



Expressions of Gratitude: Inspirational Adult Coloring Book (Majestic Expressions)

Majestic Expressions

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RELAX. REFRESH. RENEW.

Life is full of demands. Appointments, deadlines, obligations, and constant digital chatter occupy every moment and build a mountain of unhealthy stress and tension. Research shows that coloring can be an effective stress reducer, but true rest and peace are found in God. Inspirational adult coloring books by Majestic Expressions incorporate these two ideas in one beautifully illustrated book.

No matter what season of life you are in or what burdens you're carrying, there is always something to be thankful for. *Expressions of Gratitude* features artwork inspired by the many wonderful blessings that surround us. Spend some quiet time relaxing as you color. Be refreshed and renewed as you meditate on things you are thankful for. Watch each page come alive as you allow your creativity to flow freely, filling the intricate images with the beauty of color.

Take a break from your busy schedule and the stress that accompanies it. The worries of life can wait.

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