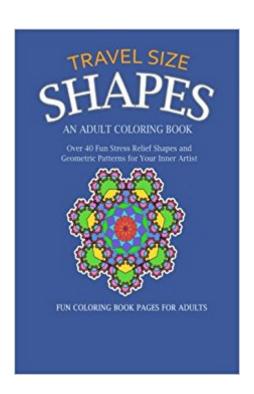
The book was found

Travel Size Shapes: An Adult Coloring Book, Over 40 Fun Stress Relief Shape Designs And Geometric Patterns For Your Inner Artist





Synopsis

Travel Size Due to Popular Demand! Shapes: An Adult Coloring Book featuring A new collection of over 40 Stress Relieving Patterns and Geometric Shapes. A new collection of over 30 beautiful African Masks/African designs created to inspire your inner colorist. In addition to the striking adult coloring pages, this book also features key cultural information including the origins of each mask. The paper is perfect for fine tip pens, colored pencils and markers. The completed adult coloring book pages are an excellent Gift to give to friends, family and other loved ones for holidays and special occasions. The Benefits of Coloring for Adults Coloring is the perfect way to relax after a tough day and great for enhancing your creativity. For many, coloring a beautiful image can be a form of meditation. It allows you to enter the flow state in which you are in the moment, actively focusing on what you are doing and blocking out all distractions around you. Stressful thoughts and future worries can be simply pushed aside as you take time to enjoy the present moment. We live in an incredibly busy world. Our pace of living is often full speed and our minds are continually jumping from one thing to the next. It is very beneficial to disconnect and give yourself a break. Your mind needs time to sort out all the information it receives and your body needs time to simply unwind. Coloring can provide that calming break. Coloring is such a simple relaxing leisure activity and best of all you get to create beautiful artwork too! Here are some other benefits of the art of coloring: Color on your own or with friends and family. Coloring can improve performance at work through enhanced focus. You can display your finished artwork in the Home or Office. You can give your finished artwork away to friends and family for special occasions. Coloring strengthens the creative side of your brain. Coloring helps to build fine motor skills. Coloring is an amazing form of self expression. Grab your supplies, find a quiet space and enjoy this peaceful activity!

Book Information

Paperback: 86 pages

Publisher: CreateSpace Independent Publishing Platform; Clr Csm edition (January 1, 2016)

Language: English

ISBN-10: 1523292474

ISBN-13: 978-1523292479

Product Dimensions: 5.5 x 0.2 x 8.5 inches

Shipping Weight: 5.8 ounces (View shipping rates and policies)

Average Customer Review: Be the first to review this item

Best Sellers Rank: #3,199,008 in Books (See Top 100 in Books) #69 in Books > Arts &

Photography > Graphic Design > Techniques > Use of Ornament #1438 in Books > Arts & Photography > Drawing > Coloring Books for Grown-Ups > Mandalas & Patterns #2384 in Books > Arts & Photography > Graphic Design > Commercial > Illustration

Download to continue reading...

Travel Size Shapes: An Adult Coloring Book, Over 40 Fun Stress Relief Shape Designs and Geometric Patterns for Your Inner Artist Shapes: An Adult Coloring Book: Over 40 Fun Stress Relief Shapes and Geometric Patterns for Your Inner Artist Creative Oceans Coloring Book: Adult Coloring Book of Stress Relief Sea Animal Patterns and Designs (Ocean Coloring Book, Lost Ocean, Stress Relief Coloring Book, Anti Stress Coloring Book) (Volume 1) Birds: An Adult Coloring Book: Travel Edition Size, Over 30 Fun Stress Relieving Illustrations of Birds, #1 Book For Your Inner Artist, mindful ... book, bird guide natural world coloring book Flowers: An Adult Coloring Book: (Volume 2), #1 Book For Your Inner Artist, An Adult Coloring Book with Over 30 Unique Patterns & Designs To Color, Roses, Sunflowers, lilies and more, Perfect Gift Birds: An Adult Coloring Book: Over 30 Fun Stress Relieving Illustrations of Birds, #1 Book For Your Inner Artist, mindful meditation coloring book, bird guide natural world coloring book The Craft of Coloring: 60 Geometric Patterns & Designs: An Adult Coloring Book (Relaxing And Stress Relieving Adult Coloring Books) Patterns for Meditation Coloring Books for Adults: An Adult Coloring Book Featuring 35+ Geometric Patterns and Designs (Jenean Morrison Adult Coloring Books) Adult Coloring Book Designs: Stress Relief Coloring Book: POKEMON Designs for Coloring Stress Relieving - Inspire Creativity and Relaxation of Kids And Adults (Volume 1) Mandala Adult Coloring Book Stress Relieving Patterns Relaxation: coloring book for Adult and grown ups, Anti-Stress Art Therapy, Stress Relieving Flower Patterns Designs: An Adult Coloring Book: 50 Stress Relief Mandala Designs Inspired by Flowers, Hearts. Animals, and other Patterns found in Nature, Adult ... Gift For Friends and Family, For All Occasions Simple Flower and Vine Designs: Easy Designs and Stress Relieving Patterns Adult Coloring Book (Adult Coloring Patterns) (Volume 53) Adult Coloring Book Designs: Stress Relief Coloring Book: Garden Designs, Mandalas, Animals, and Paisley Patterns Coloring Books for Adults Relaxation: An Adult Coloring Book with over 50 Coloring Pages with Flowers, Fairies, Animals, and Patterns: Stress Relief Coloring Books for Grownups Adult Coloring Books: Mindfulness Mandalas: A mandala coloring book for adult relaxation featuring stress relieving coloring pages for adults including henna flowers geometric & animal designs Black Background Adult Coloring Book: 60 Coloring Pages Featuring Mandalas, Geometric Designs, Flowers and Repeat Patterns with Stunning Black Backgrounds (Jenean Morrison Adult Coloring Books) Flowers: An Adult Coloring Book: Over 30 Fun Stress Relieving Flowers #1 Book For Your Inner Artist Penguin Coloring Book

For Adults: A Stress Relief Adult Coloring Book Of 40 Penguin Designs in a Variety of Intricate Patterns (Animal Coloring Books for Adults) (Volume 10) #Mandalas Coloring Book: #Mandalas is Coloring Book No.6 in the Adult Coloring Book # Series Celebrating Mandalas (Coloring Books, Stress Relief, ... Series of Adult Coloring Books) (Volume 6) Adult Coloring Books: Animals: 45 Stress Relieving Animal Coloring Designs (Stress Relief Coloring Books) (Volume 2)

<u>Dmca</u>