



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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William Patterson:

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