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

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Anti-Stress Coloring Book

Happy Birthday Edition

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Art Therapy Coloring : Anti-Stress Coloring Book: Happy Birthday Edition (Volume 8) before purchasing it in order to gage whether or not it would be worth my time, and all praised Anti-Stress Coloring Book: Happy Birthday Edition (Volume 8):

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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 someones 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. Its 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 dont 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! This adult coloring book also makes a great gift for older girls, tweens, and teens.