



Anti-Stress Coloring Book: Happy Birthday Edition (Volume 8)

Art Therapy Coloring

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Anti Stress Coloring Book: Birthday Edition

This Anti-Stress Coloring Book: Birthday Edition by *Art Therapy Coloring* is filled with adult coloring pages that are perfect for a special someone's birthday! The Happy Birthday Edition of our anti-stress coloring books is ideal for a birthday celebration! This coloring book is full of festive illustrations that are fun to color. Whether you want to color a picture of a retro style birthday celebration or a picture of a vintage bicycle, you are going to find coloring pages that will suit your mood in this adult coloring book.

Our Happy Birthday Edition is the ultimate birthday gift for anyone who loves to color. Celebrate their special day with this Happy Birthday Edition of our coloring books for adults. It's also a fun gift to give to yourself on your birthday! Coloring is all about relaxing, having fun, and being happy. This coloring book accomplishes that.

This birthday edition of our adult coloring books has intricate details, unlike the simpler coloring designs that are created for children. In order to get into the small spaces of the intricate details, it is important that you use a coloring tool that has a fine tip. Color crayons can be extremely frustrating for this task. It is better to use one or a combination of the following: colored pencils, fine tip markers, or gel pens. If you use gel pens or markers, you need to be aware that the ink could bleed through the page to the next coloring page. Our adult coloring books are printed with one picture per page with the back of each coloring sheet blank. You don't need to worry about ink bleeding through to the back side of the coloring page, but the ink may bleed through to the next coloring page in the book. You may want to put a piece of paper under the coloring page you are working on to protect the next one.

Art Therapy's Anti-Stress Coloring Books

- **A way to reduce stress and increase focus**
- **A variety of adult coloring pages** (More than 30 designs)
- **A multitude of designs** (geometric, mandalas, flora and fauna, zendoodle, and more)
- **Works great with different types of art supplies** (Colored pencil, fine tip pens, gel pens)
- **Designs are 1/4 inch away from the spine** (to color the full design)
- **Designs are on one side of the paper and blank on the back**
- **We use quality white paper**
- **A good variety of amazing designs that fit most people's tastes**
- **We give 10% to support pancreatic cancer patients and their families**

Anti-Stress Coloring Book

Coloring is relaxing and fun. Coloring in adult coloring books is an activity that many people have turned to as a form of meditation in order to be more mindful. Coloring helps many people to relax and to feel happier in the same way that meditation does. In addition to the meditative benefits, you get to create a beautiful

work of art. Beauty can heal the human soul. When you color, you are doing something creative and feeding your soul. Coloring your favorite adult coloring sheet is good for your health!

All over the world, adults have rediscovered the joy of coloring. Coloring anti-stress coloring books for adults is fun. Share the joy of coloring with that special someone and get our Anti-Stress Coloring Book: Happy Birthday Edition today!

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Natalia Burton:

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Lois Bottoms:

Reading a e-book tends to be new life style in this era globalization. With reading through you can get a lot of information which will give you benefit in your life. With book everyone in this world can easily share their idea. Ebooks can also inspire a lot of people. A great deal of author can inspire their reader with their story as well as their experience. Not only the story that share in the ebooks. But also they write about the ability about something that you need case in point. How to get the good score toefl, or how to teach your sons or daughters, there are many kinds of book which exist now. The authors nowadays always try to improve their skill in writing, they also doing some research before they write for their book. One of them is this Anti-Stress Coloring Book: Happy Birthday Edition (Volume 8).

Rayford Alexander:

Anti-Stress Coloring Book: Happy Birthday Edition (Volume 8) can be one of your beginning books that are good idea. We all recommend that straight away because this e-book has good vocabulary that will increase your knowledge in words, easy to understand, bit entertaining but nonetheless delivering the information. The writer giving his/her effort to put every word into satisfaction arrangement in writing Anti-Stress

Coloring Book: Happy Birthday Edition (Volume 8) yet doesn't forget the main place, giving the reader the hottest and based confirm resource data that maybe you can be one of it. This great information can certainly drawn you into completely new stage of crucial pondering.

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