



# Anti-Stress Coloring Book: Floral Designs Vol 1 (Volume 5)

*Art Therapy Coloring*

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## **Anti-Stress Coloring Book: Floral Designs Vol 1**

Anti-Stress Coloring Book: Floral Designs Vol 1 by *Art Therapy Coloring* is filled with adult coloring pages that can soothe the soul of any person who loves flowers! There is nothing like the beauty of flowers and the joy of coloring to relax and de-stress after a long hard day. Anti-Stress Coloring Book: Floral Designs Vol 1 is filled with over 30 soothing stress relieving adult coloring sheets, featuring many amazing patterns and designs. Color to fill your heart and soothe your soul with this volume of our anti-stress coloring book series!

Anti-Stress Coloring Book: Floral Designs Vol 1 contains a variety of styles of floral illustrations to match your color cravings and moods. With elaborate illustrations of various flowers, a wonderful wreath of strawberry blossoms, mandalas made out of lotus blossoms, and abstract geometric patterns, you are sure to have fun coloring different types of flowers and trying to guess what kind they are. So grab your colored pencils and color on!

## **Why Should You Buy Art Therapy's Anti-Stress Coloring Books?**

- **Lots of adult coloring pages** (Over 30 designs to color)
- **Variety of designs** (mandalas, geometric, zen doodle, flora and fauna, etc)
- **Designs don't go into the spine** (you can color the whole design)
- **No newspaper print!** (we use quality white paper, so your designs pop)
- **Works great with all types of art medium** (colored pencils, gel pens, fine tip pens, etc)
- **Reduces stress and increases focus**
- **Not too intricate, not too easy** (A good variety of amazing designs that fit most people's tastes)
- **We give 10% to support pancreatic cancer charities**

## **Anti-Stress Coloring Books**

Art Therapy adult coloring books are not your children's coloring books. Our adult coloring books are printed on heavier paper and are filled with intricate and complex designs. As the spaces in many of our designs are small and difficult to color with a color crayon, we recommend that you use colored pencils, gel pens, or fine-tip markers to color the coloring pages in Anti-Stress Coloring Book: Floral Designs Vol 1. There is one picture per coloring page so there is no bleed through to a coloring page on the back. If you are using pens or markers, you should put an extra sheet of paper under the page you are working on so the ink doesn't bleed through. There is no right or wrong way to color in your anti-stress adult coloring book. Just relax and have fun! We know you will enjoy admiring your beautiful works of art as you work your way through your Anti-Stress Coloring Book: Floral Designs Vol 1.

Coloring is a wonderful way to relieve stress and to relax. Coloring has many of the same benefits that meditation does. When you are coloring, you focus on nothing but coloring and your mental chatter quiets down. Similar to meditation, your breathing rate slows and your blood pressure may even lower a bit. Many people who color everyday report that their moods are better and they feel less depressed and anxious.

Coloring puts you into a child-like state of mind and takes you back to a time when you didn't have the stress that adults have. You only have to decide what color you are going to color the next flower petal. The benefits of coloring have been compared to the benefits of meditation. Don't take our word for it, though - try it out for yourself!

Are you looking for an adult coloring book that has plenty of beautiful floral designs? Anti-Stress Coloring Book: Floral Designs Vol 1 is a great choice! Get your copy today! This adult coloring book also makes a great Christmas or birthday gift for teens and older girls.

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Exactly why? Because this Anti-Stress Coloring Book: Floral Designs Vol 1 (Volume 5) is an unordinary book that the inside of the e-book waiting for you to snap this but latter it will distress you with the secret this inside. Reading this book close to it was fantastic author who else write the book in such amazing way makes the content on the inside easier to understand, entertaining way but still convey the meaning completely. So , it is good for you for not hesitating having this any more or you going to regret it. This phenomenal book will give you a lot of advantages than the other book get such as help improving your skill and your critical thinking approach. So , still want to delay having that book? If I ended up you I will go to the e-book store hurriedly.

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Are you kind of busy person, only have 10 or maybe 15 minute in your day to upgrading your mind ability or thinking skill perhaps analytical thinking? Then you have problem with the book than can satisfy your short time to read it because all this time you only find e-book that need more time to be learn. Anti-Stress Coloring Book: Floral Designs Vol 1 (Volume 5) can be your answer as it can be read by you who have those short extra time problems.

#### **Victor Dinh:**

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