



Coloring For Adults For Dummies

Consumer Dummies

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The most colorful way to reduce stress--while having fun!

Adult coloring is absolutely a growing trend and consumers are really taking to the idea. Not only is it calming and good for your health, it's just plain fun! For those of us who can't retreat to a spa on a regular basis, coloring offers a creative, affordable, and novel way for busy adults to relax and unwind from the hectic pace of modern life. "Coloring For Adults For Dummies" is here to serve as a guided coloring book for harried adults of any age who are looking for a fun and easy way to decompress and find joy while engaging in this timeless activity.

Whether used for enjoyment, to relieve stress, or as an excuse to get together with friends for a coloring party, "Coloring For Adults For Dummies" is filled with intricate, detailed, and inspiring patterns & designs and provides hours of stress relief and mental relaxation! Designed for you to color in with markers, colored pencils, or even your kids' crayons, the pages inside this book are awaiting your imagination and creativity to bring them to life--all while you relax and enjoy staying in the present. Even older children who love to color can enjoy this unique and special coloring book. Offers 100 highly-detailed coloring templates Helps you channel your anxiety into a satisfying, creative accomplishment Promotes finding energy for your stressed soul Encourages you to express your inner creativity

A novel way for busy adults to relax and unwind from the hectic pace of modern life, "Coloring For Adults For Dummies" is the perfect way to step back from the stress of everyday life and color your way to peace and relaxation. Even older children who love to color can enjoy this unique and special coloring book.

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From reader reviews:

Michelle Beltran:

This book untitled Coloring For Adults For Dummies to be one of several books that will best seller in this year, that is because when you read this publication you can get a lot of benefit into it. You will easily to buy this specific book in the book retail store or you can order it by using online. The publisher with this book sells the e-book too. It makes you more readily to read this book, because you can read this book in your Mobile phone. So there is no reason to you personally to past this reserve from your list.

Sarita Springer:

Spent a free time for you to be fun activity to try and do! A lot of people spent their sparetime with their family, or their friends. Usually they carrying out activity like watching television, gonna beach, or picnic inside park. They actually doing same every week. Do you feel it? Do you need to something different to fill your free time/ holiday? Might be reading a book is usually option to fill your no cost time/ holiday. The first thing that you will ask may be what kinds of reserve that you should read. If you want to try out look for book, may be the reserve untitled Coloring For Adults For Dummies can be good book to read. May be it can be best activity to you.

Daniel Hartung:

Many people spending their moment by playing outside together with friends, fun activity having family or just watching TV all day every day. You can have new activity to shell out your whole day by examining a book. Ugh, think reading a book can really hard because you have to accept the book everywhere? It ok you can have the e-book, bringing everywhere you want in your Smart phone. Like Coloring For Adults For Dummies which is finding the e-book version. So , why not try out this book? Let's observe.

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