



# Get Your Groove On: An Absolutely Fabulous Coloring Book (Volume 1)

*Vintage Pen Press*

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## Remember the 60s and 70s? The British Invasion and Woodstock?

*Get ready to relax and take a stroll down hippie lane. This grown up coloring book is a magnificent portrait of one of the most revolutionary times in history!*

From miniskirts to knee-high patent leather boots to fringe on everything, GET YOUR GROOVE ON takes you back to the good old days of hippies, flowers and love. Kumbaya was the global love song and a coke was the drink of choice. This feel good adult coloring book is filled with pure beauty and fun, just the way the Haight Ashbury meant life to be.

With swirls and curls ready to be colored with your crazy good neon colored pencils, metallic gel pens and squiggly fine liners, these 40 images are an intoxicating mixture of psychedelic, flower power and rock and roll just waiting for you to bring your creative color genius to the table!

- (40) Images with easy, medium and complex patterns
- Single-sided printing - frame your favorites
- Coloring test pages included

### >>> Relieve Stress and Anxiety with Art Therapy

Famed psychologist Carl Jung prescribed color therapy to his patients, and psychiatrists have been recommending coloring pages for over 100 years. From simple patterns to complex and detailed designs, let your anxiety melt away as you color these stress relieving patterns.

### >>> Enhance Your Focus, Fine Motor Skills & Vision

Adult coloring books allow you to focus while remaining in a relaxed and meditative state. Researchers have found that this allows the frontal lobe of the brain to open, which is the home of organizing and problem solving. Coloring pages requires you to use both hemispheres of your brain, which improves your fine motor skills and vision.

### >>> Be Social & Share Your Creativity

As coloring for grown ups becomes more and more popular, you have an increasing opportunity to get social. Join a local coloring party, organize a coloring session with your co-workers or join an online group on Facebook. Share your creativity and get connected!

**Scroll up and grab a copy today and GET YOUR GROOVE ON, BABY!**

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#### **Charlie Smith:**

Now a day those who Living in the era exactly where everything reachable by talk with the internet and the resources within it can be true or not require people to be aware of each information they get. How many people to be smart in receiving any information nowadays? Of course the correct answer is reading a book. Looking at a book can help individuals out of this uncertainty Information specially this Get Your Groove On: An Absolutely Fabulous Coloring Book (Volume 1) book as this book offers you rich facts and knowledge. Of course the information in this book hundred pct guarantees there is no doubt in it you know.

#### **Hattie Leclair:**

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#### **David Peacock:**

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