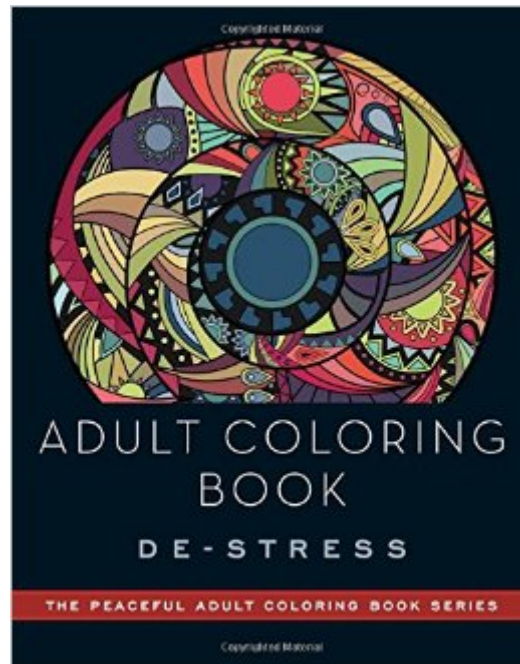


The book was found

# 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 "me 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

ISBN-10: 1510711198

ISBN-13: 978-1510711198

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 be 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. Itâ™s amazing. Would really suggest people working in stress to give it a shot.

This was a gift. Recipient loved it.

[Download to continue reading...](#)

Adult Coloring Book: De-Stress: Adult Coloring Books (The Peaceful Adult Coloring Book Series)  
Sweary Mandalas: Midnight Edition: Funny Coloring Books Best Sellers Coloring Books For Adults  
Relaxation & Adult Coloring Books Stress Relieving ... Coloring Book & Color Therapy & Art  
Therapy) Coloring Books for Adults: Halloween Mandala: Adult Coloring Book with Stress Relieving  
Mandalas (Peaceful Mandala) (Volume 4) The Peaceful Daughter's Guide to Separating from A  
Difficult Mother: Freeing Yourself From The Guilt, Anger, Resentment and Bitterness of Being  
Raised ... (The Peaceful Daughter's Guides Book 1) Heart Mandala Coloring Book: Stress Relieving  
Mandalas Design : Coloring Books For Adults, Meditation Coloring Book for adult (Volume 1) Swear  
Word Coloring Book: 40 Sweary Designs. Stress Relief Coloring book.Swear and Relax(Adult  
Coloring books) Pokemon Go... F-ck Yourself! (The Adult Coloring Book): The Pokemon Go Adult  
Coloring Book full of Swear Words and Pokemon Talking So Much Trash ... Books & Swear Word  
Coloring Books) (Volume 1) Meditation: Complete Guide To Relieving Stress and Living A Peaceful  
Life (meditation, meditation techniques, stress relief, anger management, overcoming fear, stop  
worrying, how to meditate) Beautiful Birds Volume 1: Grayscale coloring books for adults Relaxation  
(Adult Coloring Books Series, grayscale fantasy coloring books) Famous Train Shading Volume 1:  
Train Grayscale coloring books for adults Relaxation Art Therapy for Busy People (Adult Coloring  
Books Series, grayscale fantasy coloring books) BirdTopia Shading Volume 2: Bird Grayscale  
coloring books for adults Relaxation Art Therapy for Busy People (Adult Coloring Books Series,

grayscale fantasy coloring books) Sh\*t Cupcake Swear Word Coloring Books: For fans of adult coloring books, mandala coloring books, and grown ups who like swearing, curse words, cuss words and typography Swear Word Coloring Book ( Black Edition ): 40 Sweary Designs on Black Paper. Stress Relief Coloring book:Mandalas, Patterns,Flowers and Animals(Adult Coloring) Adult Swear Word Coloring Book : Fuck You & Other Irreverent Notes To Annoying People: 40 Sweary Rude Curse Word Coloring Pages To Calm You The F\*ck Down (Adult Swear Word Coloring Books) (Volume 1) Nurse Life: A Snarky Adult Coloring Book: A Unique Humorous Adult Coloring Book For Nurses & Nursing Students With Funny Quotes, Hand Lettering Word ... Relaxation Stress Relief & Art Color Therapy) Mom Life: A Snarky Adult Coloring Book: A Unique Humorous Adult Coloring Book For A New Mom, Mommy & Mom To Be With Funny Hand Lettering, Cute Quotes, ... Relaxation Stress Relief & Art Color Therapy) Sugar Skulls Shits: A Swear Word Adult Coloring Book: Adult Swear Word Coloring Book for Stress Relief and Funny Phrases Swear Word Coloring Book : Midnight Black Edition Best Seller Adults Coloring Book With Some Very Sweary Words: 40 Stress Relieving Curse Word Designs ... Words Coloring Books For Adults) (Volume 5) Swear Word Coloring Book Adults Retro & Pop Art Edition : A Very Sweary Coloring Book: 44 Stress Relieving Curse Word Pictures To Calm You The F\*\*k Down (Swear Word Coloring Books) (Volume 4) #Love: #Love is Book #1 in the Adult Book Series Celebrating Love and Friendship (#Love, #Pretty, #Beautiful, #Beauty, #Me) (#Coloring #Book Series of Adult Coloring Books)

[Dmca](#)