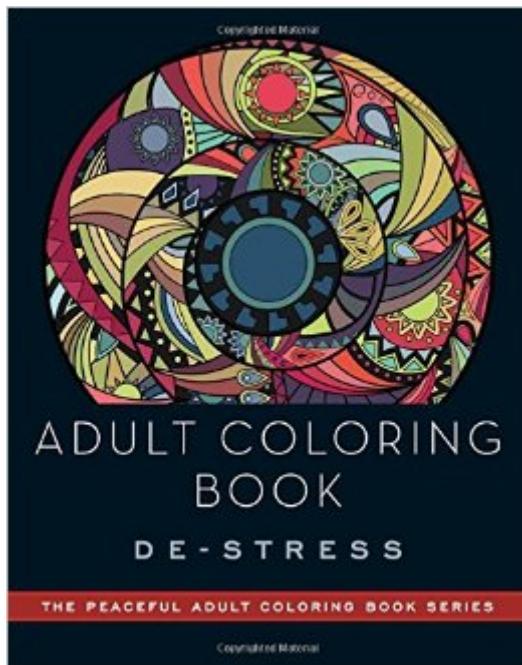


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Adult Coloring Book: De-Stress: Adult Coloring Books (The Peaceful Adult Coloring Book Series)



Synopsis

Relax, breathe, color. Take a moment from your hectic life, and do yourself a favor by letting your inner artist take control. Proven to be beneficial for your mental health, coloring is one of the simplest ways to de-stress and engage the mind in positive exercise. And when your head is happy, your body is happy. It's time to let go for a little while. Part of the Peaceful Adult Coloring Book Series, the pages of this book are filled with ornamental mandalas, elegant creatures, and soothing patterns to calm your senses. Let your imagination take over as it meanders through the winding paths of these delicate and harmonious designs. Fanciful birds take flight while whimsical sea creatures glide over the pages. Abstract arrangements and elaborate mandalas encourage a meditative sense of focus as you color, bringing the designs and you to the most vibrant forms possible. Dream up new color combinations, and allow your creativity to explore places it's never been before. The possibilities are never ending as you de-stress and reinvest your energy in the serenity of these therapeutic pages. In this book, you'll find: An introduction on the cognitive benefits of coloring Forty-eight black-and-white designs for you to color Palette grids to help you envision your color combinations Perforated pages so your finished artwork can be removed and displayed The graceful curves and beautiful decorations of these designs complement each other throughout this coloring book. Whether you're unwinding after a long day or taking some time at the office, these pages ensure hours of relaxation and release. Gather your colored pencils, or whatever medium you prefer, and be at peace.

Book Information

Series: The Peaceful Adult Coloring Book Series

Paperback: 104 pages

Publisher: Skyhorse Publishing; Csm edition (December 8, 2015)

Language: English

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Product Dimensions: 8.3 x 0.4 x 10.7 inches

Shipping Weight: 12.6 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars (See all reviews) (3 customer reviews)

Best Sellers Rank: #583,683 in Books (See Top 100 in Books) #475 in Books > Self-Help > Art Therapy & Relaxation #1620 in Books > Self-Help > Stress Management #3546 in Books > Arts & Photography > Drawing > Coloring Books for Grown-Ups

Customer Reviews

I love this book and God know I need stress relief! I've been up late the past few nights, working really hard, and the think that kept me calm and on track was taking short coloring breaks!! I highly recommend turning off your cell phone, your computer and every other form of media, taking a deep breath, and just relaxing. There's no better way to do than coloring and this book is great place to start!

This adult coloring is amazing soothing & calms your nerves. I have observed it myself, while I got engrossed in coloring I just forgot the sense of stress and work load that I was going through and it is a very relaxing experience. I hail this overall concept of adult coloring books. It's amazing. Would really suggest people working in stress to give it a shot.

This was a gift. Recipient loved it.

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