



Libro da colorare per adulti, per rilassarsi e antistress - volume 1 (Italian Edition)

Amber Richards

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Vi piaceva colorare, da bambini? Scoprite di nuovo la gioia di questa attività, da adulti. Non solo è divertente, ma è anche molto rilassante, e si sta diffondendo sempre di più come modo non tecnologico di ricaricarsi, eliminare lo stress e fare qualcosa di creativo.

In questo libro troverete 50 meravigliosi disegni: mandala, geometrici, astratti e altre bellissime immagini da colorare. Troverete diversi stili, alcuni semplici e più veloci da terminare, altri molti intricati che vi occuperanno per molte ore.

Colorare può essere un ottimo metodo per distendersi prima di addormentarsi, e se soffrite di insonnia, provate a farlo prima di andare a letto.

La versione in e-book contiene i 50 disegni in formato digitale, da esplorare nel lettore, e un link per scaricarli e stamparli. Potete stamparli con la stampante di casa e poi colorare le singole pagine.

Ricordate la felicità che si prova nel colorare, scaricate ora la vostra copia di questo "Libro da colorare per adulti, volume 1" e collezionate le prossime uscite!



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