



# Keep Calm & Color This Sh-T ! - Vol. 1 (The Stress Relieving Adult Coloring Pages)

*Jason Potash*

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## **Keep Calm & Color This Sh-T ! - Vol. 1 (The Stress Relieving Adult Coloring Pages)** Jason Potash

This Swear Word Adult Coloring Book is filled with 25 rude and very swearsy pictures to color. Each print is uniquely designed for all skill levels, some easy for quick results, some a little harder when you are more stressed and some very detailed pictures that will take hours to complete. One thing they all have in common though is that they each contain filthy rude swearsy words. They are beautifully designed curse word pictures inside, each different and unique, you will have hours of fun and laughter coloring these out. Coloring for adults is the way to go to de-stress your life, relax, meditate, calm yourself down and get creative at the same time. Research has shown that adult coloring has positive effects on the mind and well-being and this book provides the essential therapy needed in this fast paced world. It will bring you mindfulness and peace. This book is only printed on one side so you won't get any bleed through when coloring, You will then be able to carefully remove each print once you've done (you will be calm and happy by then).

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