

**adult coloring book for mindfulness and relaxation** - adult coloring book for mindfulness and relaxation healingfromburnout. introduction while coloring may seem like a trivial adult activity, it is not something to be discounted for its tremendous relaxation and healing effects on the body. i first began to color mandalas (circular, geometric designs) about 8 years ago. it was a time in my life when i was beginning to deeply consider how ...

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