



The Adult Coloring Book: Secret Gardens, Enchanted Forests, Mystical Visions, Dream Catchers & Geometric Mysteries (Volume 1)

Kindle Grace Lightfoot

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This book is a collaboration between artists, designers, and psychologists. This book not only soothes you, but also increases mental stimulation. The pictures and designs may seem random at first glance, but they're anything but.

Our idea with this project was to both inspire you, and increase neuronal activity and stimulation in a way that activates very unique parts of your mind. There are fields of research suggesting that both children and adults who work with coloring books and designs can effectively raise their IQ.

So have fun, relax, let the markers and pens do what they will, and hang on for an incredible, mind altering ride!

Every few designs will have some advice for you in what color schemes to complete the artwork. You can follow this advice or just go about it with whatever colors your mind desires. We added the coloring advice in order to give the designer (you) a very introspective and mind expanding experience.

To help you bring your full art and color to life, we've left the outlines slightly gray instead of harsh black. Your ideas and the beauty you create are more important than the original designs. This is for you!

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