



# Stress Less Coloring - By the Shore: 100+ Coloring Pages for Peace and Relaxation

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An enchanting way to relieve stress!

*Stress Less Coloring - Under the Sea* will inspire you to find peace and relaxation in the beauty of oceanic designs. By concentrating on coloring and shading any of the 100 stunning fantastical designs, you'll calm your mind in a creative, relaxing, and therapeutic way. From schools of tropical fish and magnificent coral reefs to mysterious shipwrecks, each stress-reducing page invites you to express yourself using your own unique palette to decorate the designs.

As you bring color to paper, you'll be able to release any tension you may be feeling and enjoy each soothing moment. Whether you're new to art therapy or have been coloring for years, you'll find inner calm and creativity--one page at a time.

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