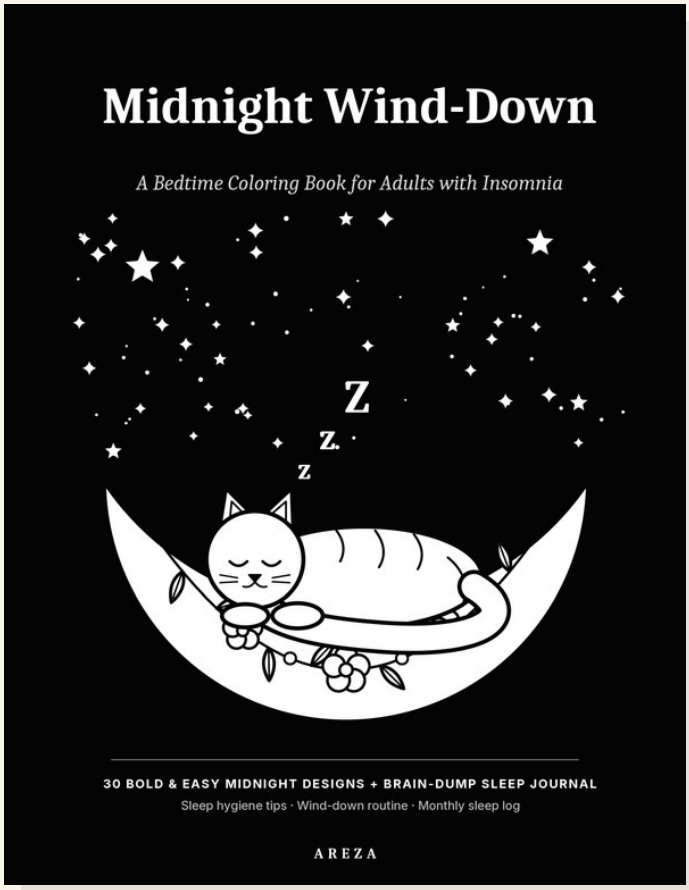

Midnight Wind-Down

A bedtime coloring book for adults with insomnia · Adults

IN THIS SAMPLE · PRINT AND ENJOY

- Page 2: Color test page
- Page 3: Design: Crescent Moon Cradle
- Page 4: Design: Chamomile Tea

Love it? The full book is available now on Amazon. Search “Midnight Wind-Down Areza”.

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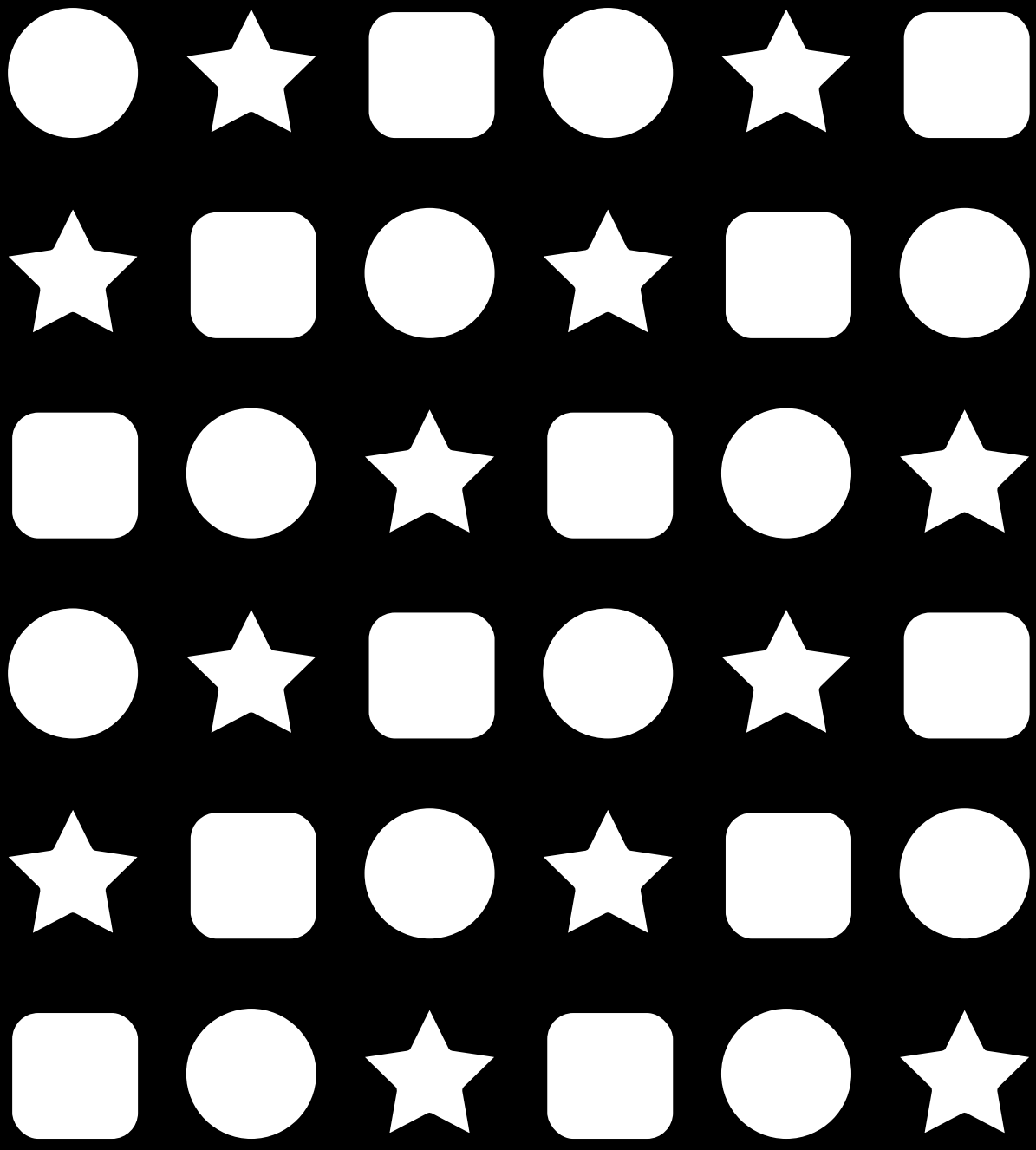
Color Test Page

Try your pens and pencils here before you begin



Tip: gel pens and paint pens shine on black; test alcohol markers with card behind the page.

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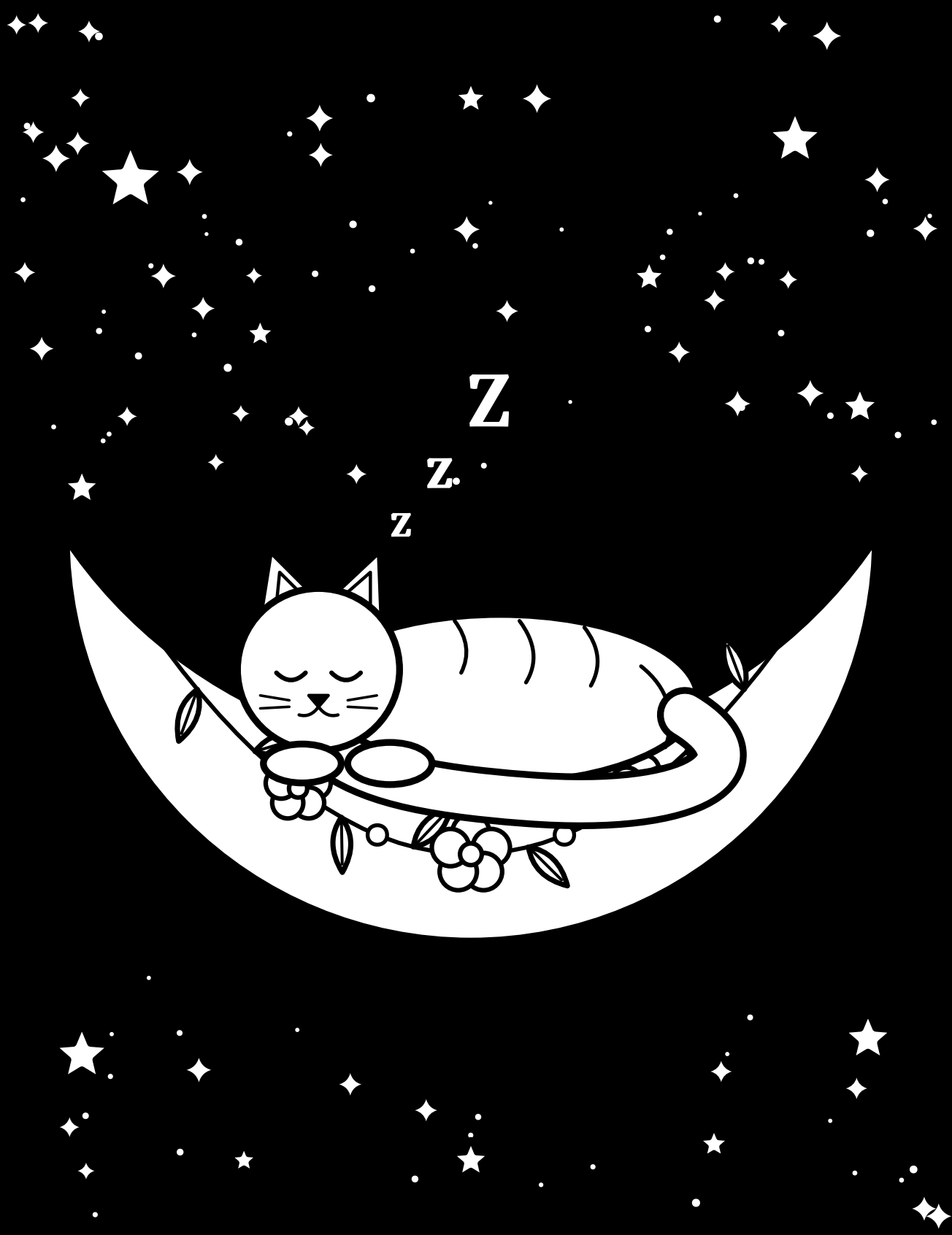

01 · CRESCENT MOON CRADLE

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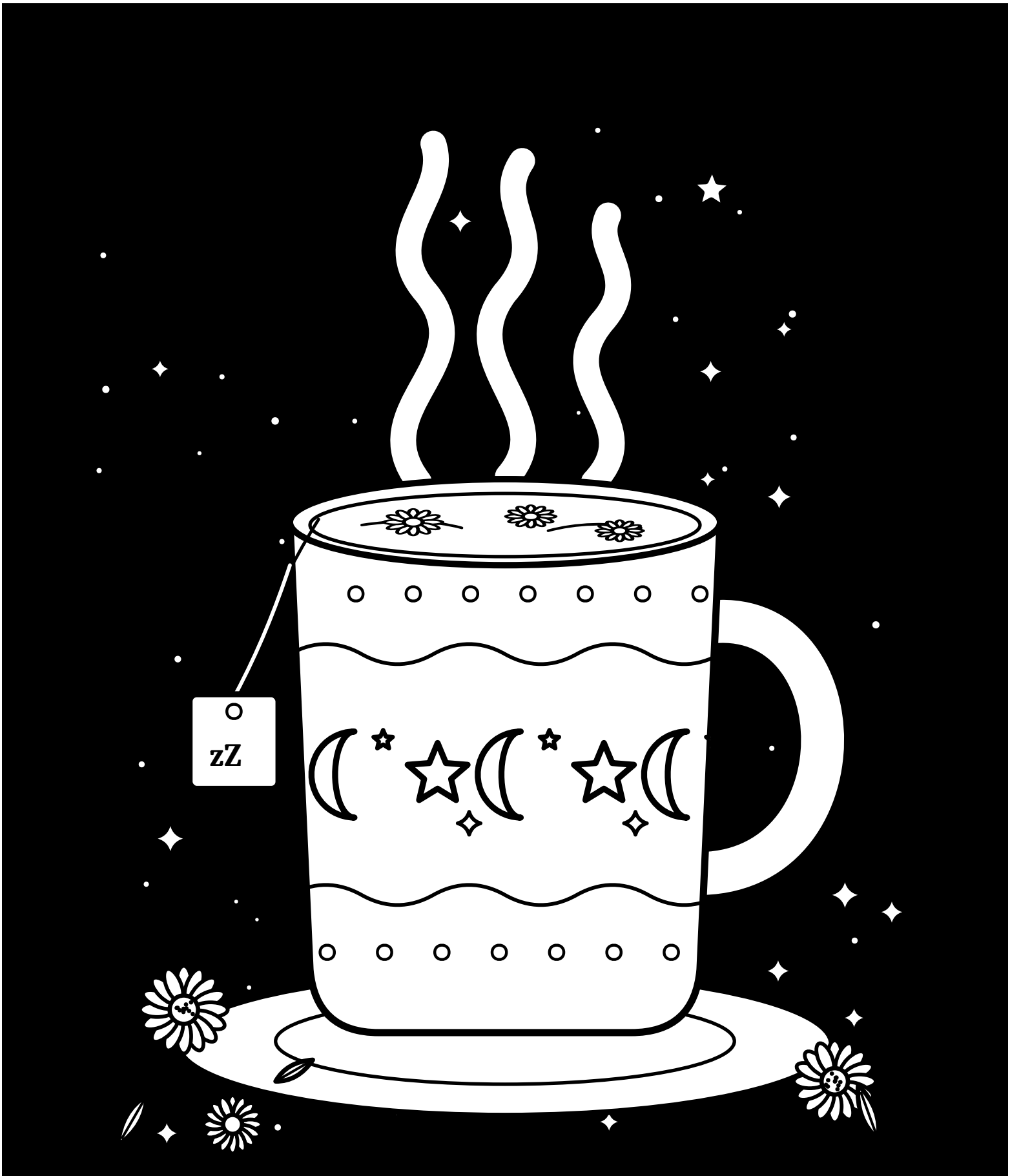

08 · STEAMING MUG OF CHAMOMILE

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