



# **Colorful Christmas Coloring Book: 50 Beautiful Winter Designs for Enjoyable Christmas Moments and Calmness (coloring book, adult coloring book, mandala coloring book)**

*Kevin Day*

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## COLORING – A Perfect Way to Practice Mindfulness

“*Colorful Christmas Coloring Book: 50 Beautiful Winter Designs for Enjoyable Christmas Moments and Calmness*” is a perfect way to relax and be creative at the same time! This amazing book has “50” designs for coloring and having fun while making a masterpiece. Each illustration is perfect for any coloring tools you have. You can use crayons, colored pencils, markers, gel pens, or watercolors.

### **Did you know that coloring can help emotional and mental health issues?**

People who have anxiety, stress disorders, depressive disorders, and many other issues find coloring as a great way to focus on more safe and productive way instead of focusing on negative thoughts.

Find out why coloring for adults is so popular and why it became a useful distraction for many people. Choose a design you like the most and start coloring!

**Reach Zen by only 10-15 minutes of coloring daily.**

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