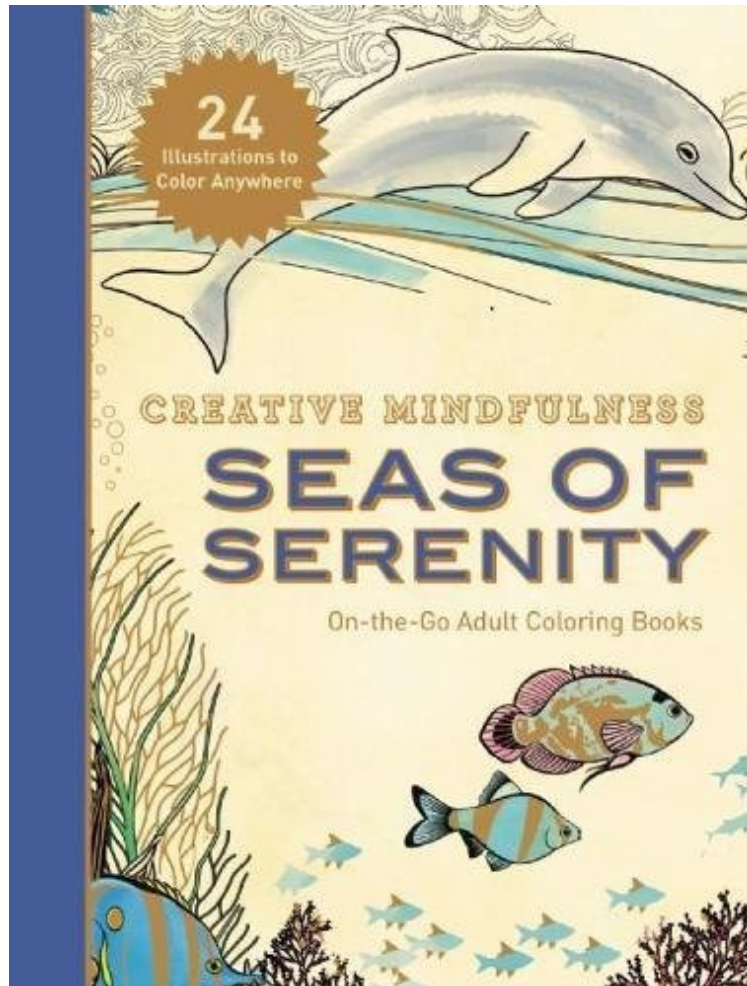


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Crushing waves of stress? Ride them out with this adult coloring book that explores the mesmerizing beauty of the sea. The crashing sound of waves on the shore, shells beneath your feet, a variety of sea life skimming through the deep blue. *Creative Mindfulness: Seas of Serenity* brings you calming, travel-sized outlines of sea and beach scenes to help you de-stress virtually anywhere. Whether you're at home or on your morning commute, you'll be able to color an array of intricate ocean animals and creative coastal designs. Adult coloring provides an artistic outlet for stress that aids in alleviating everyday pressures—many of which occur while we're active and not in the comfort of our homes. However, many books are often restricted to oversized pages that require a large surface to color. These twenty-four black-and-white illustrations are travel-sized, making it simple and convenient to color when you're on the go. The pages are perforated and printed on one side, so each design can be removed to share or display. Additionally, the book is printed on a sturdy art stock that accommodates any coloring medium—whether it's markers, crayons, colored pencils, or pens. This book features: Twenty-four original black-and-white designs for your coloring pleasure on single-sided perforated pages High-quality, sturdy paper that can withstand travel and wear-and-tear Perfectly sized illustrations to fit in pockets and bags If you're looking to venture into the adult coloring experience, you'll have no trouble getting your sea legs with *Creative Mindfulness: Seas of Serenity*. Whether you are an artist looking to improve your craft, someone seeking a way to find inner peace, or simply want to give the gift of coloring, this travel-sized book is a must-have that will transport you to paradise. It's guaranteed to provide hours of creative relaxation. So dive in and prepare to be completely immersed in these beautiful designs!

About the Author Racehorse Publishing is an imprint of Skyhorse Publishing, Inc.