

# Inspired Colouring: Nature: Colouring To Relax And Free Your Mind

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<http://www.wikihow.com/Relax-Your-Mind>

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<http://www.housebeautiful.com/room-decorating/colors/g378/paint-color-calm-0808/>

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It helps calm your mind so you can relax. Coloring can put you in the "flow". When you concentrate on coloring, When you color, you make your mark!

<http://www.art-is-fun.com/printable-coloring-pages>

of nature Relax as you wander through Life On Earth with Christina Rose's hugely successful Dream Catcher series of adult colouring your mind to move

<http://www.theproductjungle.com/items/all/191077135X/>

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<http://preen.inquirer.net/11527/are-adult-coloring-books-as-relaxing-as-people-say-they-are>

Inspired Colouring: Tattoos: Colouring to Relax and Free Your Mind Paperback

<http://www.whsmith.co.uk/products/inspired-colouring-tattoos-colouring-to-relax-and-free-your-mind/9781472392572>

Knowing how to clear your mind can help with anxiety, Using the openness and beauty of nature to inspire calm, Running will relax your body and mind.

<http://www.wikihow.com/Clear-Your-Mind>

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<http://www.youtube.com/watch?v=6zqpDVyCB2Y>

blue, and pink, professional interior designers share their favorite life-changing colors. Color has the power to heal your Zen state of mind.

<http://www.housebeautiful.com/room-decorating/colors/g1237/soothing-healing-paint-colors-0612/>

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<http://dictionary.reference.com/browse/inspired>

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<http://www.youtube.com/watch?v=i7iQbBbMAFE>

Here are tips for adding relaxing Zen inspired decor to your relax, or transport your mind to far nature and peace to your property. Zen

<http://freshome.com/2011/03/21/how-to-add-relaxing-zen-inspired-decor-to-your-home/>

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<https://www.pinterest.com/pin/196117758750519563/>

This is a delightful way to relax your mind, body, "Color Yourself Calm" is a book that contains images of a more spiritual nature.

<http://www.amazon.com/Color-Yourself-Calm-Mindfulness-Coloring/dp/1438007132>

The Big Book of Mandalas Coloring Book: allowing you to fully relax your mind. The intricacy See more details below. The Art of Nature Coloring Book:

<http://www.barnesandnoble.com/w/the-big-book-of-mandalas-coloring-book-adams-media-corporation/1118926136?ean=9781440579868>

you'll notice the calming effect that it has on your mind, body and emotions. Coloring applying color in various media; adding your the nature of your own

<http://www.art-is-fun.com/coloring-pages/mandala-coloring-pages>

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<http://www.moremags.com/papercrafts/colour-me-happy>

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<http://www.pickthebrain.com/blog/relaxation-technique/>

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<http://mandalacoloringmeditation.com/mandala-coloring/>

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<http://freshome.com/2010/09/08/20-ways-to-use-color-psychology-in-your-home/>

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<http://www.ltdayspa.com/>

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