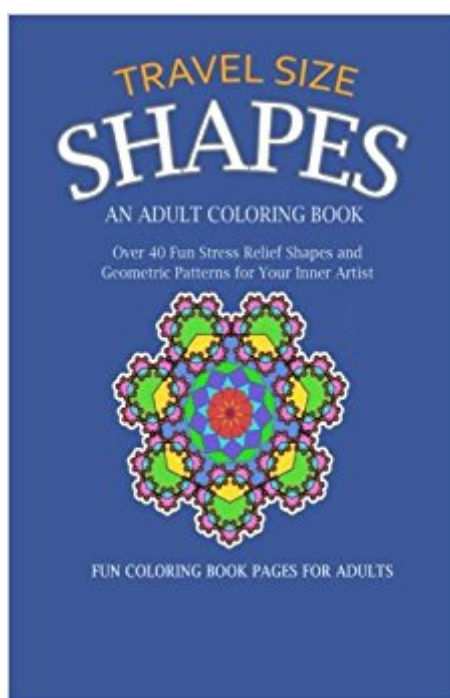


The book was found

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: #3,920,813 in Books (See Top 100 in Books) #89 in [Books > Arts &](#)

Photography > Graphic Design > Techniques > Use of Ornament #1975 inÃ Â Books > Arts & Photography > Drawing > Coloring Books for Grown-Ups > Mandalas & Patterns #2891 inÃ Â 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 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 The Adult Coloring Book for Coffee Lovers: A Meditation and Stress Relief Coloring Book for Grown-Ups (Humorous Antistress Coloring Pages and Zentangle Designs for Relaxation and Stress Relief) Flowers Adult Coloring Book Travel Size: Over 30 Fun Stress Relieving Flowers #1 Book For Your Inner Artist 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 Patterns for Meditation Coloring Books for Adults: An Adult Coloring Book Featuring 35+ Geometric Patterns and Designs (Jenean Morrison Adult Coloring Books) RELAXING Adult Coloring Book: Awesome Tessellations for Relaxation and Against Stress - Abstract Geometric Designs, Patterns and Shapes (New Happy ... Therapy for Women and Men, Girls and Guys) Animals Coloring Book (black edition): 50 designs on black paper. Stress Relief Coloring Book : Mandalas, Flowers, Animals. Coloring Book For Adult (Hilarious Coloring Book for Fun) 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 Adult Coloring Book Best Sellers: Stress Relief Coloring Book for Adults: Garden Flowers, Mandalas, Animals, and Geometric Designs Adult Coloring Book Designs: Stress Relief Coloring Book: Garden Designs, Mandalas, Animals, and Paisley Patterns 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 Vogue 1950s Pocket Size Adult Coloring Book: 50s Fashion Coloring Book for Adults Travel Size (Travel Size Coloring Books) (Volume 12) #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 book Designs: Stress relief coloring: Garden Designs, Mandalas, Animals, and Paisley Patterns Magical Swear Word. Adult Coloring Books: Relaxation and Stress reduction: 30 Stress Relieving Magical Sweary Designs : flowers, mandalas, patterns. ... Anxiety and Stress (Swear Word Coloring Book) 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) Coloring Books For Adults Volume 1: 40 Stress Relieving And Relaxing Patterns, Adult Coloring Books Series By ColoringCraze.com (Adult Coloring Books, ... Anti Stress Coloring Books For Grownups) Flower Designs Coloring Book: An Adult Coloring Book for Stress-Relief, Relaxation, Meditation and Creativity (Jenean Morrison Adult Coloring Books) (Volume 1)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)