



## **Inspirational Designs: Let's Color a World of Peace: Adult Coloring Book (Volume 2)**

*Sarah Mazor*

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# **Inspirational Designs: Let's Color a World of Peace: Adult Coloring Book (Volume 2)**

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Enjoy the second MazorBooks volume of relaxing and creative coloring. Coloring activities, aside from providing the joy of setting one's imagination free to experiment with hues and colors, generates wellness, tranquility and calm. Indeed, the famed psychologist Carl G. Jüng had already applied coloring as a relaxation technique early in the 20th century. Jüng recommended circular designs with concentric shapes. Recent studies found that coloring intricate patterns and designs also stimulates brain areas beneficial to problem-solving, organization and memory. **Inspirational Designs: Let's Color A World of Peace** adult coloring book offers 45 simple to complex designs that promote relaxation and stimulate cognition. The coloring book's thematic approach adds yet another enhancing element to the joy of coloring, as you will learn the word PEACE in 40 languages. Also included are 40 inspirational proverbs from around the world. Color, relax and be inspired!



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