



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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From reader reviews:

Luisa Johnson:

Here thing why this Anti-Stress Coloring Book: Happy Birthday Edition (Volume 8) are different and dependable to be yours. First of all examining a book is good nonetheless it depends in the content from it which is the content is as delightful as food or not. Anti-Stress Coloring Book: Happy Birthday Edition (Volume 8) giving you information deeper since different ways, you can find any e-book out there but there is no guide that similar with Anti-Stress Coloring Book: Happy Birthday Edition (Volume 8). It gives you thrill looking at journey, its open up your personal eyes about the thing in which happened in the world which is perhaps can be happened around you. You can actually bring everywhere like in area, café, or even in your approach home by train. For anyone who is having difficulties in bringing the imprinted book maybe the form of Anti-Stress Coloring Book: Happy Birthday Edition (Volume 8) in e-book can be your option.

Tiffany Hassell:

This Anti-Stress Coloring Book: Happy Birthday Edition (Volume 8) are reliable for you who want to be a successful person, why. The reason of this Anti-Stress Coloring Book: Happy Birthday Edition (Volume 8) can be among the great books you must have is definitely giving you more than just simple examining food but feed an individual with information that might be will shock your prior knowledge. This book is handy, you can bring it everywhere you go and whenever your conditions at e-book and printed versions. Beside that this Anti-Stress Coloring Book: Happy Birthday Edition (Volume 8) forcing you to have an enormous of experience such as rich vocabulary, giving you trial run of critical thinking that we know it useful in your day activity. So , let's have it and enjoy reading.

Katherine Adkins:

This book untitled Anti-Stress Coloring Book: Happy Birthday Edition (Volume 8) to be one of several books that will best seller in this year, honestly, that is because when you read this e-book you can get a lot of benefit into it. You will easily to buy this specific book in the book retailer or you can order it by using online. The publisher in this book sells the e-book too. It makes you more readily to read this book, since you can read this book in your Mobile phone. So there is no reason for you to past this guide from your list.

Willie McCall:

The book untitled Anti-Stress Coloring Book: Happy Birthday Edition (Volume 8) contain a lot of information on the idea. The writer explains her idea with easy technique. The language is very clear to see all the people, so do not really worry, you can easy to read this. The book was compiled by famous author. The author will take you in the new era of literary works. You can read this book because you can continue reading your smart phone, or product, so you can read the book inside anywhere and anytime. If you want to buy the e-book, you can open up their official web-site and order it. Have a nice go through.

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