

The Mindfulness Colouring Book Anti Stress Art Therapy For Busy People

Soothing! Inspirational! Detailed! Calming! A soothing coloring book for stress-relief and creative meditation! Contains 40 large, mostly square in shape, unique, beautiful, intricate, and detailed mandala designs, based on floral, abstract and geometrical elements to color with pleasure! Designed to keep you entertained, inspired, relaxed, and in peace with the Universe! Designed to keep you inspired, relaxed, mindful and positive! A great and a unique gift for a beloved person! Not too simple and not too complex! Great for adults, kids and teenagers! Ideal for intermediate and advanced level colorists! Professionally illustrated designs - all - 100% original artwork! Contains square and some circular in shape mandalas Best for colored pencils and crayons All mandalas are one-sided print on white paper A glossy cover finish NO duplicates NO too thick lines NO filled in areas NO black areas NO gray shades NO grayscale areas

National Bestseller Engage Your Creativity and Color Your Way to Calm In The Mindfulness Coloring Book, an international bestseller, illustrator Emma Farrarons invited busy people everywhere to relax and re-center by coloring in her delightful, hand-drawn scenes. Now, with The Mindfulness Coloring Book—Volume Two, Emma shares 100 pages of all-new designs that will inspire you to cultivate mindful focus—simply by coloring! Here are intricate geometric patterns, flowers, and friendly squirrels—plus owls, charming knickknacks, a surprise pineapple, and more. This travel-size book is the perfect antidote to too much screen time. Find whimsy—and mindfulness—wherever you are!

“Our favorite coloring book company.” – The Skimm The runaway bestseller, as featured in TIME Magazine, the New

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York Times, USA Today and publications around the world! Features over 35 detailed patterns, lovingly reproduced with industry-leading quality. Heavyweight, artist-grade paper and perforated edges provide an unmatched coloring experience and allows for experimentation with different media.

The bestselling adult colouring book! Working with your hands is one of the best ways to soothe anxiety and eliminate stress. This stunning, pocket-sized colouring book offers a practical exercise in mindfulness that draws on your creativity and hones your focus. Beautifully illustrated, The Mindfulness Colouring Book is filled with templates for exquisite scenes and intricate, sophisticated patterns, prompting you to meditate on your artwork as you mindfully and creatively fill these pages with colour. Take a few minutes out of your day, wherever you are, and colour your way to peace and calm.

LARGE COLLECTION OF AWESOME DESIGNS AT AN AMAZING PRICE. AVAILABLE AT A SPECIAL DISCOUNT.

GRAB YOUR COPY NOW. ?????? Not sure what theme to start coloring? Grab one that has everything. Incredible

artwork with the largest variety of super amazing designs.

Join the hundreds of thousands of happy colorists that really appreciate good quality artwork. This adult coloring book provides hours of stress relief through creative expression.

Various levels of intricacy keep you excited and inspired to color! - So many different themes to choose from: garden

designs, animals, mandalas, and paisley patterns, decorative art. - Perfect for every skill level, great for growing your skills.

- Perfect with your choice of coloring tools (crayon, gel pens, markers, colored pencils). - High resolution for crisp clean

printing of illustrations. - Each coloring page is printed double sided for your convenience. - Frequently gifted. This book

makes the perfect gift for Christmas holidays, birthday and more. Grab a set of pencils to go with it! - Create your own

frame-worthy masterpieces! - Includes extra blank pages at

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the end to give you space for testing your colors. Fun Online Community. Our fun, friendly, and supportive community on social media is an entertaining way to view completed pages from other coloring book fans, meet other colorists, and share your masterpieces with the world. About Coloring Books We create a wide range of coloring books, journal and sketchbooks that help you relax, unwind, and express your creativity. Explore the entire collection to find your next coloring or creative adventure. TAGS: adult coloring books; cocks; dicks; adult coloring book; coloring books for adults relaxation; coloring books for adults; adult coloring books best sellers; coloring books; coloring book for adults; coloring books for adults; animal coloring book for adults; coloring book; coloring books adu ? TAGS: adult coloring books; adult coloring book; coloring books for adults relaxation; coloring books for adults; adult coloring books best sellers; coloring books; coloring book for adults; christmas coloring books for adults; animal coloring book for adults; coloring book; christmas adult coloring books; coloring books adu

Unleash your creative spirit with this sophisticated anti-stress colouring, doodling and drawing book. The flowing lines, sweeping swirls and highly-detailed patterns on every illustration have been created so that anyone and everyone can enjoy making something beautiful and calming.

Increasing focus through creativity can benefit those who find it difficult to unwind or struggle to find their inner artist when faced with a blank page. There are no instructions, no rights or wrongs, and no need for expensive art supplies - readers can simply doodle and colour in any way they wish to create unique and exquisite pieces.

The Mindfulness Colouring Book Anti-Stress Art Therapy for Busy People Boxtree

Let your imagination roam free and color your way to

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calm Mindfulness is the antidote to stress—but in stressful times, it can seem just out of reach. Enter The Mindfulness Creativity Coloring Book, here to soothe your anxiety and help you find “flow,” with adult coloring and guided activities. Internationally celebrated illustrator Emma Farrarons invites you to complete drawings in perfect symmetry, create patterns, practice hand-lettering, and, of course, do lots of coloring—from adorable woodland creatures to Scandinavian motifs. Perfectly sized to carry with you, this inspiring little book puts art therapy right in your pocket

Feeling Anxious and stressed? Why not sit down and unwind with this Anxiety Coloring Book for adults?

Containing 40 paisley and henna coloring pages designed to help relieve anxiety and stress. The designs within this coloring book for grownups range in complexity, from simple designs for beginners to more complex detailed designs for more experience coloring book enthusiasts. The coloring pages within this book are printed single sided to prevent bleed through from marker pens and felt tips. And are also suitable for a variety of other mediums, such as gel pens, coloring pencils and crayons. The pages can also be removed for hanging or framing purposes. As well as being good value for money for personal use or as a gift, this book contains hours of fun, refreshing, stress relieving designs that promote Creative expression and calmness. While designed with stress and anxiety relief for adults in mind, this book is suitable for all ages.

The only coloring exercises scientifically proven to ease stress Drawing from the study of neuroscience, each of

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these three unique coloring books contain more than 75 unique patterns designed to focus your brain through the use of pattern, repetition, single focus, and creativity. It is inevitable that our brains get overwhelmed at times by the bombardment of information, but it is essential for our health and well-being to be able to draw upon our own resources to deal with that stress. The simple act of coloring has the power to engage your brain, improve your mood, and kindle creativity by providing a mindful task that can forge new neural pathways and connections in our brains. In this series, Dr Rodski looks at the fight or flight reaction to stress and how coloring can help; how repetition, pattern, and focus relax the brain; and how coloring can stimulate the brain to be more agile and learn faster.

From creating free-flowing lines and swirls to shading in intricate patterns, every illustration in this book has been carefully crafted so that even amateur artists can enjoy the satisfaction of creating something of exceptional beauty. Everyone will benefit from the stress-relieving effect that increased focus and creativity can provide. There are no rules or complicated step-by-step instructions in these pages and no need for expensive art and craft supplies. Readers can simply scribble, scrawl and shade to their hearts' content.

Two women abduct and hide out with their four-year-old granddaughter Avery, who they suspect is being harmed. They both love Avery ... shame they can't stand each other. A wise and witty novel for readers of Sophie Green and Brooke Davis. What would you do to protect a child? Beth's daughter Cleo and Shirley's son Daniel

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used to be married. Now Cleo is in gaol for supposedly contravening a family violence order, and Daniel has full-time care of their four-year-old daughter, Avery. When Shirley suspects that Daniel is harming Avery, she enlists Beth to abduct their own granddaughter, even though the two women can't stand each other. They are joined on the run across country Victoria by Winnie, Shirley's own 89-year-old tech-savvy mother, and Harthacnut, Beth's miniature schnauzer. The abduction gives rise to crises both personal and social, as Shirley's large and interfering family - including her toxic son - struggle to come to terms with her actions, amid a whirl of police investigation and media excitement. This heartfelt, wise, witty and wholly original novel explores the lengths we may go to for those we love, and the unintended damage folded into daily life. 'fantastic, fresh and unexpected' - Cassie Hamer, author of *After the Party* 'combines controversy and compassion' - Olivia Wearne, author of *The Grand Tour* 'I loved this story of women's lives - many different ages and kinds of women - and its deep, compassionate understanding of ordinary life forced to become extraordinary. I laughed over and over as Evans' sharp wit brought her characters to vivid life' - Pamela Hart, author of *Digging Up Dirt*

From the artist extraordinaire whose *Mindfulness Coloring Book* (527,500 copies in print and a #1 national bestseller!) was the first to offer pocket-sized stress relief—more gorgeous scenes perfect for mindful coloring Working with your hands and cultivating mindful focus are two of the best ways to soothe anxiety and eliminate stress. And coloring is a great way to do both! That's

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why fans can't get enough of Emma Farrarons' irresistible first and second travel-size book of designs: The Mindfulness Coloring Book and The Mindfulness Coloring Book—Volume Two, both immediate national bestsellers. Now, she invites colorists back for another creative adventure in Moments of Mindfulness: Anti-Stress Coloring & Activities for Busy People. This all-new pocket-size volume offers more delicately hand-drawn scenes ready to be filled in with pencil, crayon, or even marker and a greater focus on the practice of mindfulness. The ideal antidote to too much screen time, this coloring book is the perfect way to let one's imagination roam free.

A new installment in the best-selling "Color Yourself Calm" series! "Creativity" helps you open your mind and let your creativity flow with beautiful images and powerful quotes designed to aid visualization skills and the development of fresh, new ideas.

Men Coloring Book for Adult Relaxation, Brain Therapy and Fun - Perfect Coloring Book Gift for Men, Dads, Fathers, Husbands, Uncles, Nephew, Sons, Friends and Special Men Everywhere - Experience Calm with the Adult Coloring Book Bestseller for Men Everywhere. Relax and de-stress with this inspiring and calming collection of beautifully drawn artwork. These artistic designs of relaxing coloring patterns will be fun for men to color. Help men to discover or rediscover their artistic side and feel pampered. Each of the individual drawing is full page and is intentionally printed on a single page

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with the reverse left blank. With the reverse blank, men can easily cut out their coloring and create a perfect picture for displaying or framing purposes. The Coloring Book of Mindfulness includes line illustrations of the natural world, from flowers and trees, to butterflies and birds, that are specially designed to be colored in. Alongside beautiful illustrations is a collection of 50 inspirational quotes that will enable you to still the mind, and relax the body, while generating and boosting a feeling of well-being and contentment that will permeate every aspect of everyday life. The perfect gift, this is a practical way to calm the mind, while subconsciously developing self-knowledge, expanding the imagination, and nurturing creativity.

Adult colouring books exist for every subject under the sun, but this book from best-selling author Emma Bloom is focused purely on relaxation and stress relief, no matter what your mood or desire! Inside the pages of this adult colouring book, you'll find a comprehensive collection of calming, relaxing, and imaginative mandalas and patterns to lose yourself in, and forget about the stresses of life. You'll find that some of these drawings are simple, while others are finely detailed, comprising a total of 52 beautiful designs that invite you to relax, daydream, and feel truly stress free. Are you in the mood for something basic and mindless, or do you want to focus on lots of little details? Keep turning the pages until you find

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the drawing that speaks to you in this very moment, and colour away! Before you know it, your tension will be replaced with a feeling of calm, balance, and inspiration as you create your own personalised, beautiful artwork.

This is the perfect hilarious coloring book for all mindfulness lovers to express their creativity, relax and have fun! This coloring book is great for anyone of all ages and makes the perfect gift for anyone in your life! Help anyone step away from the computer, television set, phone or the tablet they're attached to. Help mindfulness lovers express their creativity while enjoy coloring these calming, relaxing and mindfulness pictures! Each illustration is printed on a single sided sheet with the reverse left blank to prevent bleed through no matter what tool you decided to use! **BEST MINDFULNESS LOVERS GIFT IDEA - SPECIAL LAUNCH PRICE (WHILE STOCKS LAST!!!!)**

#1 National Bestseller • NPR Books Bestseller • #1 Boston Globe Bestseller • #1 San Francisco Chronicle Bestseller • A Publishers Weekly Bestseller • 2016 Best Toy Award from Learning Express A fun and unique pocket-size coloring book designed to channel stress into relaxing, creative accomplishments. Reinforced binding with strong glue allows you to open and lay this book flat to color with intricate detail without breaking the spine. In today's busy world, finding a moment of peace and

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calm can be a challenge. Mindful coloring is a simple yet powerful practice that combines the proven, time-honored tradition of thoughtful meditation with the growing popularity of adult coloring books, and shows that any activity, done right, can be an exercise in mindfulness. In *The Mindfulness Coloring Book*, accomplished illustrator Emma Farrarons presents 70 intricate and beguiling patterns to help you color your way to tranquility. Here are flowers, leaves, butterflies, and birds alongside rolling waves and kaleidoscopic designs. Perfectly sized to fit into a pocket or handbag, and printed on high-quality paper that will ensure hours of bliss, *The Mindfulness Coloring Book* is ready to help you de-stress wherever you go. So take a few minutes out of your hectic schedule to reset and refresh with mindful coloring—and relive the days when your biggest concern was staying within the lines! Viewed as the key to self-knowledge and inner peace in Eastern traditions, a mandala is a symbolic spiritual image which, when meditated on, can bring about profound transformation. Featuring imagery from a range of spiritual and religious traditions, as well as from the natural world, this wonderful book offers a superb collection of black and white mandala artworks for you to colour in, plus guided meditations for every image, and a further section of basic line templates for you to create your own mandala designs.

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We've all been there. You open up your social media account to find a new message. You click on it. Maybe it's from an old friend from high school that you haven't talked to in years. Or maybe it's from a complete stranger. You wonder what they could want. And then, you click the message. The first words you read? "Hey, Girl!" Chills. It's like the opening scene of a horror movie, amiright? Generally, nothing good is followed by the "Hey, Girl!" intro. What usually follows? A pitch for hair products, weight loss "magic" drinks, energy boosting unicorn juice, the supposed cure for all of the things that ail you, leggings, lotions, potions, or (wait for it...) a business opportunity pitch! If you've gotten one of these messages, you know just how predatory they can feel. Maybe you yourself have sent the icky "Hey, Girl!" messages and have realized just how icky they can be. Or maybe you've been so lucky to never have gotten one of these messages. I slow-clap for you. If you find yourself eye-rolling the thought of the "Hey, Girl!" message, then this coloring book is for you. Color away your frustrations with this detailed and intricate adult coloring book. Here's what you can expect: 25 unique designs Single-sided designs so your colors won't bleed through Relaxation 25 realistic pages of typical "Hey, Girl!" verbiage Grab a copy for yourself and a mutual network marketing, pyramid scheme loathing buddy!

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Anti-Stress: doodle & dream A Beautiful, Inspiring & Calming Adult Colouring Book A de-stressing and calming collection of beautiful and intricate patterns created to focus the mind on the moment. Creativity replaces anxiousness when pencils and pens are put to paper in this intricate collection of illustrations. Each of the individual drawings is accompanied by inspirational quotes and specially printed on a single page with the reverse left blank so you can cut out and keep, to create a picture perfect for framing or displaying. You may also enjoy other creative doodle & dream adult colouring titles by Christina Rose: Art Therapy: doodle & dream Colouring Therapy: doodle & dream Creative Colouring: doodle & dream Love You Mum: doodle & dream Love You Grandma: doodle & dream

Working with your hands is one of the best ways to soothe anxiety and eliminate stress. This stunning, pocket-sized colouring and activity book offers practical exercises in mindfulness that draw on your creativity and hone your focus. Mindfulness Moments is the third book from international bestselling illustrator Emma Farrarons. This gorgeous adult colouring book includes ideas for mindfulness activities, all beautifully embellished with exquisite scenes and intricate, sophisticated patterns. Perfectly sized to carry around in your pocket or bag, you can take a few minutes out of your day, wherever you are, and colour your way to peace and calm.

THE ART OF MINDFULNESS: A powerful way to focus on the here and now . . . and create something beautiful, too. Mindfulness is the word of the moment. But how can we reach this deeper state of calm? Enjoy serenity and tranquility now through the act of coloring in an array of soothing patterns. Put your own brilliant touch on designs filled with flocks on butterflies, lush leaves, and mandalike figures. Each one is beautiful--and peace-giving.

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Dementia coloring book: Anti-Stress and memory loss colouring book for the elderly is an innovative colouring book developed specifically for those suffering from Dementia and Alzheimers, or other elderly citizens who may be showing signs of memory loss. It is designed to relax and stimulate these patients Unlike other elderly colouring books, these colouring pages are tailored for those at all stages of dementia. With no complex activities, and the use of only circular shapes, these colouring pages were made to stimulate brain activity in a way which will help not only calm those using it, but encourage the appropriate mental patterns required for memory stability. Each page is repeated a number of times throughout the course of the colouring book, which allows carers to clearly see process from the start of the book to the end of the book. Although pages are not ranked in order of complexity, the repetition of pages throughout the book will allow clear patterns of improvement to be observed by family, friends and carers. The dementia coloring book was developed from insights given by neurologists, psychologists, caregivers and dementia and alzheimers patients, to only contain what is proven to work. It is recommended that a schedule is developed with these activities, to provide further structure to the task. This may be one page a day, one each morning and night, or a number each day for consecutive days. Book Features: 90 Pages of coloring in Repeated activities for easy tracking of progress Circular designs to stimulate the correct parts of the brain Simple designs that are designed to reduce stress Coloring books became a thing when adults discovered how relaxing and meditative they were. Jigsaw puzzles roared back into popularity as an immersive activity, not to mention a great alternative to television. How exciting is it, then, to introduce an activity that tops them both: reverse coloring, which not only confers the mindful benefits of coloring and

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puzzling but energizes you to feel truly creative, even when you're weary and just want to zone out. It's so simple, yet so profoundly satisfying. Each page in The Reverse Coloring Book has the colors, and you draw the lines. Created by the artist Kendra Norton, these beautiful and whimsical watercolors provide a gentle visual guide so open-ended that the possibilities are limitless. Trace the shapes, draw in figures, doodle, shade, cover an area with dots. Be realistic, with a plan, or simply let your imagination drift, as if looking at clouds in the sky. Each page is an invitation to slow down, let go, and thoughtfully (or thoughtlessly) let your pen find its way over the image. The Reverse Coloring Book includes 50 original works of art, printed on sturdy paper that's single-sided and perforated. And unlike with traditional coloring books, all you need is a pen.

Record your thoughts and activities in this beautiful colouring diary, filled with illustrations from The Mindfulness Colouring Book by Emma Farrarons. Each day is dated, but not named making this gorgeous diary suitable for use in any calendar year. With rounded edges and a beautiful foiled cover, The Mindfulness Colouring Diary is a perfectly portable way to achieve mindfulness every day. Any activity, done right, can be an exercise in mindfulness. Colouring in these exquisite scenes and intricate, sophisticated patterns will help you soothe anxiety and eliminate stress as you make entries for each day of the year. Let this pocket-sized colouring diary be your daily window of peace and calm as you mindfully fill the days with your thoughts and the pages with colour. *October release

Colour and Doodle Your Stress Away It's impossible to stay 'on' all the time. Just as a car engine overheats if you continue to rev it, keeping your mind in high gear puts it under a level of pressure it can't sustain. If you're feeling overwhelmed, stressed, anxious or agitated, and unable to

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think clearly, take your foot off the pedal, and clear your mind with The Mindfulness Colouring and Activity Book, from Gill Hasson, the author of the best-selling book Mindfulness. This portable book contains colouring, games, and activities all designed to give you a break from your everyday concerns, switch off your mind, wind down and relax. They give your mind something specific to focus on, allowing thoughts to flow easily but without any complex thinking or planning. Each activity provides a balance between challenge and skill. The level of engagement keeps your attention so focused that you become fully absorbed in the moment, preventing stressful thoughts from entering your head. The Mindfulness Colouring and Activity Book includes:

- Colouring
- Zentangles
- Optical illusion activities
- Origami
- Mazes
- Word Puzzles
- Doodling activities
- Drawing games
- Observation games

LONGLISTED FOR THE BAILLIE GIFFORD PRIZE 'Alex Renton has done Britain a favour and written a brutally honest book about his family's involvement with slavery. Blood Legacy could change our frequently defensive national conversation about slavery/race' Sathnam Sanghera 'Utterly gripped – An incredible book. Alex's work is my book in practice' Emma Dabiri Through the story of his own family's history as slave and plantation owners, Alex Renton looks at how we owe it to the present to understand the legacy of the past. When British Caribbean slavery was abolished across most of the British Empire in 1833, it was not the newly liberated who received compensation, but the tens of thousands of enslavers who were paid millions of pounds in government money. The descendants of some of those slave owners are among the wealthiest and most powerful people in Britain today. A group of Caribbean countries is calling on ten European nations to discuss the payment of trillions of dollars for the damage done by transatlantic slavery and its continuing legacy. Meanwhile, Black Lives Matter and other

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activist groups are causing increasing numbers of white people to reflect on how this history of abuse and exploitation has benefited them. Blood Legacy explores what inheritance – political, economic, moral and spiritual – has been passed to the descendants of the slave owners and the descendants of the enslaved. He also asks, crucially, how the former – himself among them – can begin to make reparations for the past.

This stunning, pocket-sized colouring book contains all the illustrations from both The Mindfulness Colouring Book and More Mindfulness Colouring. Beautifully illustrated, The Complete Mindfulness Colouring Book offers all of Emma Farrarons' exquisite scenes and intricate, sophisticated patterns for you to mindfully and creatively fill with colour. Working with your hands is one of the best ways to relieve stress, so take a few minutes out of your day, wherever you are, and colour your way to peace and calm with this bumper colouring book.

Our Alice in Wonderland coloring book takes you on a magical journey. This is the perfect book for those who love Alice and for those who want to express their creativity by coloring. The 11 coloring pages you will find inside have been carefully selected to ensure your relaxation and stress relief. Coloring book details: - Promotes mindfulness, creativity, and relaxation. - Black and white variations of every image. - Single-sided paper to make tearing out your favorites easy! - Ideal for all pen, pencil, and marker types. - Printed on large size 8.5"x11". - And provides hours of coloring enjoyment. IDEAL FOR GIFTS: This coloring book is the perfect gift for someone loved, a friend, or a relative! ?Scroll up and buy yours today!?

From the bestselling author of The Mindfulness Colouring Book comes a pocket-sized creative art therapy book to soothe anxiety and eliminate stress. In her trademark chic

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and sophisticated style, Emma Farrarons offers beautiful templates for you to colour and complete with your own hands. Offering more than colouring in, there are drawings to imitate in perfect symmetry, patterns to create, lettering to copy and pages of guided sketching and doodling. Art of Mindfulness contains everything you can do with a pen and paper to achieve a creative mindful moment during a busy day. Making the most of art-making as a mindful activity, and small enough to carry around in your bag, Art of Mindfulness is your perfect antidote to the stresses of modern living. So pick up a pen and lose yourself in this pocket-sized book of peace and calm.

No Marketing Blurb

The third book from internationally bestselling illustrator Emma Farrarons.

Discover the tranquil charm of Japanese landscape and design with this beautifully illustrated coloring book. Wrapped in an elegant cover complete with gold foil and fold-out flaps, 55 wondrous one- and two-page drawings include Zen gardens, ancient temples, geishas, bonsai, paper fans, statues of dragons, and other intricate images that promote the peace, harmony, and balance usually associated with the Japanese cultural concept of "Wa."

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