



**Adult Coloring Book: 50 Relaxing and Stress
Relieving Patterns: (Colored Pencils, Coloring
Markers, Stress Relieving, Drawing For
Beginners, How To Draw) ... Adult Coloring Book,
Coloring Patterns))**

Nicky Evans

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Adult Coloring Book

50 Relaxing and Stress Relieving Patterns

When we consider coloring books, commonly we invoke pictures of ourselves as youngsters writing endlessly with pastels or color pencils on high contrast photos of our most loved cartoon characters or animals that we love. It was a side interest that we delighted with as kids and anticipated pretty much consistently about it as we loved to color the favorite things we had in our childhood.

But now, the world has advanced even more. Now, coloring books have turned out to be well known among not only the kids but among adults as well. Presently there are a lot of adult coloring books that are being sold in order to make oneself relaxed and free of all kinds of worries. This book is all about the adult coloring patterns that you will love to color in the situation when you are having a pile of stress on your shoulders and when you are looking for some ways by which your stress level can be lessen down by one way or the other.

Following points have been discussed in this book:

- Coloring therapy for relieving stress
- How to reduce your anxiety with the help of coloring book
- Modern stress relieving strategies
- 50 adult coloring patterns for your convenience

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