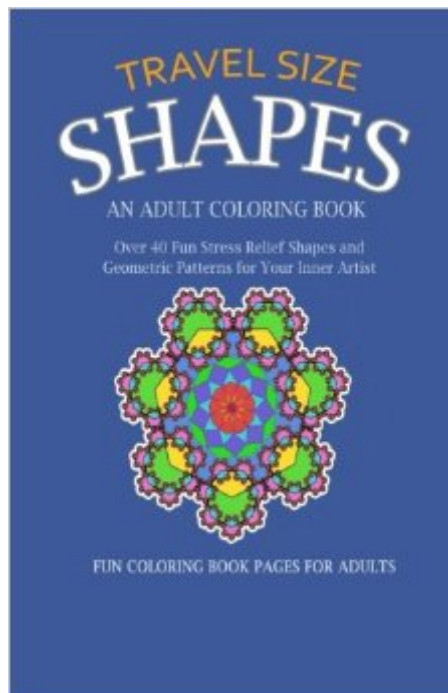


The book was found

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 inÂ Books > Arts &

Photography > Graphic Design > Techniques > Use of Ornament #1438 inÂ Books > Arts & Photography > Drawing > Coloring Books for Grown-Ups > Mandalas & Patterns #2384 inÂ 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 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 Patterns for Meditation Coloring Books for Adults: An Adult Coloring Book Featuring 35+ Geometric Patterns and Designs (Jenean Morrison Adult Coloring Books) 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 Adult Coloring Book Designs: Stress Relief Coloring Book: POKEMON Designs for Coloring Stress Relieving - Inspire Creativity and Relaxation of Kids And Adults (Volume 1) 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 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 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) 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 Simple Flower and Vine Designs: Easy Designs and Stress Relieving Patterns Adult Coloring Book (Adult Coloring Patterns) (Volume 53) 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 The Inner Lives of Markets: How People Shape Them—And They Shape Us 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) Teacher Life: A Snarky Chalkboard Coloring Book: A Unique Black Background Paper Adult Coloring Book For Teachers With Stress Relieving Patterns, ... Relaxation Stress Relief & Art Color Therapy) Swear Word Coloring Book for Parents: Unleash your inner-parent!: Relax, color, and let your inner-parent out with this stress relieving adult coloring book. Adult Coloring Book: Butterfly Designs and Patterns for Stress Relief and Relaxation Adult Coloring Book: Floral Patterns. 35 Unique Floral Patterns for Meditation and Stress Relief Coffee Designs: Take a Coffee Break! 50 Amazing Coffee And

Superfood Patterns for Stress Free (Coffee Designs, Superfood Patterns, Stress Free) Dad Life: A Manly Adult Coloring Book: A Unique Funny Adult Coloring Book For Men Fathers & Dads With Mindfulness Mandalas, Easy Stress Relieving ... Relaxation Stress Relief & Art Color Therapy) More Lovely Knitted Lace: Contemporary Patterns in Geometric Shapes

[Dmca](#)