



# **Adult Coloring Book: Coloring Book For Adults Featuring 30 Beautiful Moari and Polynesian Inspired Designs (Relaxation Series) (Volume 5)**

*Morgana Skye*

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## Start Your Coloring Journey Today with Beautiful Maori and Polynesian Inspired Designs

As adults, we can often forget how to slow down and de-stress. Whether you had a bad day at work, get stuck in traffic all afternoon, or have way too much to do, you deserve a bit of a break as well as an outlet for all of that frustration that you are experiencing. Luckily, coloring can help you in both of those areas. True, you can take a jog or lift some weights at the gym or even talk to your therapist to help you deal with your stress, but what about a creative outlet for your brain? That's where coloring comes in. Whether you're feeling sad, angry, frustrated, or overwhelmed, you can redirect all of that energy into coloring. Think of it as a form of art therapy that you can easily do in the comfort of your own home. When you are coloring, all you are thinking about is the page and the colors that you are putting onto the page. While essentially anyone can do it, it still requires a great amount of focus and attention to detail that will have you temporarily forgetting about your worries, anxieties, and stresses from the day. This coloring book features beautiful Maori and Polynesian inspired designs. A part of Polynesian culture, Maori designs can often be seen on the skin in the form of tattoos or more traditionally, as markings on the body or face. At first glance, these designs would probably be described by most as "tribal," though that one description alone does not do these designs enough justice. These Maori works of art are characterized by bold, repetitive lines and their unique and intricate designs. Curved lines and spirals are often seen in this type of art as well. As you color in the Polynesian-inspired designs in this coloring book, allow each page to transport you and your mind to a different world of peace and tranquility.

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