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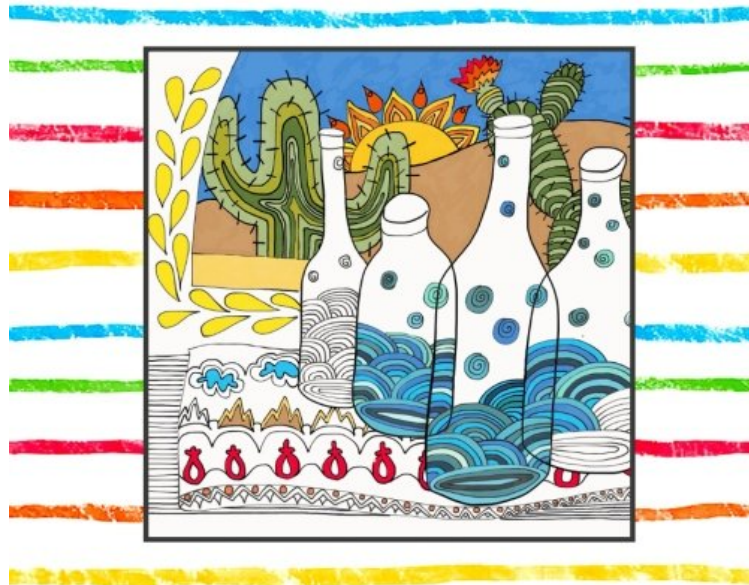
50 Shades of Fun: The New Joy of Coloring

Pamela Thompson


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50 SHADES OF FUN: THE NEW JOY OF COLORING

ARTWORK BY PAMELA THOMPSON



EXPERIENCE THE JOY OF COLORING 50 MANDALAS, PATTERNS AND WHIMSICAL ILLUSTRATIONS FOR STRESS REDUCTION AND FUN!

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Pamela Thompson : 50 Shades of Fun: The New Joy of Coloring before purchasing it in order to gauge whether or not it would be worth my time, and all praised 50 Shades of Fun: The New Joy of Coloring:

One of Amazon's best selling coloring books! Coloring isn't just for kids! Everyone deserves a break. Treat yourself to hours of coloring each of the 50 single-sided, hand-drawn, detailed mandalas, whimsical illustrations, and patterns, while reducing stress and having FUN. Coloring has proven to be good for your body, mind, and soul. The health benefits of adult coloring are numerous, according to reports by doctors, therapists, and psychologists on CNN, and in The Boston Globe, The Huffington Post, Parade, and countless other newspapers and magazines. Coloring is a therapeutic activity that promotes wellness, while stimulating creativity and a feeling of calmness. The illustrations in this book will provide hours of stress relief, calmness, and creativity, they can be enjoyed by young and old alike, and all are suitable for framing. So grab some fine-tipped markers, gel pens, and colored pencils and get lost in the fun! Life Coach Pamela Thompson is an artist with an enthusiasm for helping people experience more joy and ease in their lives while having fun. This is evident in this book, her third self-help book. Her illustrations were lovingly created with the intention of putting you at ease and enabling you to have more joy in your life.