Digital Version is Included. Not Only That, There is a Link to a Whole Separate FREE Coloring Book Included, as Well!You will have ultimate control over your paper quality and can experiment with different color schemes. Then, if you change your mind, it s no big deal. Relax and Let Your Stress Melt AwayLet them take you to a happy place, allowing your mind to flow freely and tranquility as responsibilities seem to fade away for a time. How Does Coloring Make You Feel Good?When you color, your brain is producing chemicals that make you feel good. The part of the brain that controls the fight, flight or freeze response is called the amygdala. Coloring exercises the part of the brain, the prefrontal cortex, that helps us relax and calm down, making it stronger. When we make our prefrontal cortex stronger, the stress, fear and anxiety part of our brain, the amygdala, gets weaker. Then the brain is able to take a break from worry and stress. Coloring also boosts the production of the hormone, dopamine, that creates feelings of pleasure. Who knew that you could feel so good by coloring? A...



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