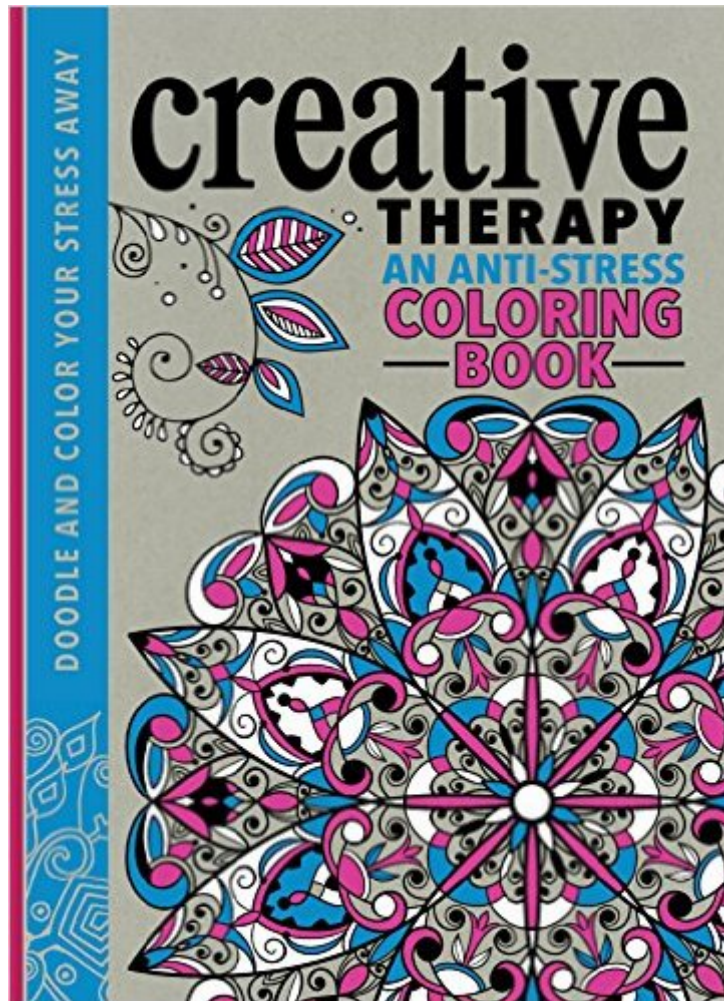


The book was found

Creative Therapy: An Anti-Stress Coloring Book



Synopsis

From the Bestselling international coloring book series. Creating stunning artworks, filled with intricate beauty, can be a stress-relieving activity. Complete the detailed pieces in this gorgeous book to lift your mood and focus your mind. You don't need to be an expert artist and there is no need for expensive equipment. Just start coloring and doodling to benefit from this relaxing and therapeutic experience.

Book Information

Hardcover: 128 pages

Publisher: Running Press; Csm edition (May 26, 2015)

Language: English

ISBN-10: 076245881X

ISBN-13: 978-0762458813

Product Dimensions: 8.2 x 0.7 x 11.6 inches

Shipping Weight: 2.2 pounds (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars [See all reviews](#) (131 customer reviews)

Best Sellers Rank: #82,078 in Books (See Top 100 in Books) #101 in [Books > Self-Help > Art Therapy & Relaxation](#) #347 in [Books > Self-Help > Stress Management](#) #921 in [Books > Arts & Photography > Drawing > Coloring Books for Grown-Ups](#)

Customer Reviews

This is an amazing, unique coloring and doodling book. The book is beautiful, the images artistic, flowing and a bit mysterious. With 61 captivating, very detailed illustrations to color with pens or colored pencils and another 32 simply detailed illustrations waiting for you to complete with your own doodling designs.

1. 124 pages to color on 62 pages with illustrations printed front and back of each page. Printed on heavy weight paper, bright white paper that has most of the backgrounds colored.
2. 61 amazing, artistic illustrations to color, with the backgrounds already colored.
3. 32 illustrations simply detailed for you to complete with your own doodling.
4. Gel pens and colored pencils work well with this book, I tested Fiskars Gel Pens and Irma Gel Pens and neither leaked through the pages.
5. I tested markers and Bic Mark-it, Sharpie, and Pentel, leaked through the page enough to ruin the picture on the backside of the page I tested. Staedtler Fine liners leaked through the least with only a couple dots of black actually going through the page so I am going to color a picture with these. The Staedtler Fibre tips some colors did leak through especially the very dark colors blue, green, black and other colors did not leak through at all.
6. This is a beautiful book, the

cover is thick heavy weight cardboard, the book is 11 1/2 inches by 8 1/2 inches and it is 1/2 of an inch thick.7. The background colors make this book special, some are solid, some are not solid giving the background a rustic look, some are made up of multiple colors, a couple have lines in the back ground color my least favorite.8.

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

ANTI INFLAMMATORY DIET: Anti-Inflammatory Recipes To Heal Yourself (Anti Inflammatory Diet, Anti Inflammatory, Anti Inflammatory Diet Cookbook, Anti Inflammatory ... Fast, Pain Free, Heal Yourself Book 1) Anti-Inflammatory Diet: Beginner's Guide with XL Granny's Recipes(Anti Inflammatory Cookbook,Anti Inflammatory Diet Cookbook,Anti-Inflammatory Recipes,Anti Inflammatory Books, Anti-Inflammatory Diet) Anti Aging: The Best Anti Aging Beauty Products, Anti Aging Medicines and Anti Aging Skin Care Treatments to Make You Look and Feel Younger (Anti Aging, ... Secrets, Anti Aging Diet, Beauty Products) Swear Mandalas: Midnight Edition: Funny Coloring Books Best Sellers Coloring Books For Adults Relaxation & Adult Coloring Books Stress Relieving ... Coloring Book & Color Therapy & Art Therapy) Anti Aging:Stop That Clock: 55 Anti Aging Hacks To Stay Young Forever(Anti Aging Diet, Anti Aging Secrets,Anti Aging Drugs) (Fitness Book 1) Creative Therapy: An Anti-Stress Coloring Book Anti Inflammatory Diet: Guide to Eliminate Joint Pain, Improve Your Immune System, and Restore Your Overall Health (anti inflammatory cookbook, anti inflammatory ... recipes, anti inflammatory strategies) Anti Inflammatory Diet: 5 Week Anti Inflammatory Diet Plan To Restore Overall Health And Become Free Of Chronic Pain For Life (Top Anti-Inflammatory Diet Recipes, Anti Inflammatory Diet For Dummies) Anti-Cancer Diet: An Ultimate Guide to Reverse and Prevent Cancer Naturally! (anti-cancer diet, anti-cancer cookbook, anti-cancer diet recipes, reverse cancer, prevent cancer) Urantia Coloring Book: Epochal Revelation and Anti-Stress Adult Coloring Book The Swear Word Coloring Book: Cuss word coloring book for those who love to swear...and color! If you are a fan of profanity and swearing coloring ... coloring book, you will love this! (Volume 1) Heart Mandala Coloring Book: Stress Relieving Mandalas Design : Coloring Books For Adults, Meditation Coloring Book for adult (Volume 1) Swear Word Coloring Book : Midnight Black Edition Best Seller Adults Coloring Book With Some Very Swear 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 Swear Coloring Book: 44 Stress Relieving Curse Word Pictures To Calm You The F**k Down (Swear Word Coloring Books) (Volume 4) Swear Word Coloring Book (Black Edition): 40 Swear Designs on Black Paper. Stress Relief Coloring book:Mandalas, Patterns,Flowers and Animals(Adult Coloring) Swear Word Coloring Book: 40 Swear Designs. Stress Relief Coloring book.Swear and Relax(Adult Coloring books)

Adult Coloring Book: De-Stress: Adult Coloring Books (The Peaceful Adult Coloring Book Series)
Creative Haven Geometric Allover Patterns Coloring Book (Creative Haven Coloring Books) Haters
Gonna Hate: A Snarky Mandala Coloring Book: Mandalas? Again?!? SMH: Midnight Edition: A
Unique Funny Black Background Paper Adult Coloring Book ... Stress Relief & Art Color Therapy)
(Volume 3) 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)

[Dmca](#)