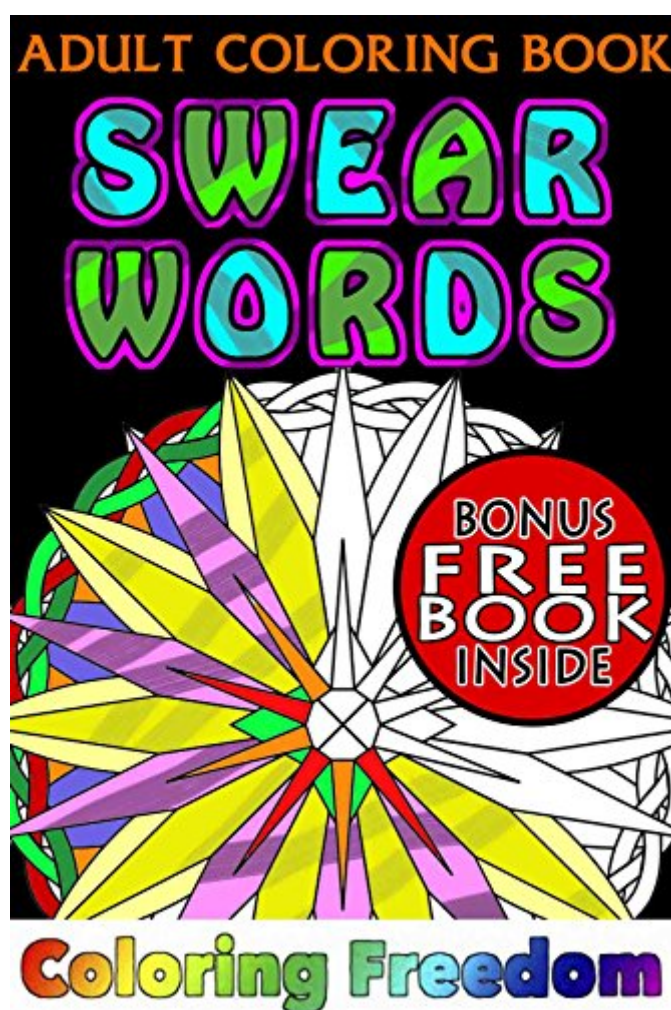


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# Swear Words Patterns And Designs: For Meditation, Stress Relief, Relaxation, Therapy, And Fun (Books For Creative Adults Book 1)



## Synopsis

Kindle users, included in the book is a link to a free printable PDF of every picture as a free bonus for you to enjoy. Purchase this book today and receive another original bonus coloring book worth \$2.99 that you can download and print for free! Escape to a world of creative indulgence and relaxation when you download Swear words patterns and designs for meditation, stress relief, relaxation, therapy, and fun (Books for creative adults) This book contains unique black and white designs, illustrations, and patterns with funny swear words and phrases for you to color and enjoy hours of mindful relaxation and stress relief. The designs in this book have are 100% original and different from those found in our popular "Swear Words" series. Why are adult coloring books so popular? Coloring as an adult can bring a peaceful calm to your mind as you focus your energy on a single creative expression while letting the stress of the day fade off into the distance. Take a moment just for yourself today and welcome some inner peace into your life by indulging in a favorite pastime. This book contains 20 unique and intricate designs for hours of enjoyment as well as useful tips about: How to prepare to color Blending and gradients How to create realistic light and shadow effects The benefits of coloring How coloring can actually be superior to traditional meditation for achieving a meditative state Use the included PDF file to print out the many detailed and funny pictures in this book on some high quality 8.5 by 11 paper and let your creative juices flow. When you're finished, you'll have many display-worthy drawings of funny swear words, curse words, and lewd phrases that you'll want to share with your friends. Therapeutic benefits of coloring Coloring as an adult has many proven benefits backed up by science. Spending time coloring has been shown to reduce stress, promote mindfulness, and improve mental clarity and focus, and even provide a lasting benefit to one's memory and cognition. Coloring patterns can help us to achieve a meditative state. In fact, many people find it easier to achieve this state when coloring than they do when actually trying to meditate. This is probably because meditation involves a deliberate effort to detach the flow of thoughts from the concept of the self. Doing so requires a deliberate focus and effort on the task at hand which can actually serve to make achieving the desired result more difficult. Many adults who color report being "lost" in the simple act of coloring and becoming detached from the flow of thought and time, easily achieving higher orders of meditation than they ever had before. Scroll up to grab your copy of Swear words patterns and designs for meditation, stress relief, relaxation, therapy, and fun (Books for creative adults) and enjoy hours of entertainment and relaxation for this limited time promotional price! tags: swearing, swears, best seller, art, illustrators, zen

## Book Information

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## Customer Reviews

Why do some authors/publishers persist on giving Kindle users images/designs/patterns with so much black...some of these designs have too much black. Let us, the colorists, decide if we want shading and what colors we will use. I have very, very seldom used black as shading for anything. While some of the swearing is original to me, I wasn't impressed with anything used here. NOT one link at end of coloring book is valid...All get Sorry - page not found msg from .

Love the book

I am disgusted with the language...I am surprised I ordered it! Guess I didn't read enough. The pictures are fine for coloring if one can get beyond the message.

delightfully vulgar swears. fun patterns to color. so many word I've never knew existed.

This is a funny and entertaining way to relax. I love these filthy coloring books.

There are definately some new eye popping swear words in this book, great patterns :)

Fabulous coloring book!

a totally awesome book

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