



Zen Doodle Coloring Book: Relax and Relieve Stress with Adult Coloring Pages

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Relax and restore with Zen Doodle coloring pages!

Some days you just need a break. A break from the stresses of everyday life. From the million little tasks and responsibilities that crowd your to-do list. A break from the world around you and its 24-hour news cycle. You know what you need? You need "Me Time."

Remember when you were a child and you got deeply, intensely focused on coloring in your coloring books? Well, relive that feeling again with this coloring book for adults. This book is built of lovely Zentangle-inspired art, and coloring in these inspiring and unique designs will definitely help you relax and meditate. You'll clear your mind, you'll have fun, and you might even have a pretty piece of art to frame when you're finished!

- More than 100 Zen Doodle illustrations selected from some of our bestselling titles, including *Zentangle Untangled*, *Zen Doodle* and *Creative Tangle*
- Illustration themes include geometrics, organic shapes, animals, florals, letterforms, and more
- Can be colored with colored pencils, artists' markers, watercolor pencils, crayons, pastels or even watercolors

Enjoy the simple things!



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Carol Pyles:

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