

# ABSTRACT

## ADULT COLORING BOOK



Jack Whyte

32 Hand-drawn Pages



# ABSTRACT

## Adult Coloring Book

Artwork: Jack Whyte

Editor: Dylon Whyte

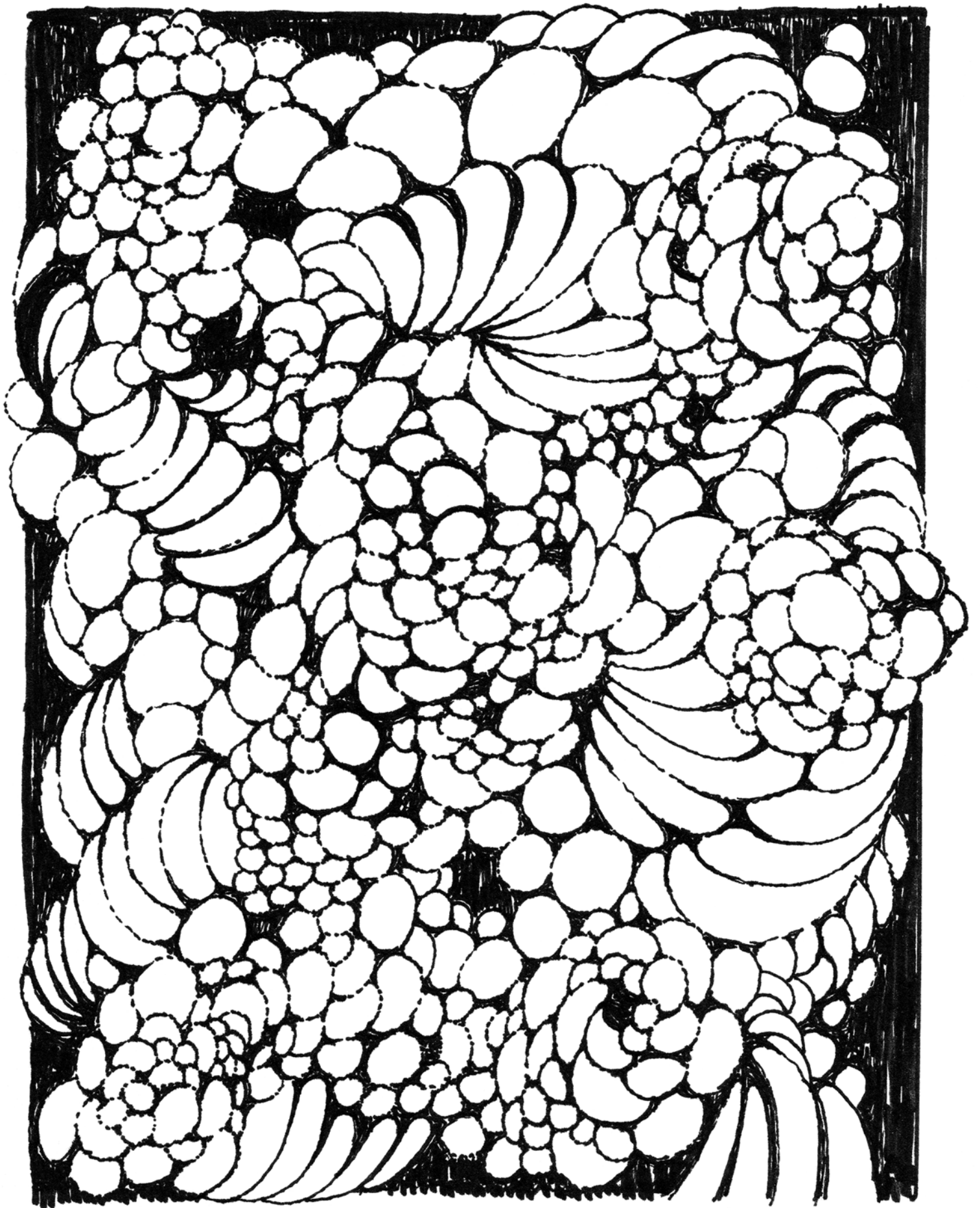
Cover Colouring: Ashley Whyte

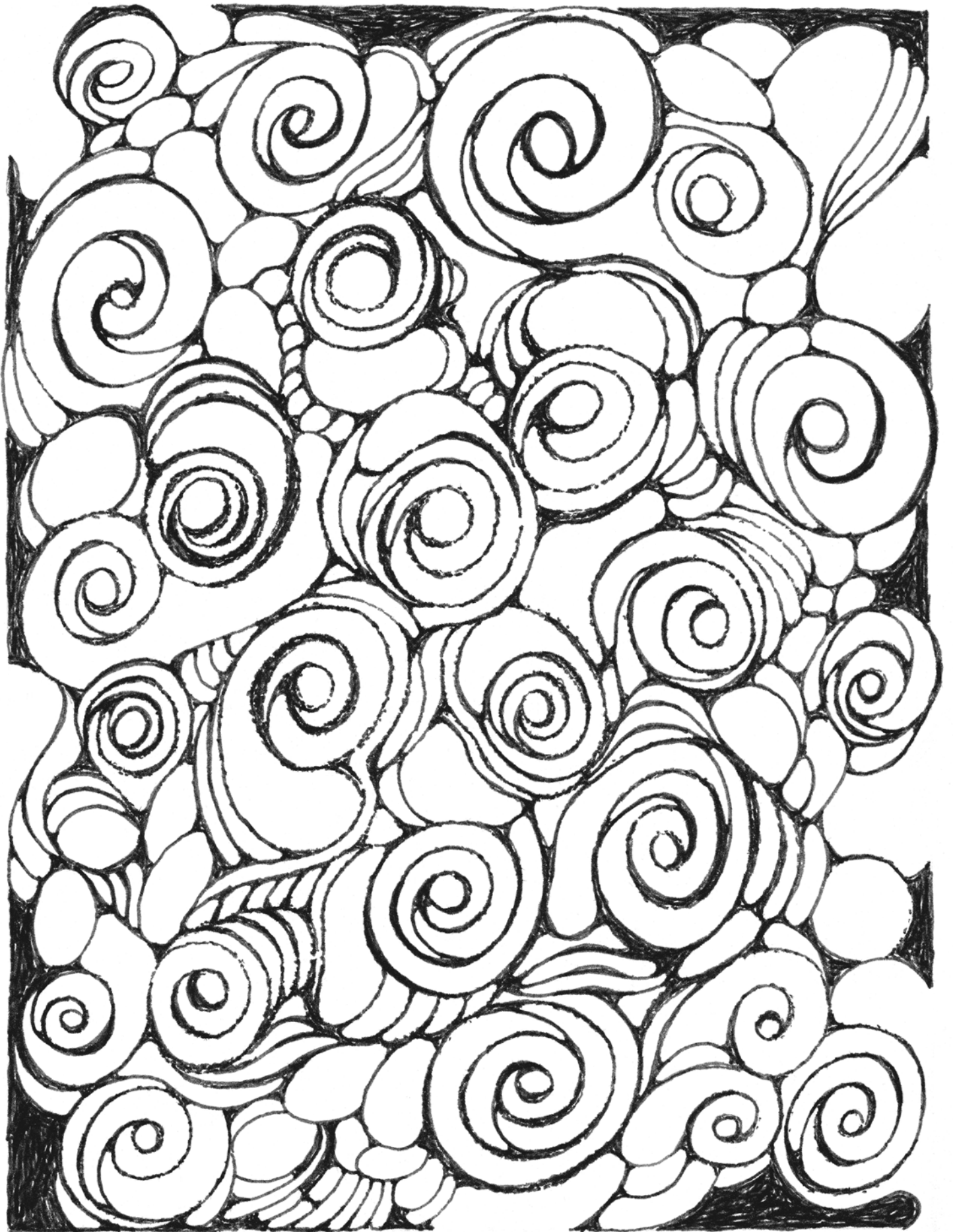
ISBN: 978-1-894531-45-0

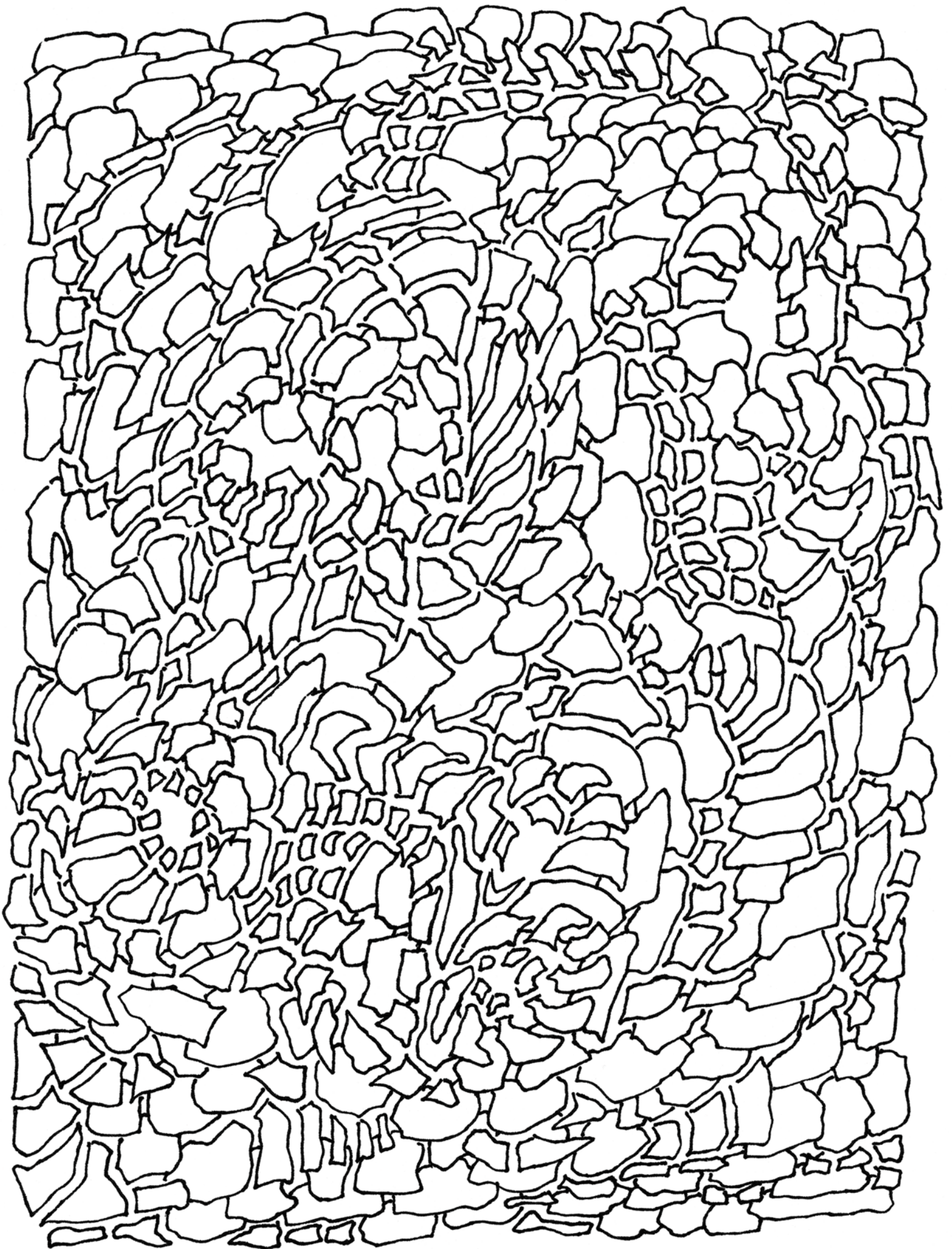
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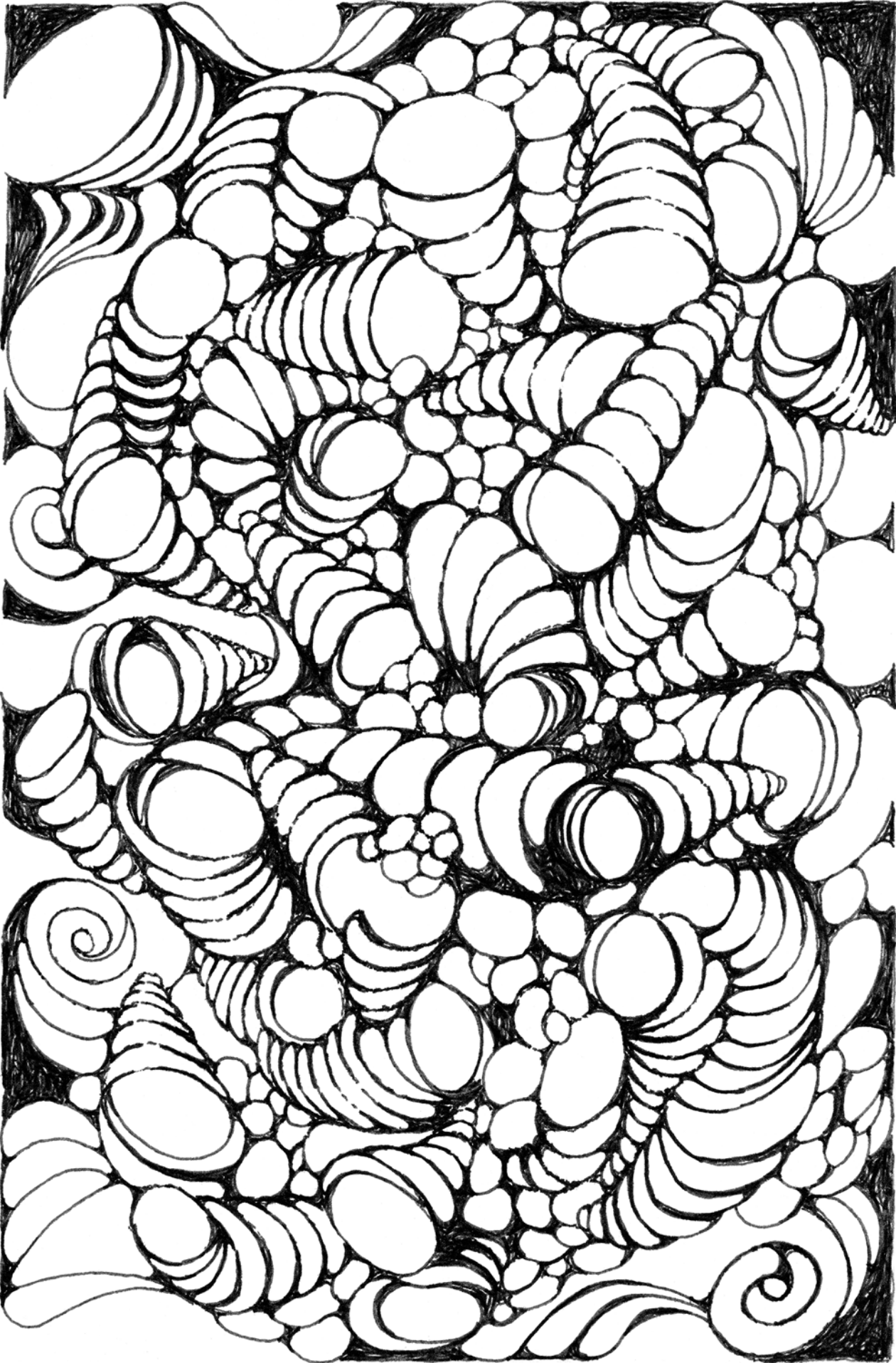
### **Colouring books aren't just for kids!**

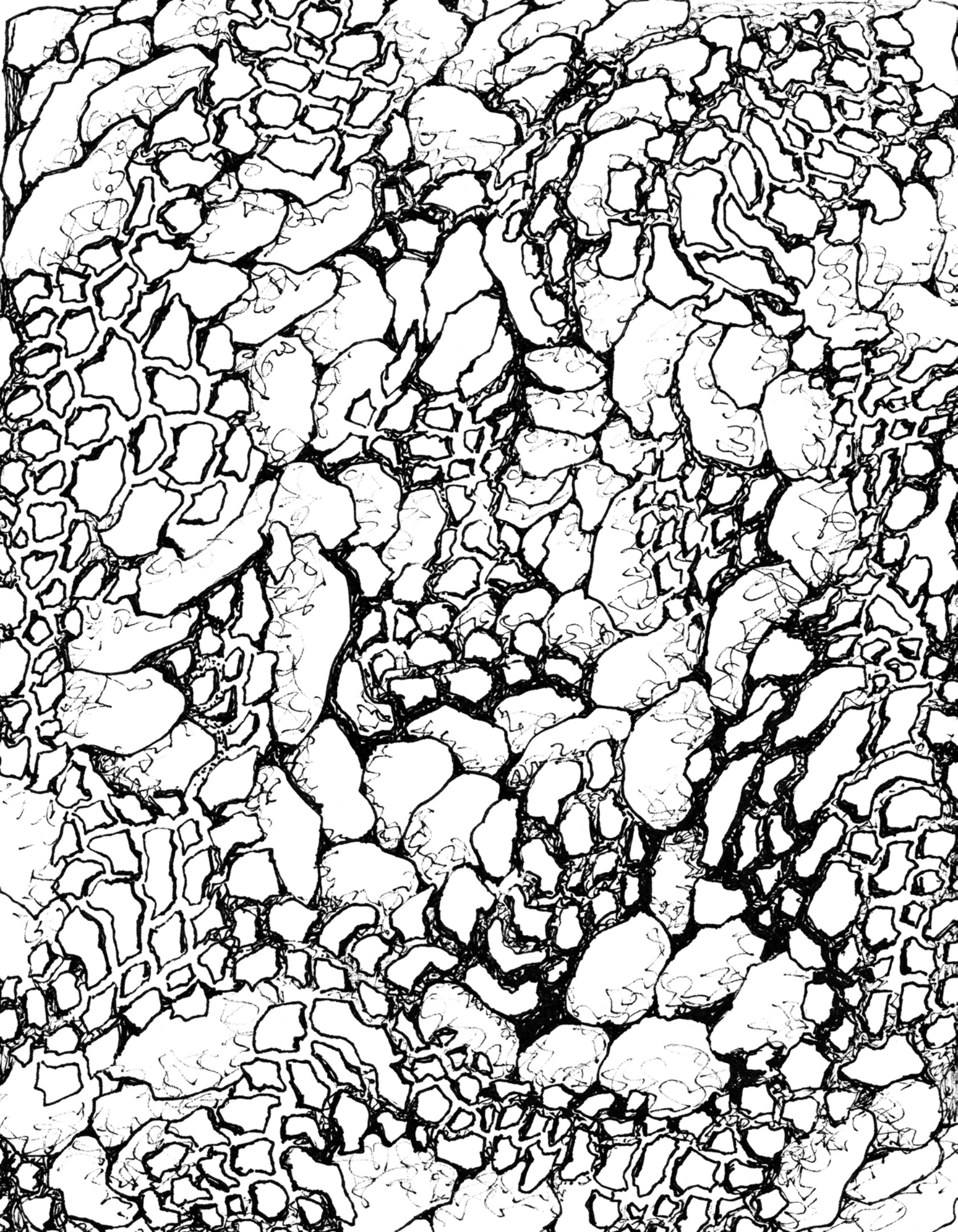
Colouring provides therapeutic benefits such as reducing stress and anxiety, creating focus and boosting mental clarity. Just like meditation, colouring allows the brain to switch off thoughts, helping you feel more relaxed and at peace.

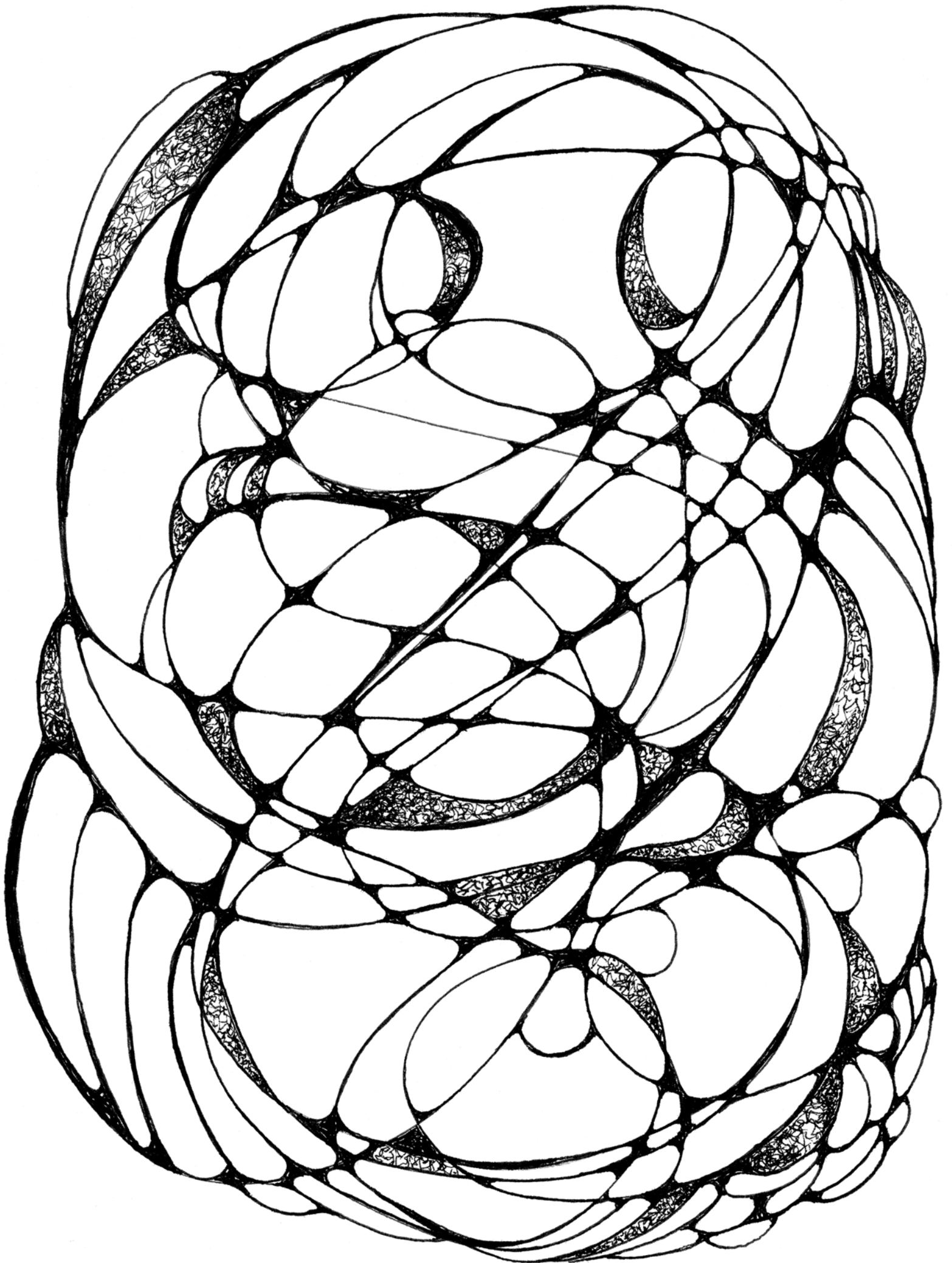




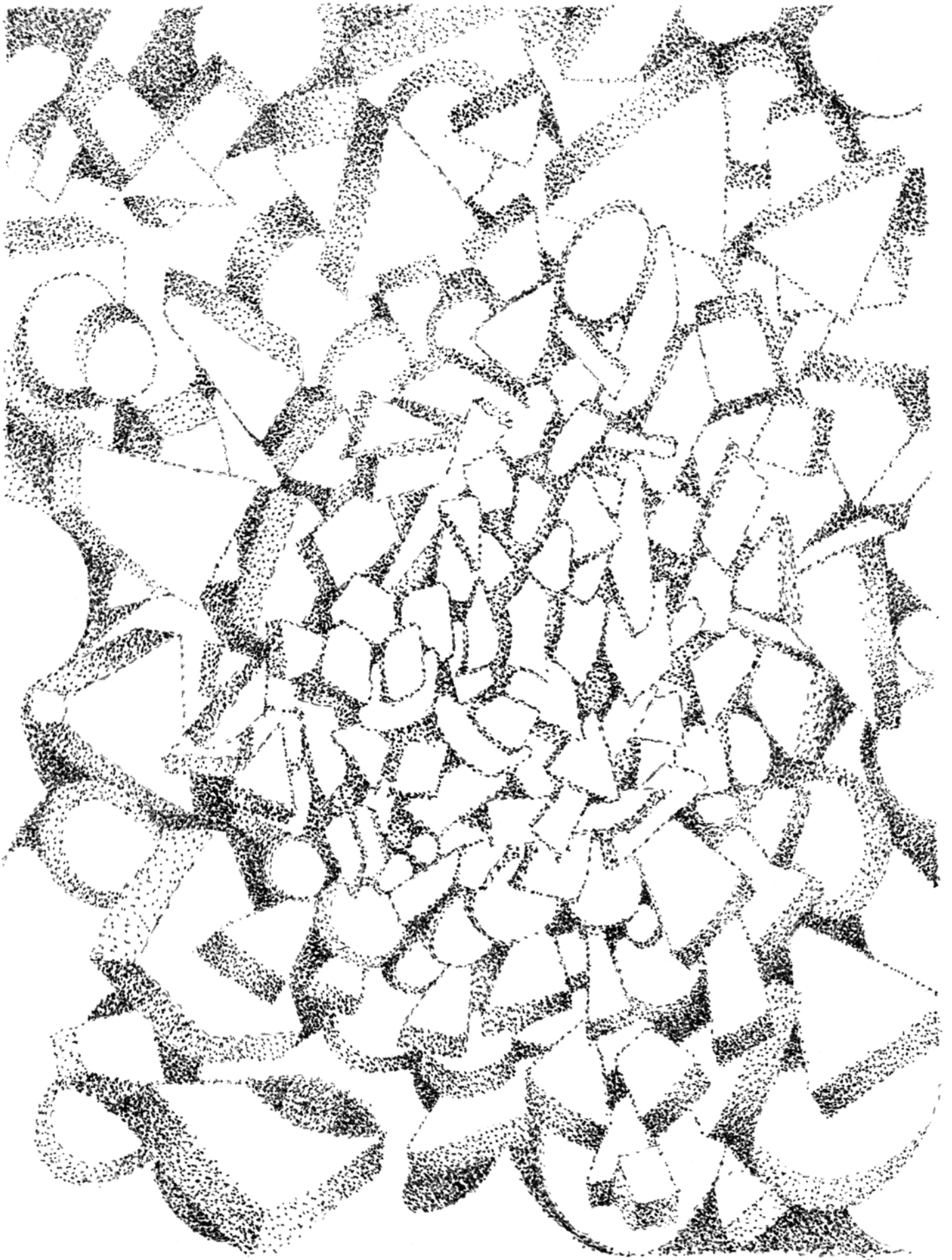




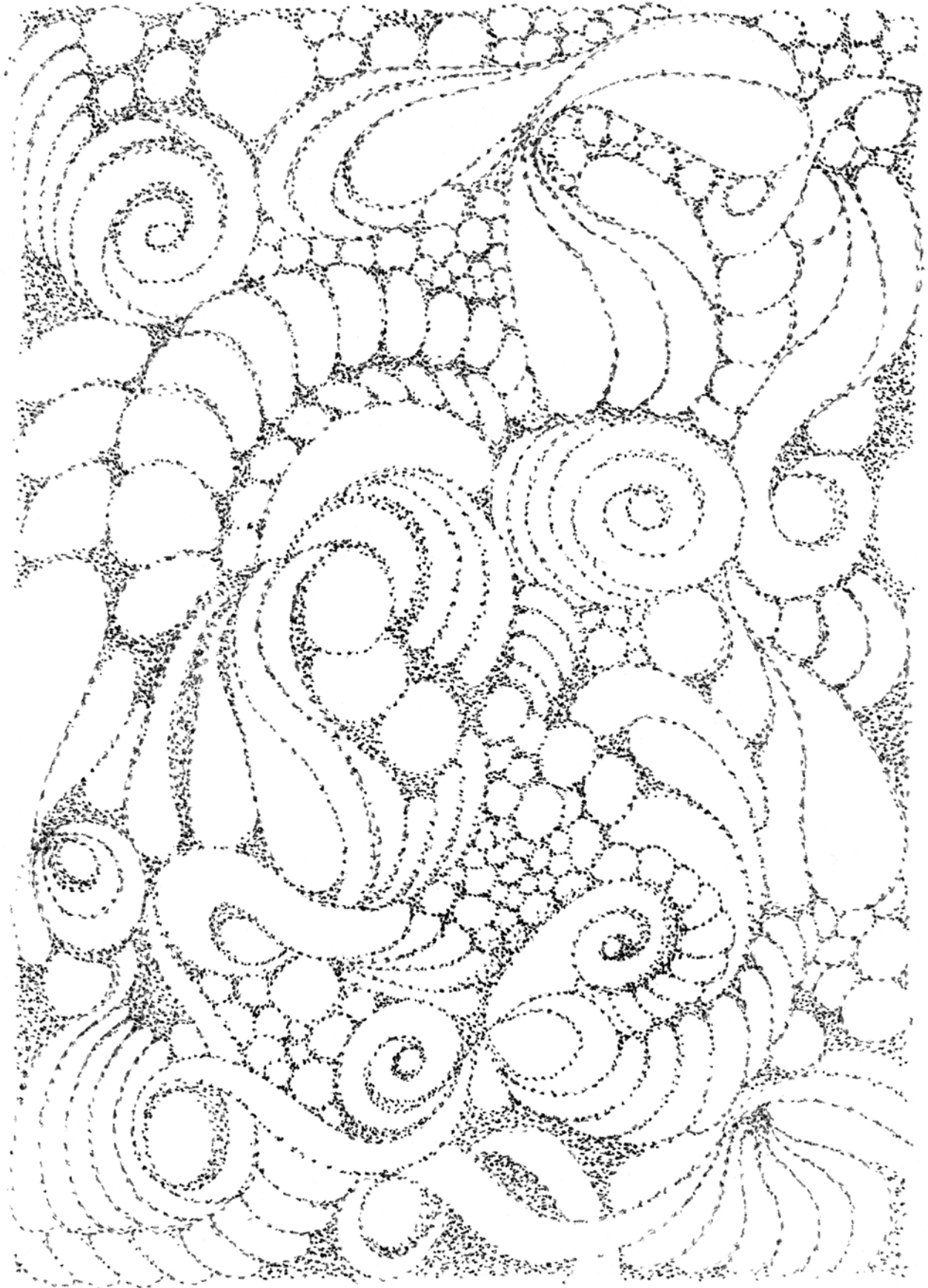


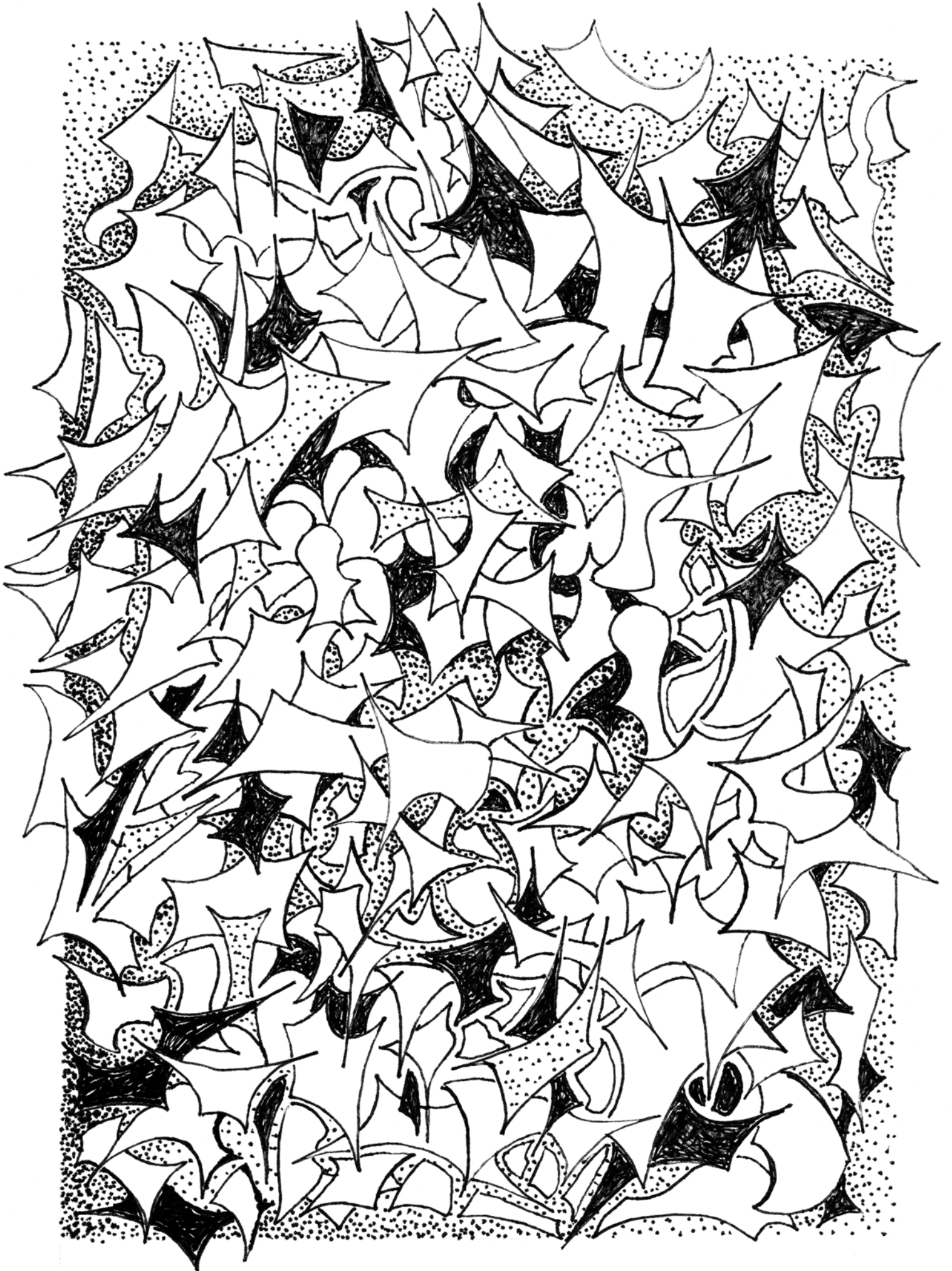


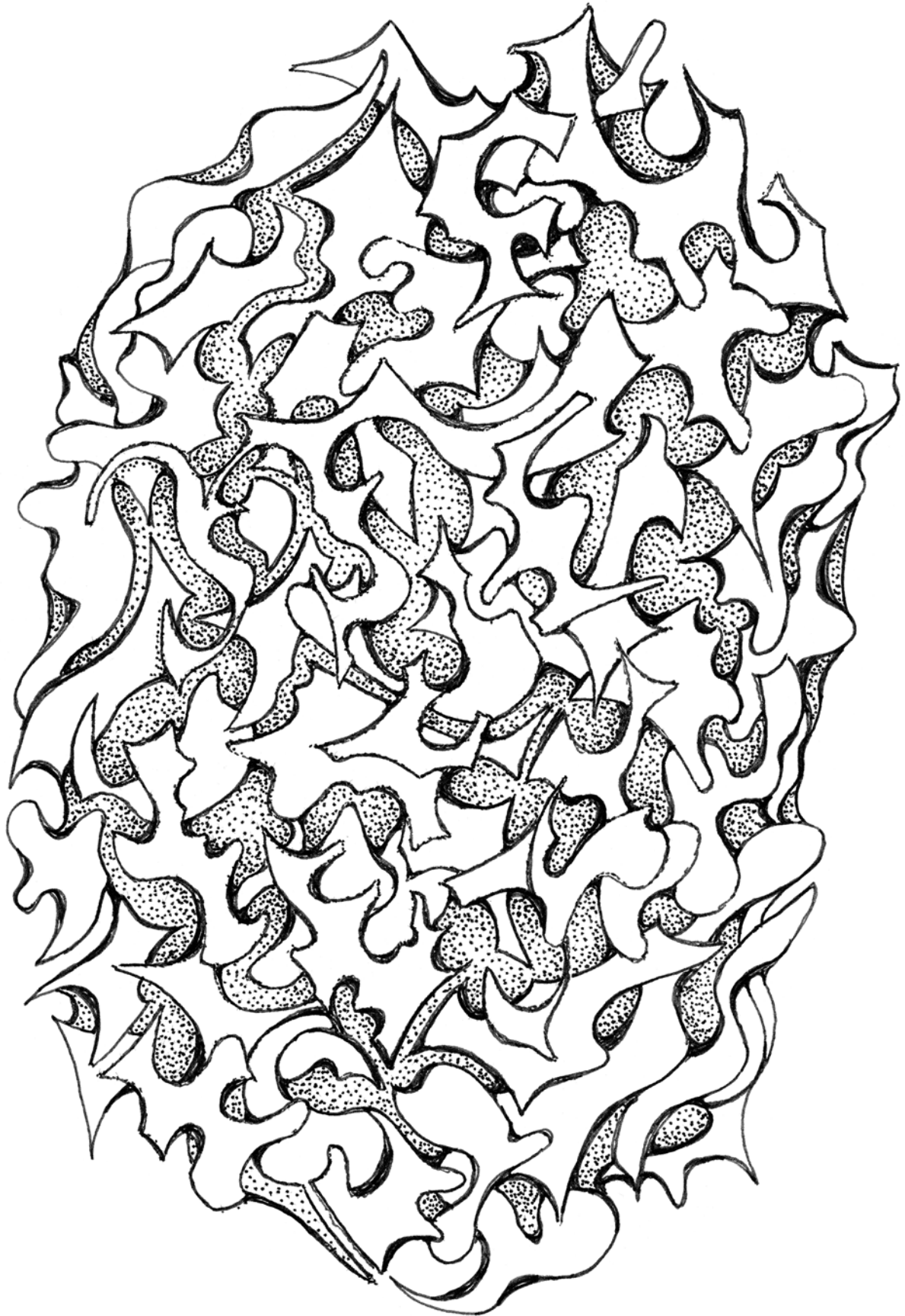


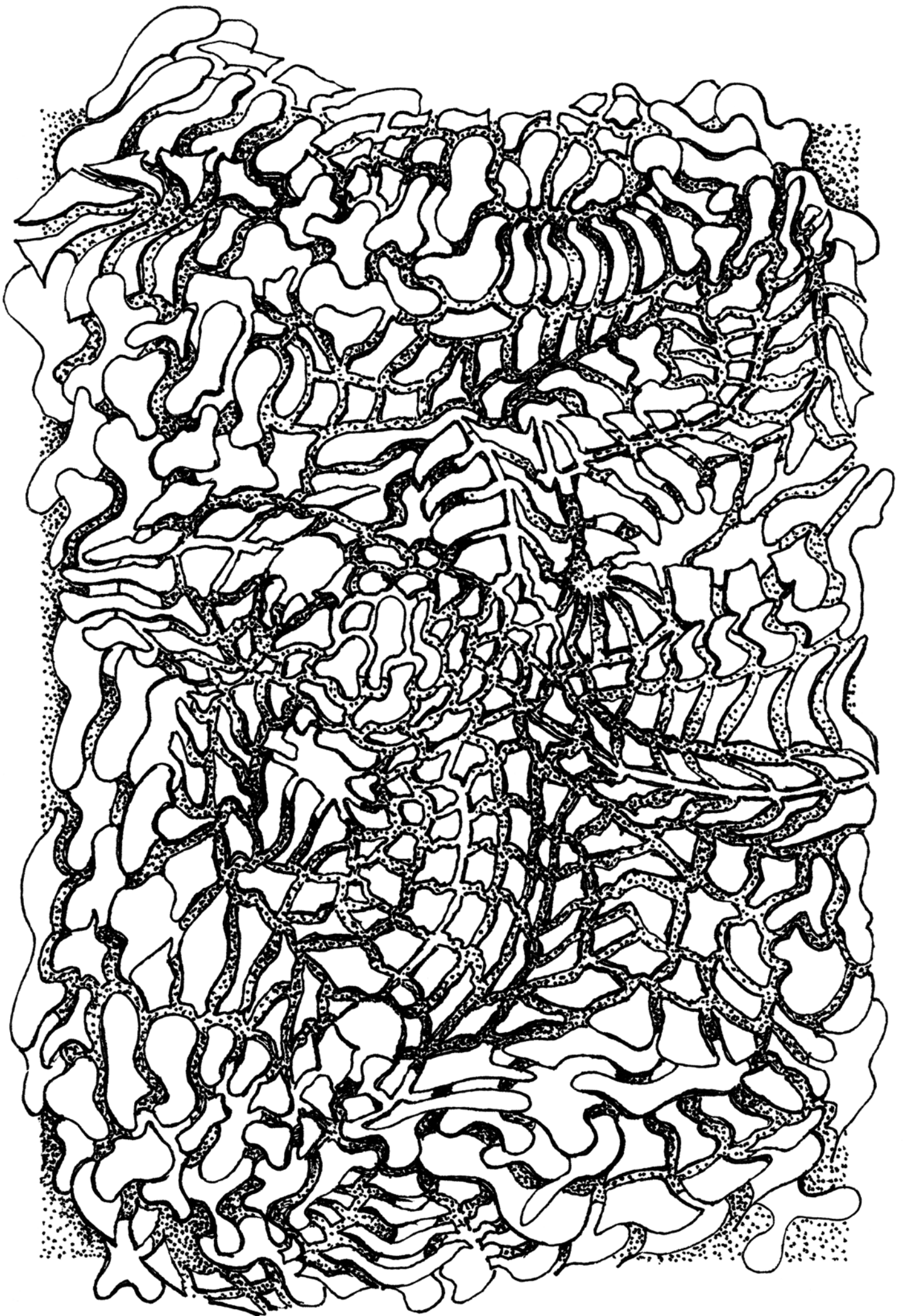


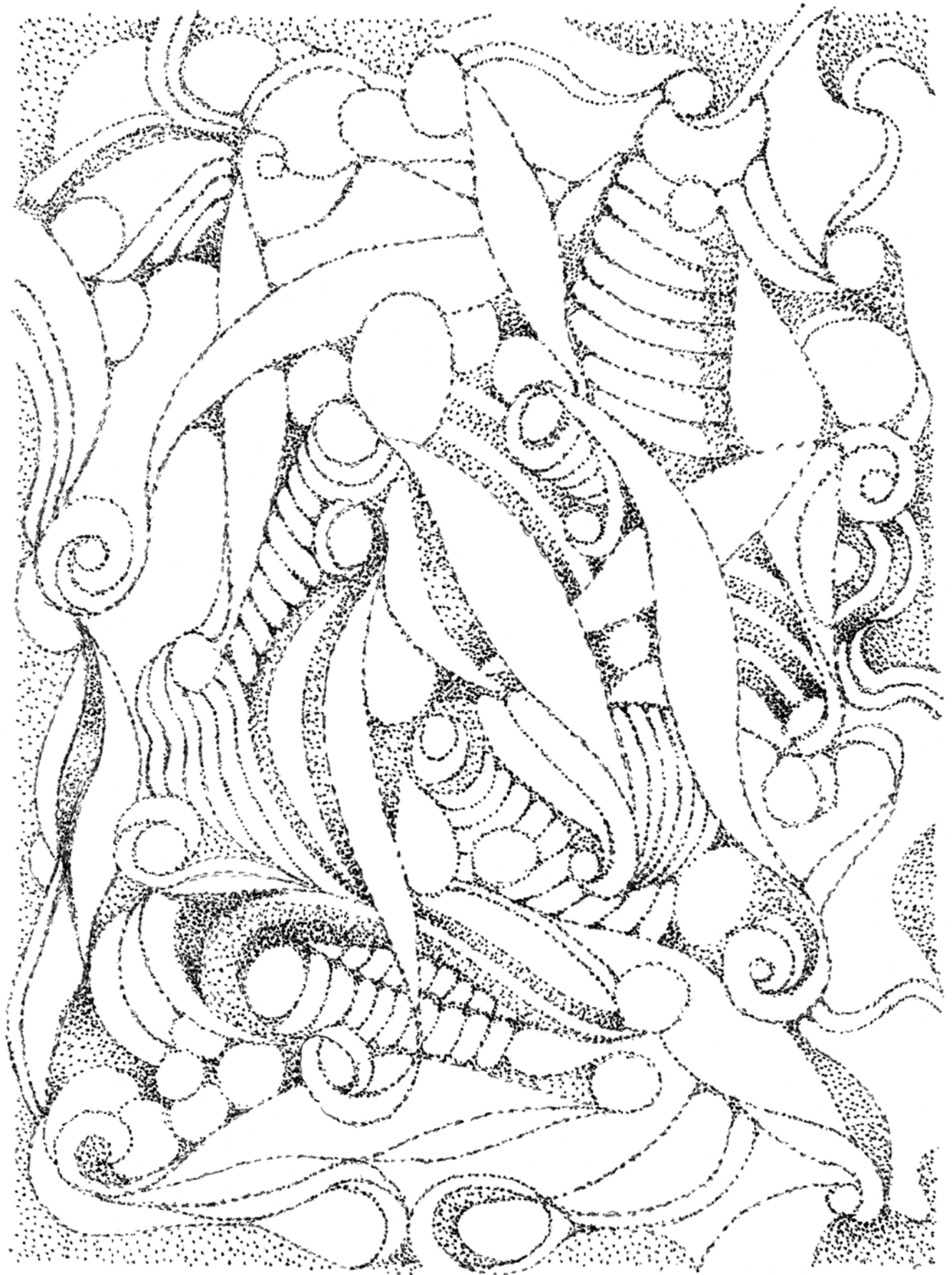








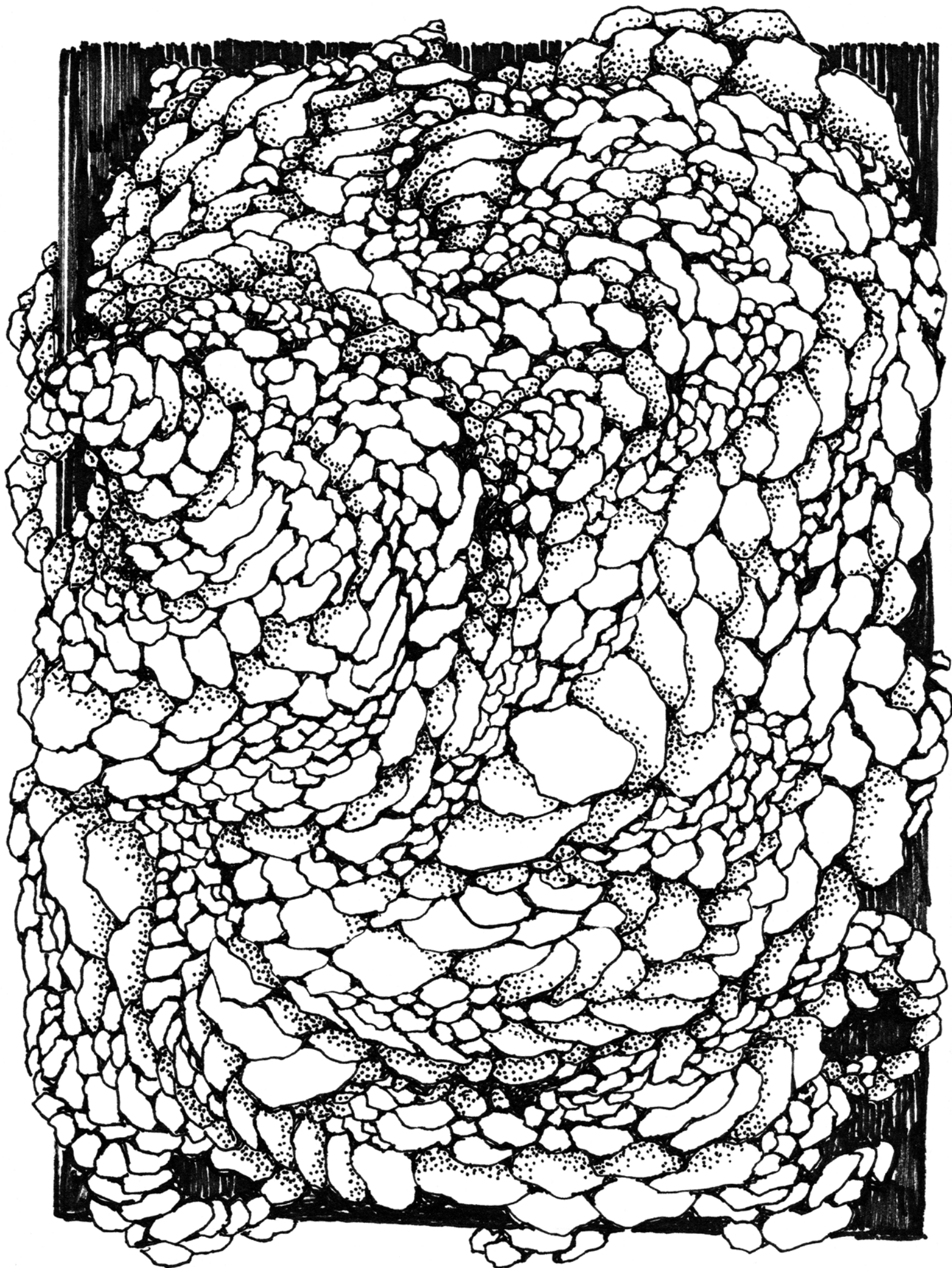


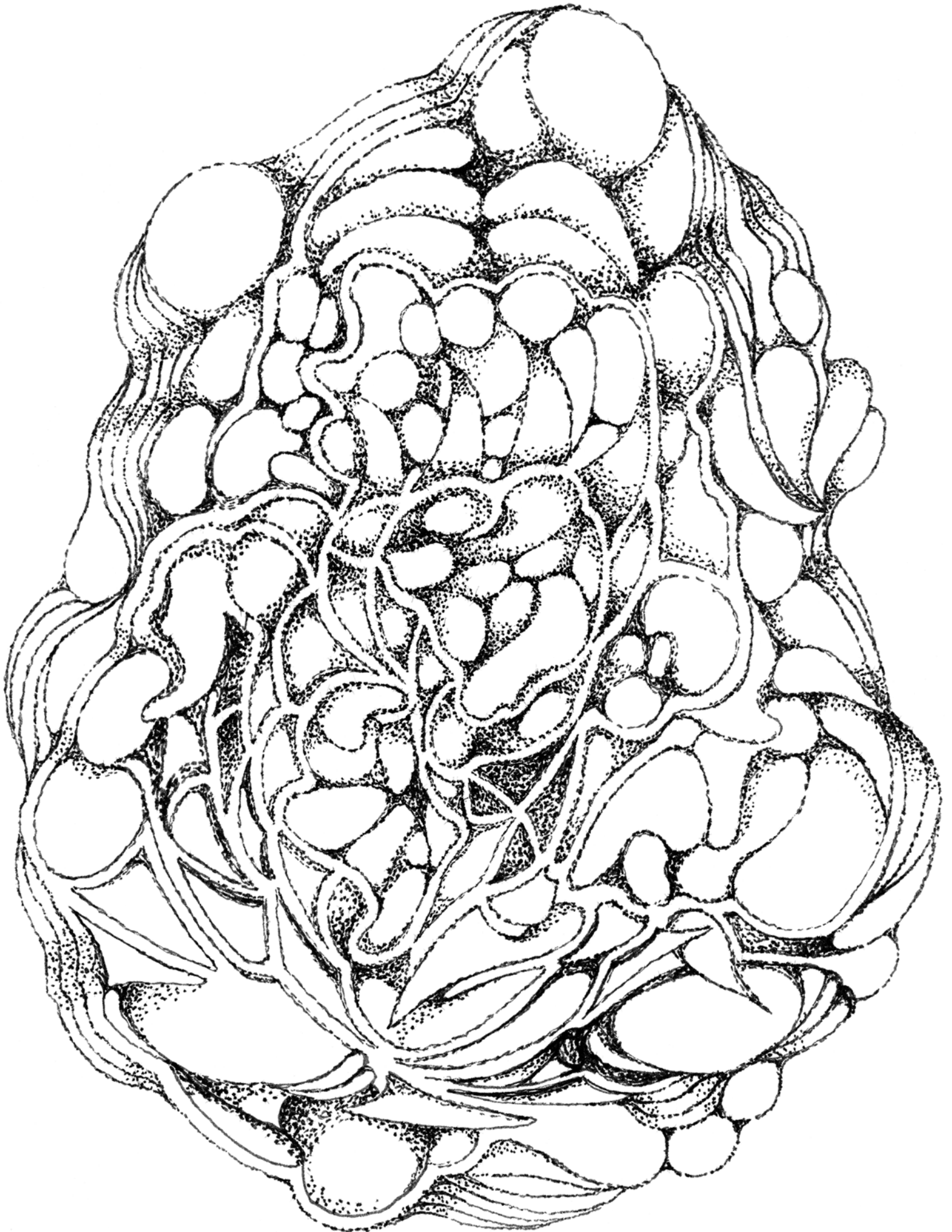


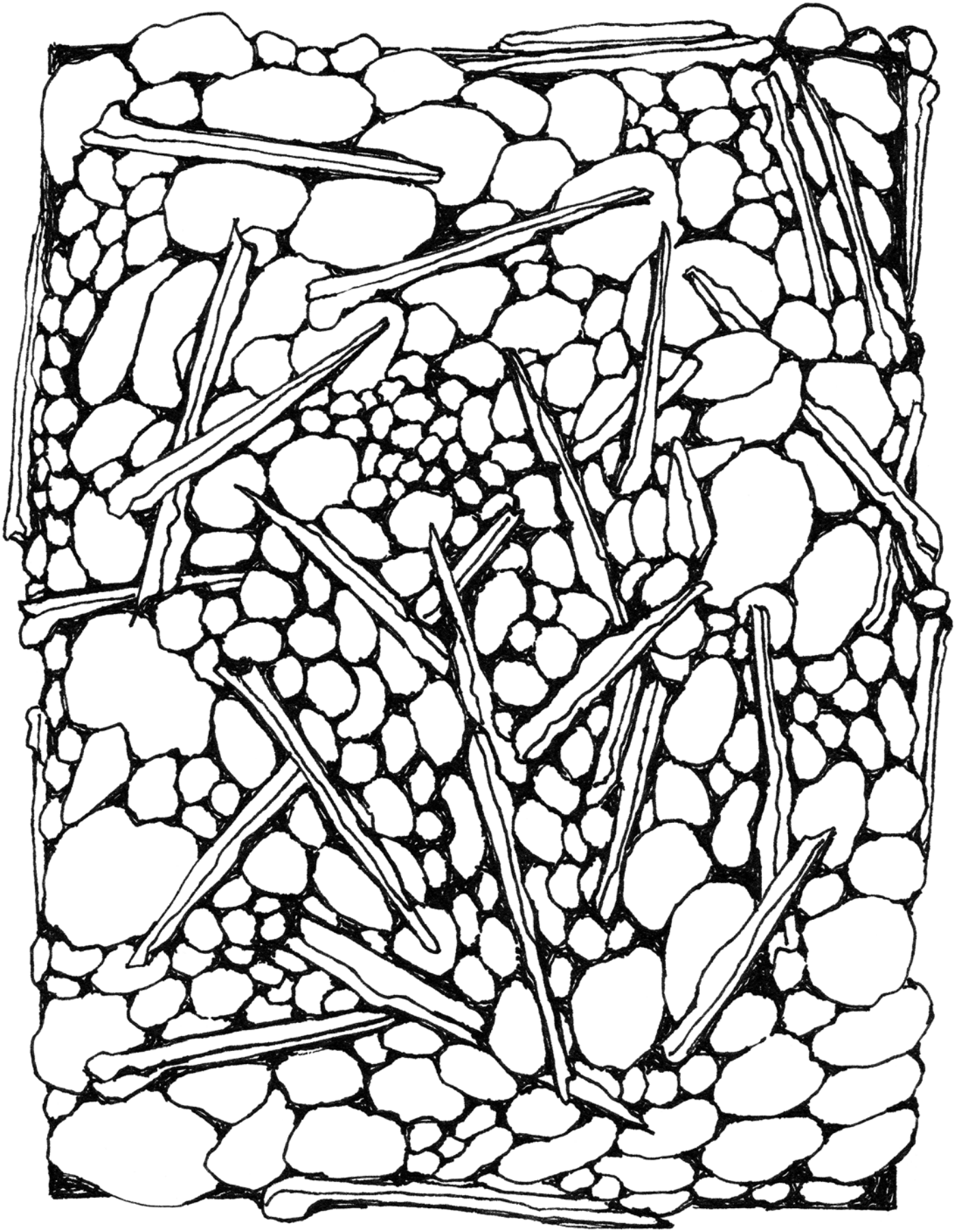


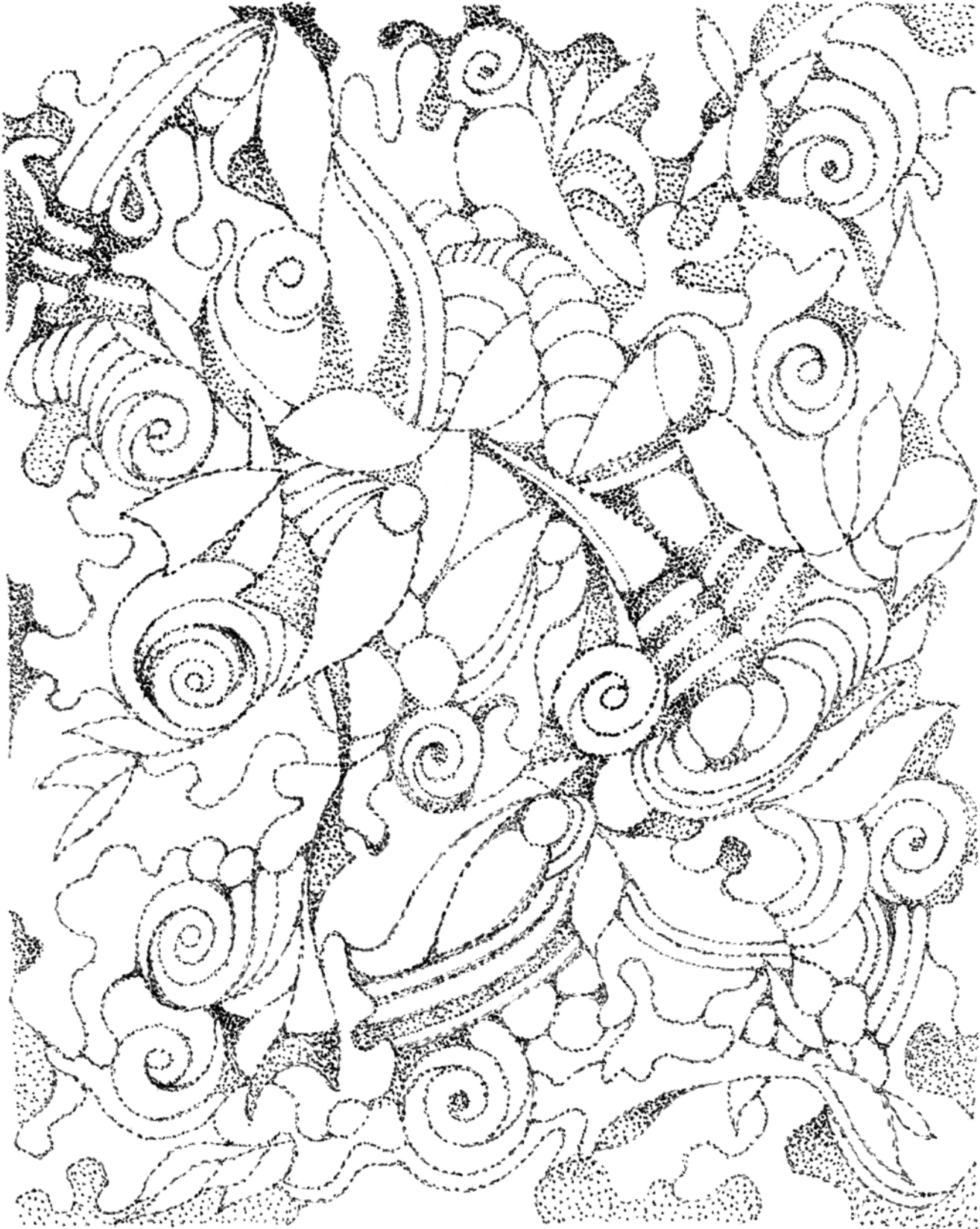


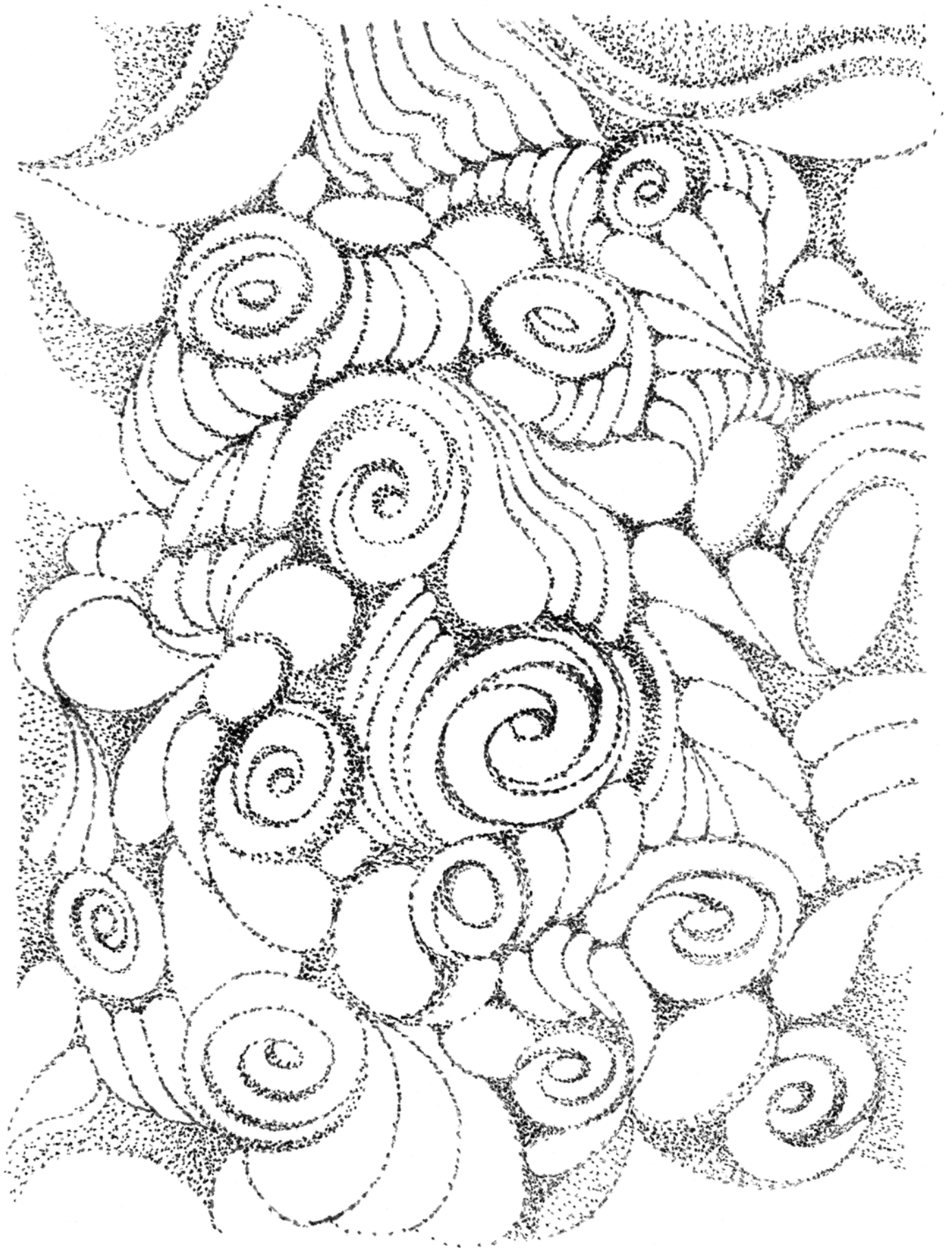


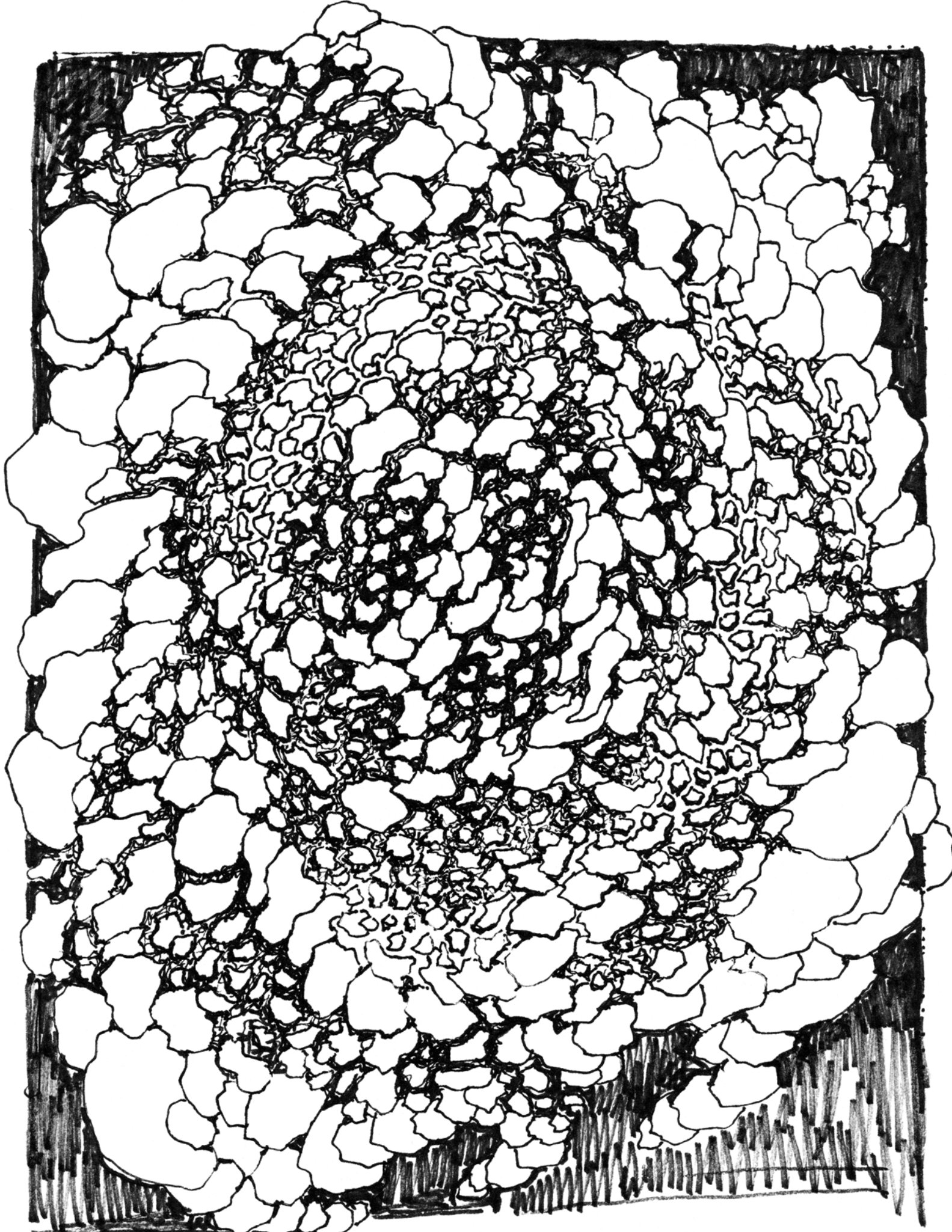


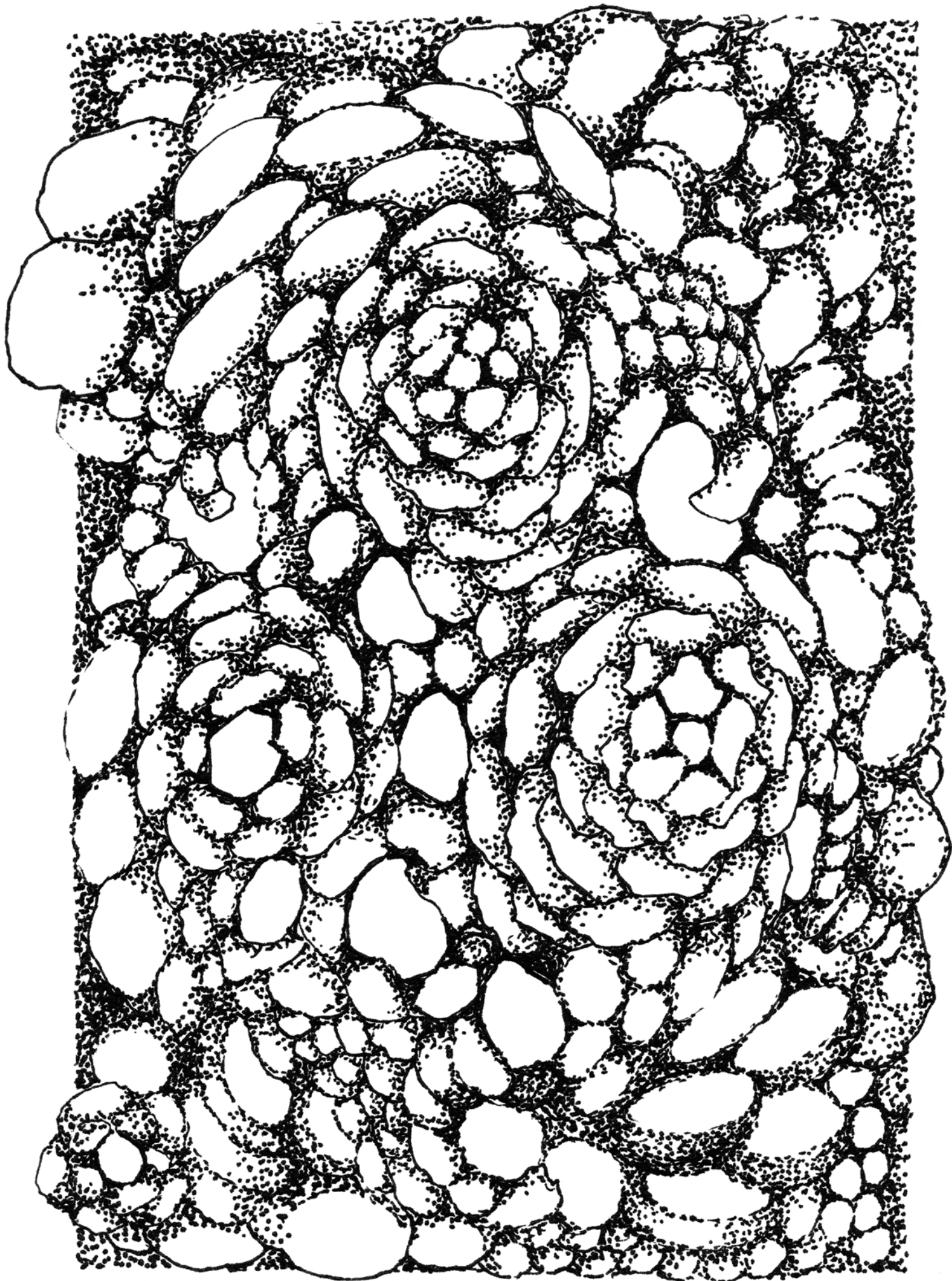




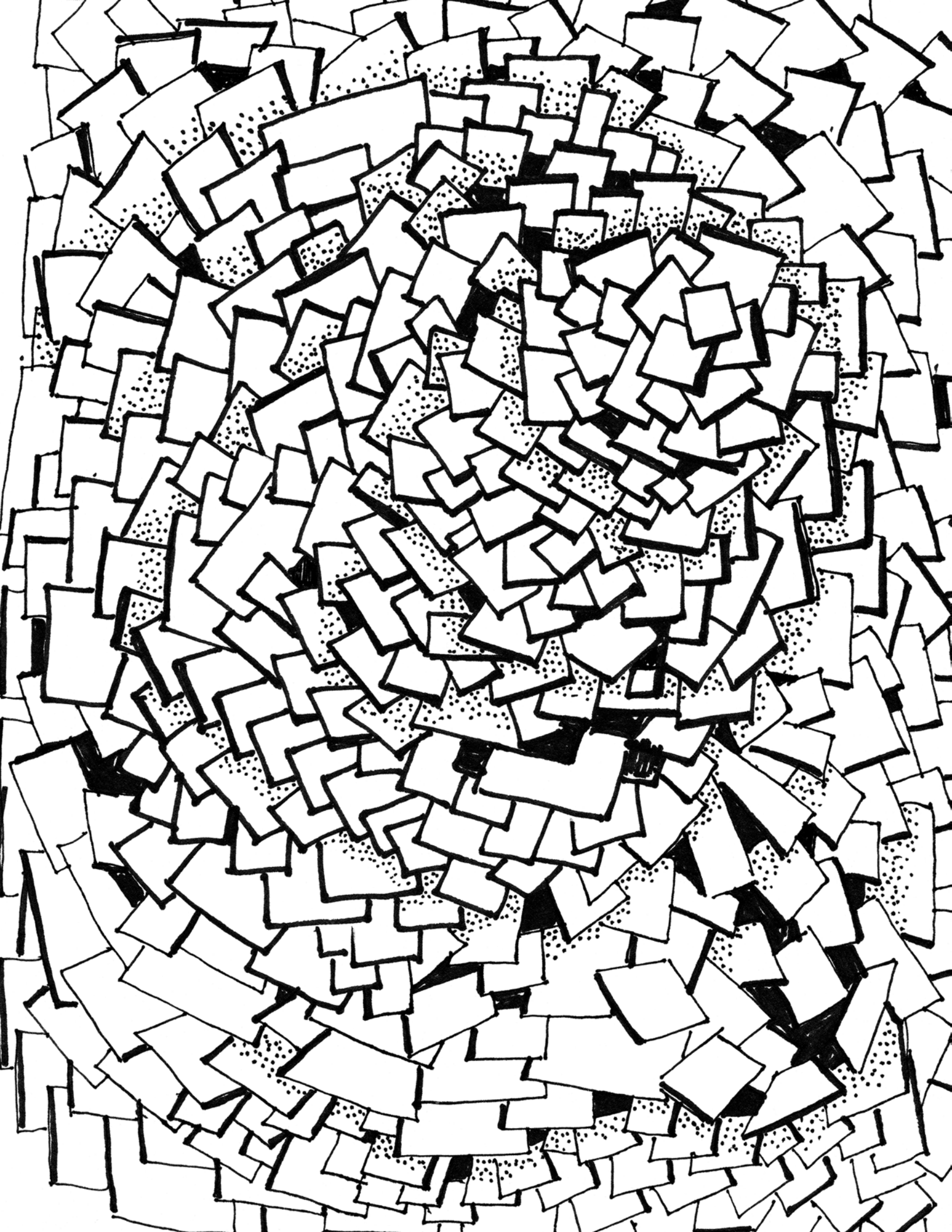


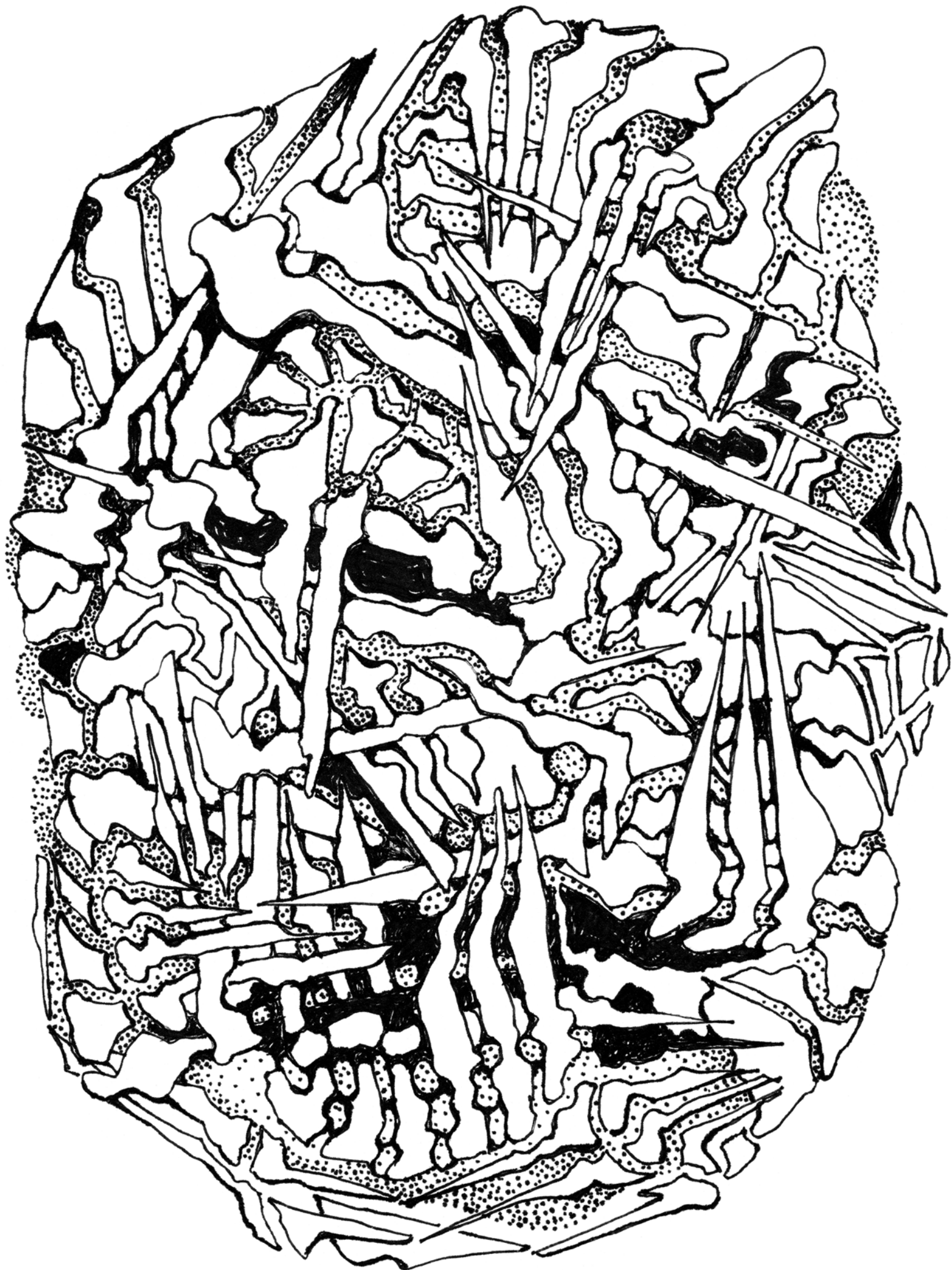


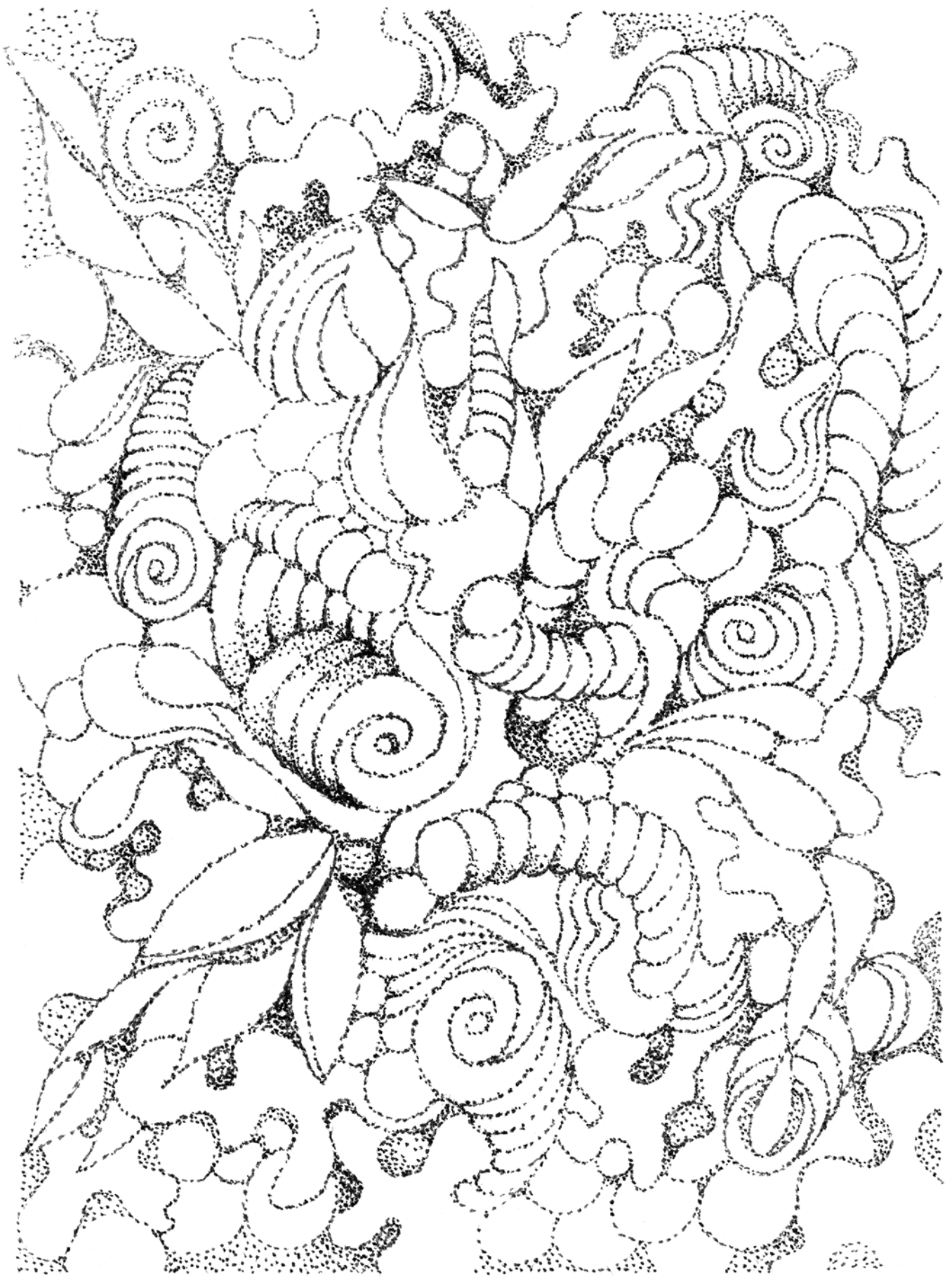


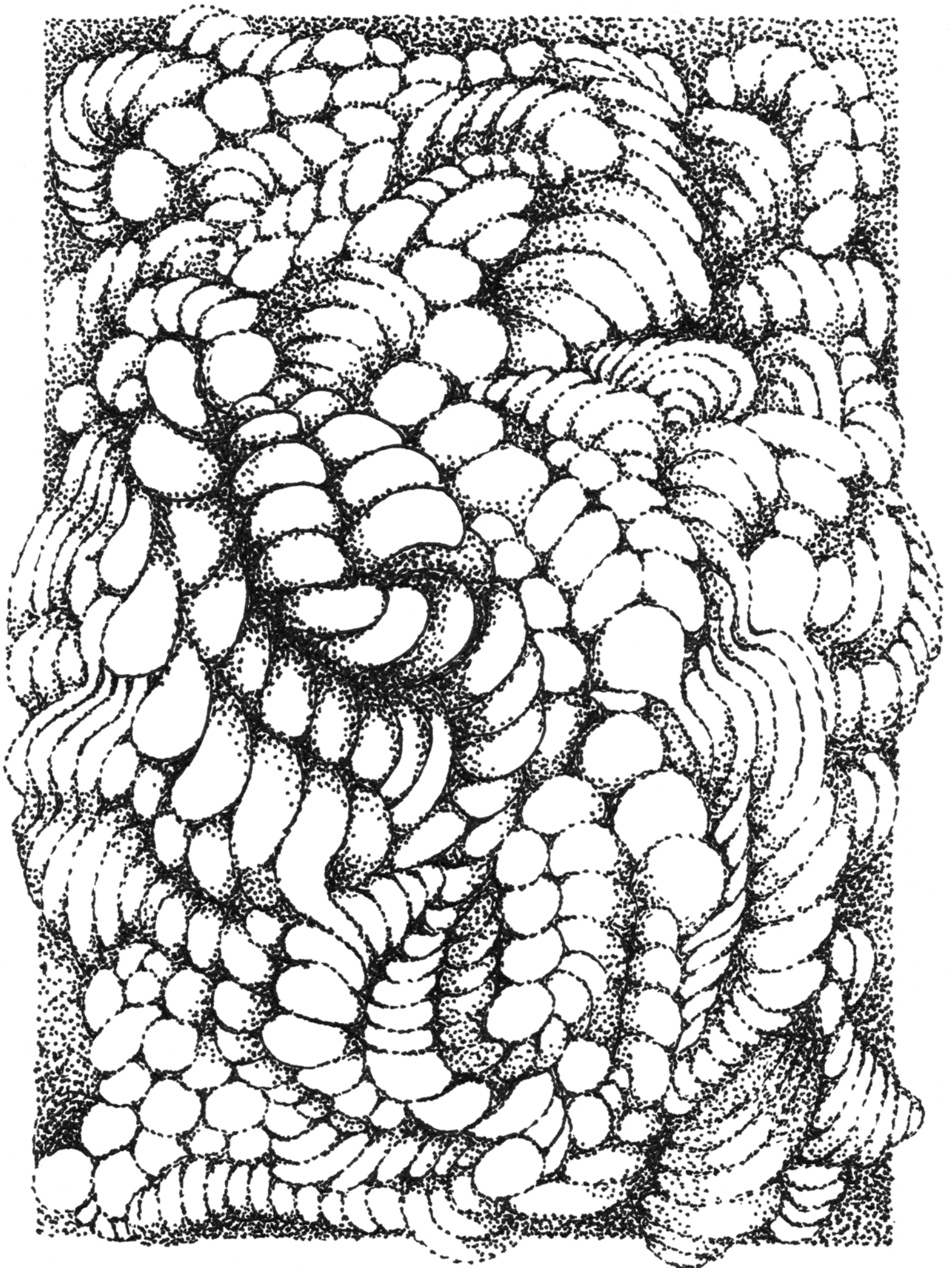


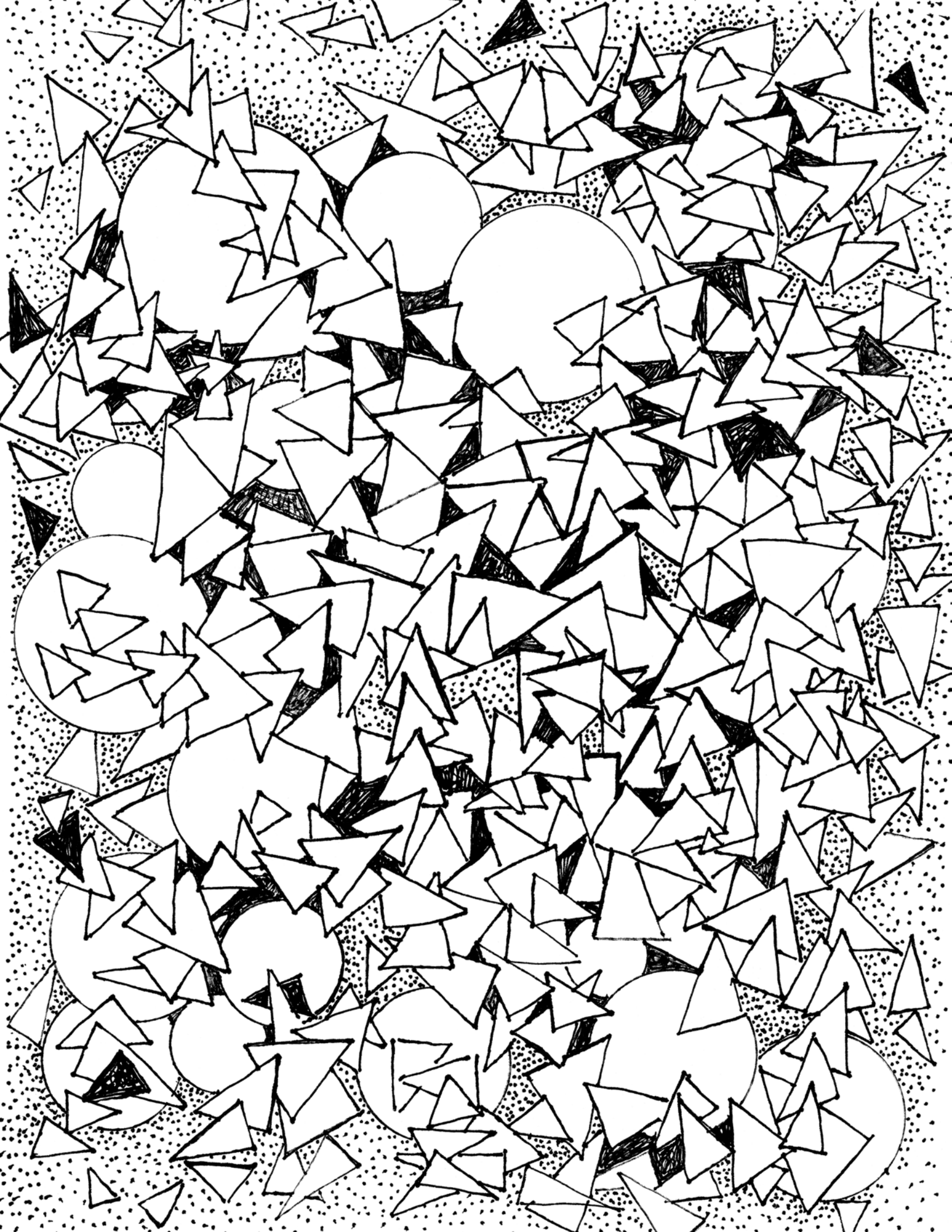


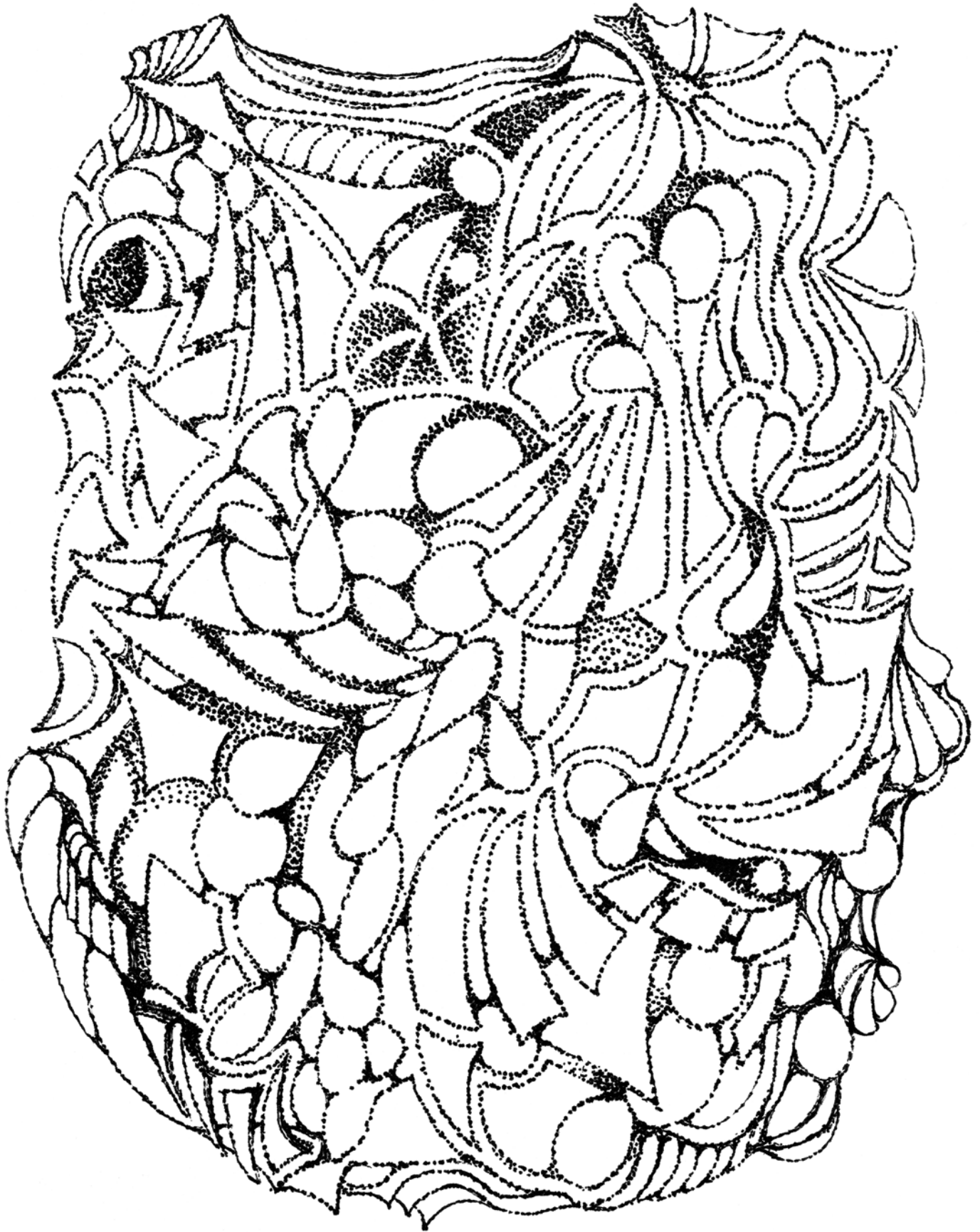


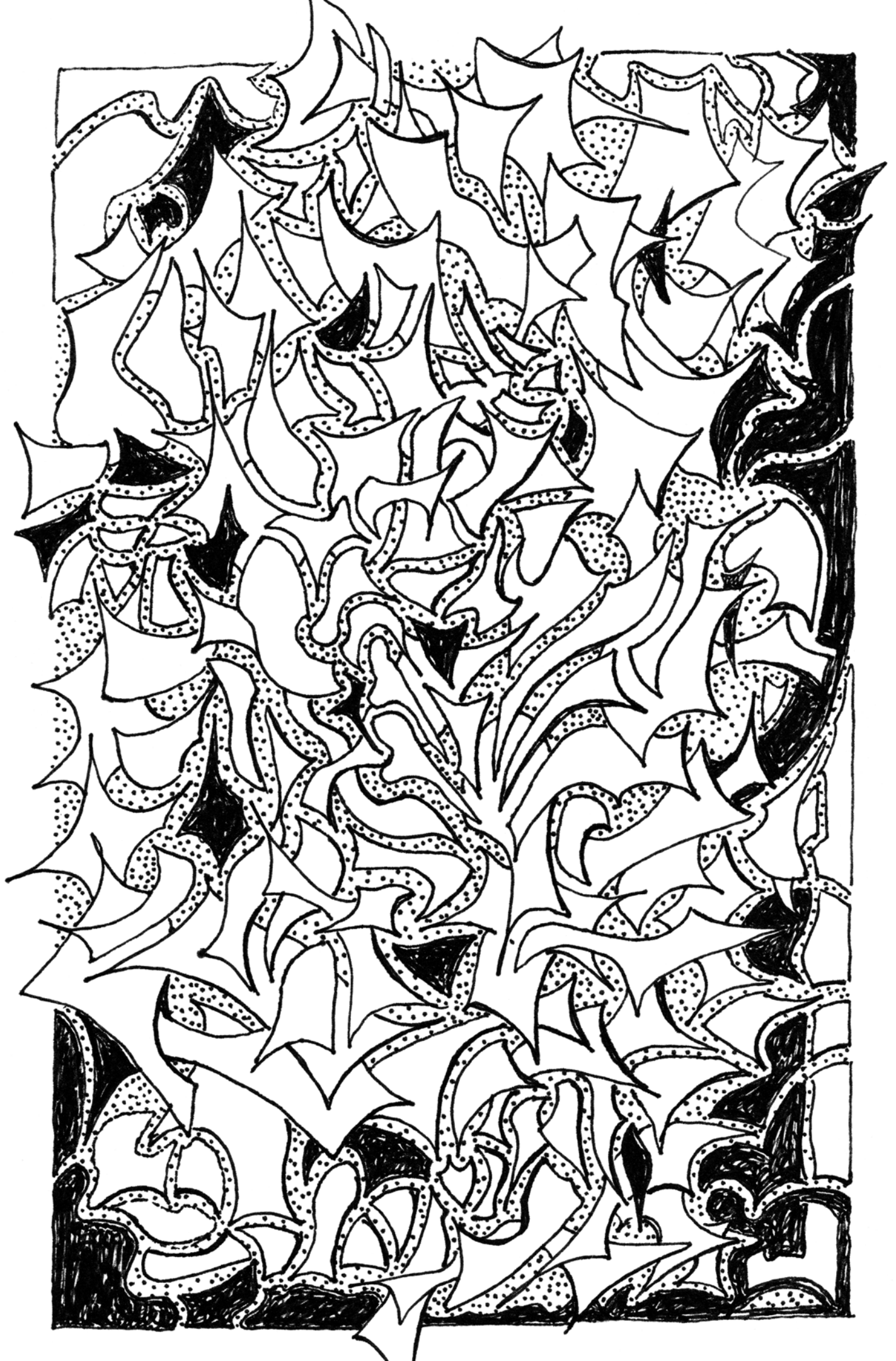


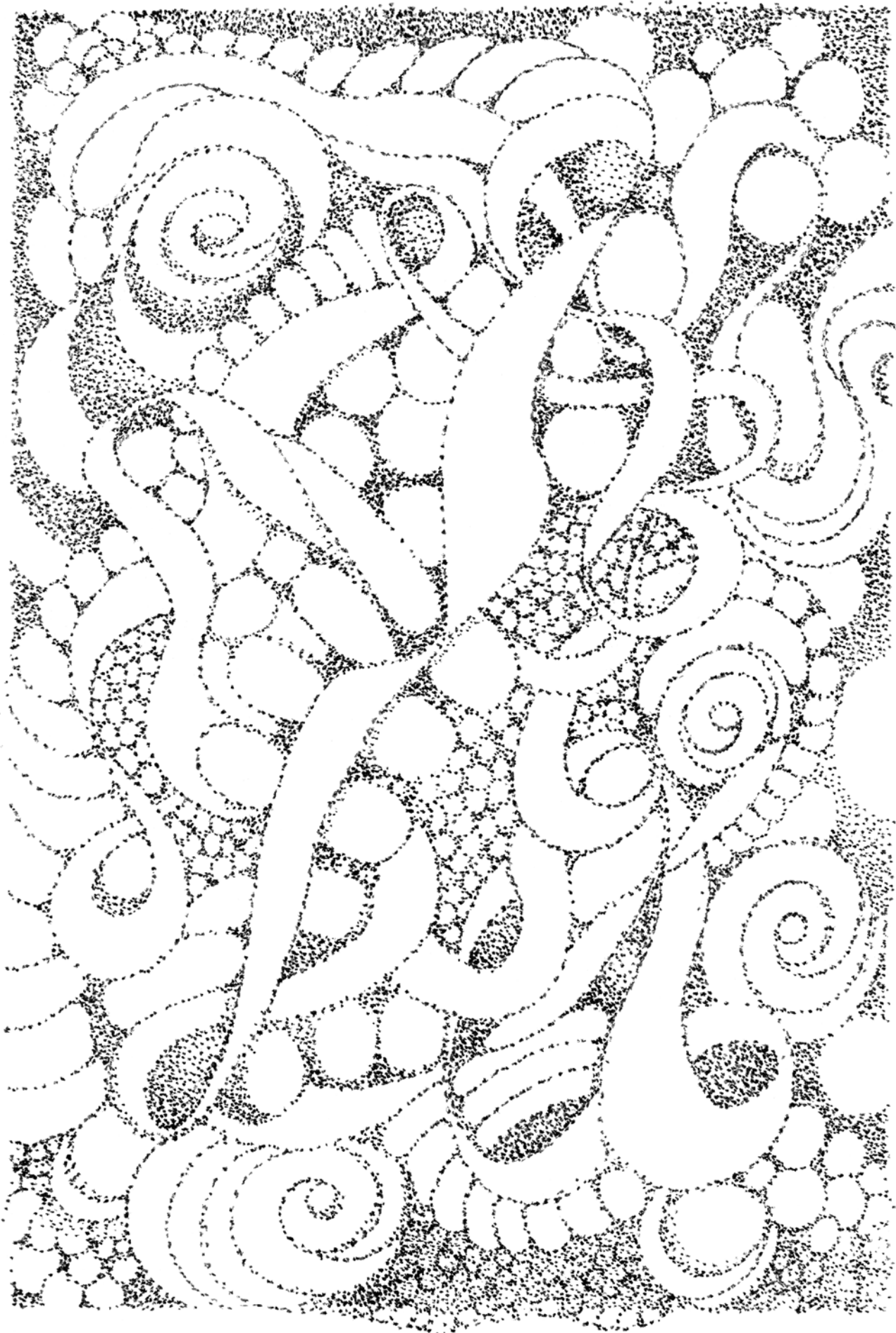




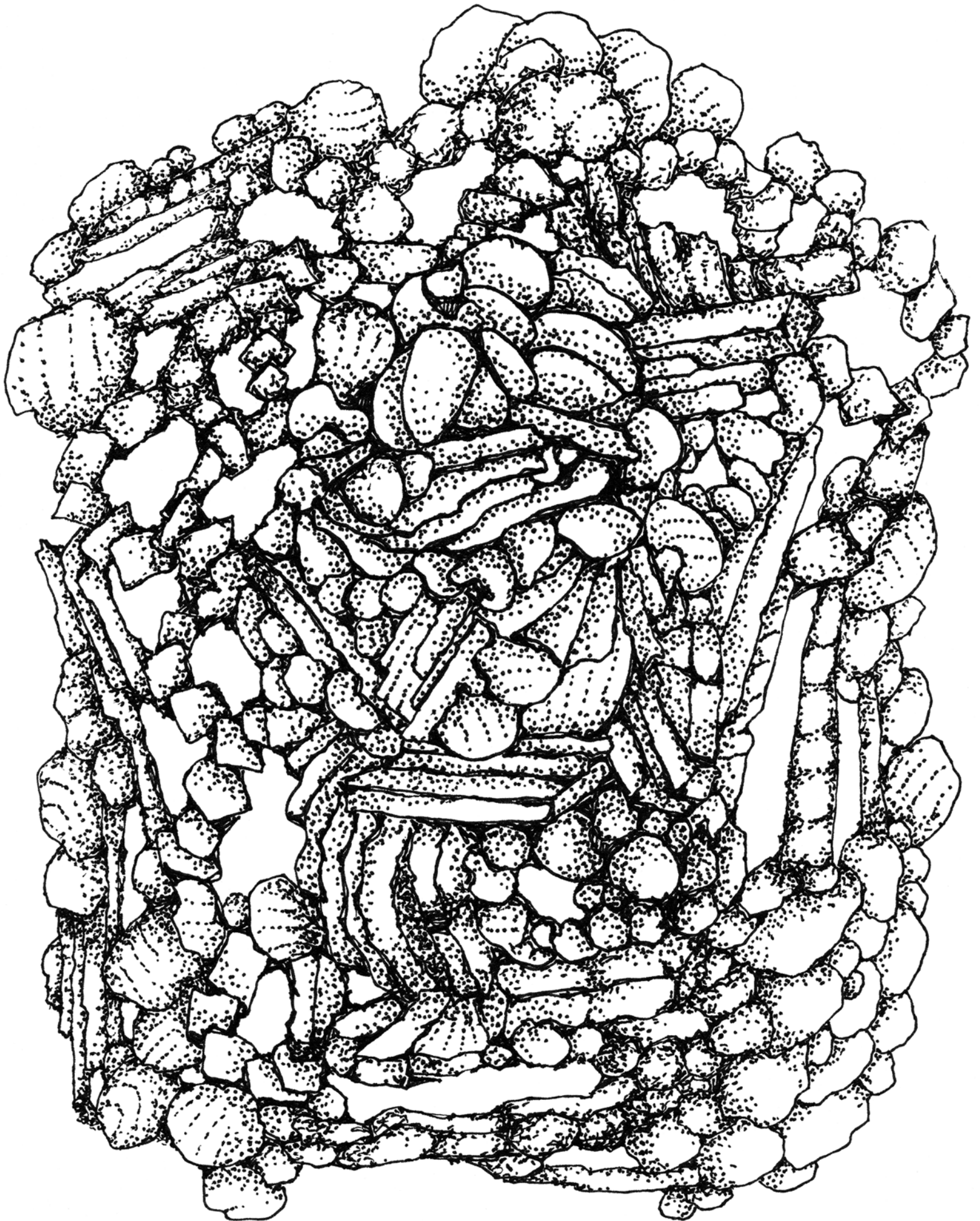














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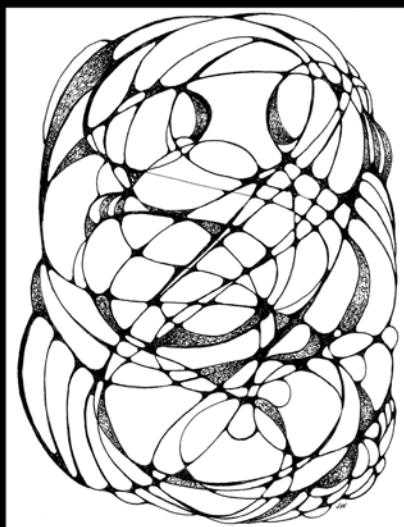
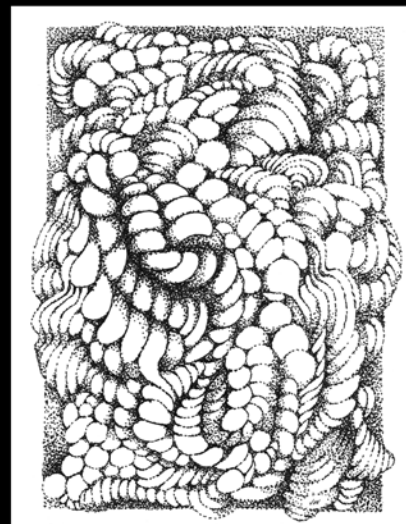
Jack Whyte  
is a **CANADIAN**  
multi-media  
**ARTIST**  
who enjoys **CREA**  
without  
boundaries



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# Abstract coloring has no rules - enjoy!

## Jack Whyte



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