

A Stress Relieving Coloring Book for Adults

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Adult Coloring Relax S

Ella Potter



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Adult Coloring Book: Relax Adult Coloring Books, 2015-12-08 Everyone needs a little me time every once in a while What better way is there to relax and unwind than by coloring these meditative designs Elegant abstract patterns and entrancing mandalas await you in these pages It s time to de stress and do something nice for yourself and your brain Part of the Peaceful Adult Coloring Book Series this coloring book is designed with your sanity in mind Coloring has been proven to be beneficial for adults creating an escape from the everyday while entertaining your imagination Your inner artist will be brought to the surface as you visualize the endless possibilities for these enchanting designs Intricate swirls and captivating patterns adorn pages and pages of mandalas art nouveau inspired tiles and other beautiful creations As you contemplate each design let your imagination wander over the infinite combinations of colors and approaches Invest your energies in the tranquility of coloring and enjoy the serenity that follows In this book you ll find An introduction on the cognitive benefits of coloring Thirty seven 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 Handpicked for their soothing qualities and intricate details the designs in this coloring book will transport you to a realm of peaceful relaxation Whether you re resting at home or taking a break at work these pages are sure to provide hours of meditative distraction Gather your colored pencils or whatever medium you prefer and color to your heart s content *Mandala Coloring Book For Adults Stress Relief* John S Horne Publishing, 2021-02-08 Mandala Coloring Books For Adults Relaxation This Adult Mandala Coloring Book Has 40 Stress Relieving Mandala Designs To Provide You Hours Of Fun Calm Relaxation And Stress Relief Through Creative Expression Designs Range In Complexity And Detail From Beginner To Expert Level Our Hand Drawing Simple Mandala Coloring Book For Adults Are Perfect For Relaxation And Stress Relieving It s A Perfect Alternative To Yoga That You Can Use Everywhere This Coloring Book For Adults Includes 42 Mandalas With Different Levels Of Difficulty It Is Suitable For Beginners As Well As For Advanced If You Love Mandala Coloring Books Then You Will Love This Reimagined Mandala Experience Relaxing Coloring Design Pages Your Worries Will Disappear From Each Page During Coloring Beautiful Illustrations We Have Included 42 New Designs That Perfect Alternative To Yoga That You Can Use Everywhere What Colors Will You Choose For This Book Single Sided Pages Each Coloring Page Is Printed On A Separate Sheet To Avoid Spilling Great For All Skill Levels It Is Suitable For Beginners As Well As For Advanced Mandala Coloring Book Easy Features 86 Premium White Paper Pages 8 5 X 11 Inch Size Pages High Quality Extra Thick Paper Printed On Premium White Paper Cool Cover Coloring Books Are Great For Any Holiday Or Special Occasion Coloring Books Make Wonderful Gifts Valentine s Day Gift Happy New Year Gift Christmas Gifts Stocking Stuffers Easter Baskets Gift Bags Family Vacations Travel Birthday Anniversary Presents Mother s Day Buy Now Relax *Adult Coloring Book* Karalyn Rose, 2019-09-04 Adult Coloring Book Stress Relieving Designs for Relaxation Volume 3 is filled with a new collection of original calming designs created by

Karalyn Rose The patterns in this coloring book are intended to inspire creativity and help relieve stress and anxiety while you color Coloring is a great way to wind down and let your mind achieve a meditative state as relax and focus on the present in order to help achieve mindfulness This book includes thirty hand drawn with a graphics tablet illustrations by Karalyn Rose printed one sided Features many mandala coloring pages and designs inspired by zentangles geometric patterns doodles even a few fun patterns with hearts and flowers The illustrations range from easy to more complex with a variety of styles ranging from thick bold lines to thin and more intricate however most images in this book have thick lines for ease of coloring inside the lines All images have a border around them There is a nice selection of designs to choose from depending on your mood and coloring style Suitable for colorists of all ages This is a coloring book for adults simply because coloring is fun for everyone Grown ups are encouraged to color in this book to enjoy the stress relieving benefits that coloring can provide

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