



**Adult Coloring Book: Coloring Book For Adults  
Featuring 30 Beautiful Zentangle Designs With  
Positive Affirmations (Relaxation Series) (Volume  
4)**

*Morgana Skye*

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Affirmations are powerful words meant to influence how we see ourselves and our surroundings in the present. In an over stressed and hectic society, we owe it ourselves to boost the spirit with powerful thoughts. This coloring book was created to inspire you to live a life more in line with your own visions. More and more adults today are taking their free time and creativity and focusing it on the time treasured art of coloring. Coloring is a form of art that we are all familiar with, most likely from the days of childhood. It has been realized that there is so much pleasure in this creative process that it deserves to be revisited in adulthood (that is if it were ever left behind in the first place). Coloring provides an outlet for creativity and expression that we do not often have in the other aspects of daily life. Unlike other forms of art, coloring does not require a practiced skill or perfected technique. All you need is a little bit of free spirit, a vision and something to color with and you are suddenly able to create beautiful images. This book of affirmations combines the healing capabilities of coloring with the positive power of words. When combined together the result can be transformational. Each image in this book was created to bring a positive message into your life, while surrounded each word with design and character that suits its meaning perfectly. When you were a child, you ignited your imagination with a box of crayons and book. Today you can do the same, and enrich your life in the process.

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