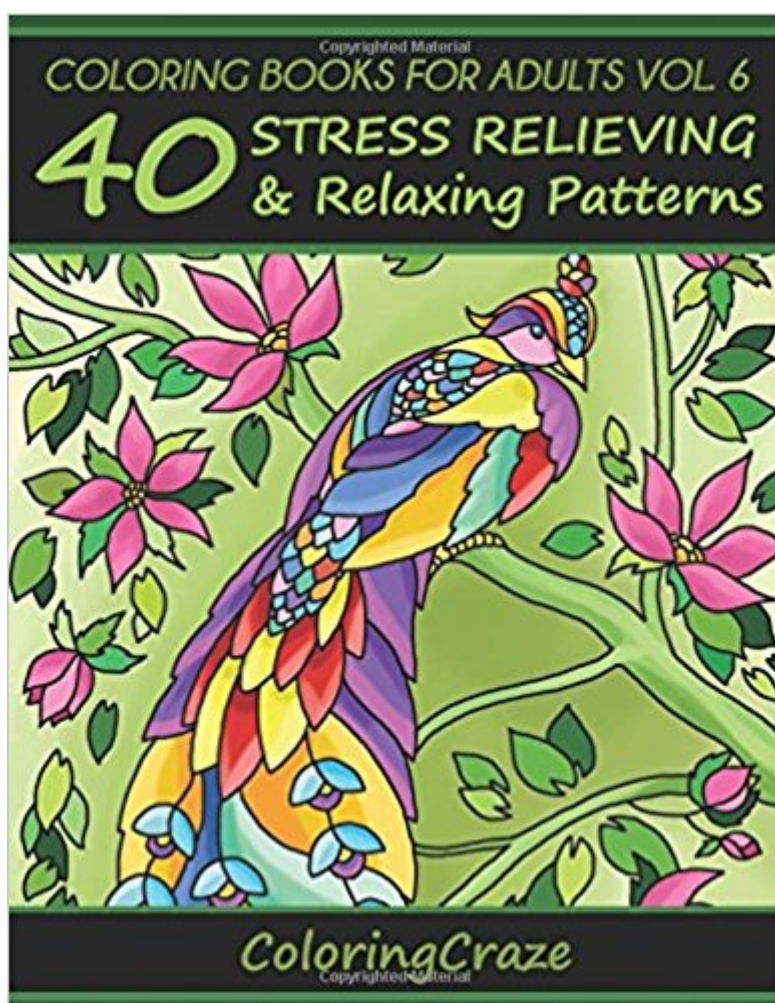


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# Coloring Books For Adults Volume 6: 40 Stress Relieving And Relaxing Patterns (Anti Stress Coloring Books For Grown-ups)





## Synopsis

Relax and step away from everyday life stress! Coloring books arenâ™™t just for kids anymore. Nowadays our lives become busier and more complicated. Technology escalation moves us through waves of emails and social networksâ™™ notifications. This constant stimulation of expectations, obligations and stress has left us burnt out and distanced from the joys of the present. Finding a moment of calm can be a challenge. Recently, coloring has been discovered a wonderful activity for anyone who wants to relax, de-stress and release mind from overwhelming thoughts. The growing popularity of adult coloring books proves its positive simplicity and being a trendy way to find yourself focused and unwind from the hectic pace of modern life! Channel stress and anxiety into artistic fulfillment. Escape to the world of inspiration suitable for both, beginners and advanced colorists, anyone who loves coloring joy. There are no instructions, no rights or wrongs, and there is no need for expensive art supplies. Color in any way you wish to create unique and exquisite pieces. Coloring can benefit those who find it difficult to discover their inner artist when faced with a blank page. Switch off and lose yourself in the flow of coloring. Filled with fanciful mix of devious forms, the book features detailed flowers, amazing birds, idyllic landscapes and deep sea life. This book ensures hours of entertaining mental relaxation. Take your time, bring the color and let your imagination run free! These amazing, intricate arts are ready for you to add your own special touch. Features: 40 beautiful, stress-relieving patterns, designed to engage and spark imagination to unleash your inner creativity. Different levels of detail, from easy to difficult (for different eyes). Pick a picture depending on your mood and start your de-stressing journey. Printed on large 8.5x11 high quality paper. You'll have plenty of space to be creative and work on the details. Each drawing is printed with the reverse side blank. When you are done, you will have unique piece of art, worth framing and displaying. Perfect for decorating with colored pencils, gel pens, markers, porous point pens or crayons. Share your coloring passion. Give your friend a gift of relaxation or sit and enjoy it together. You donâ™™t need creative experience. If you find it difficult to discover your inner artist - you will still benefit. Coloring alone is calming, just add color! Scroll up and get it now! \*Please note that if you are using markers or gel pens, consider using scrap paper behind the page you're coloring to prevent bleed-through.

## Book Information

Series: Anti Stress Coloring Books For Grown-ups (Book 6)

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## Customer Reviews

We are a group of illustrators that came together to create and publish beautiful and original coloring books for adults. We want to give unique experience to people around the world and provide long hours of relaxing joy. Happy coloring! --This text refers to an alternate Paperback edition.

Lots of great pictures to color. All kinds of subject matter and varied types of drawing. Some are intricate and some less so. All are interesting to color and to look at. This is another in a series that is great so far. The fun of coloring is alive and well.

Another wonderful coloring book from Adult Coloring Books Illustrators Alliance! A great group of artist putting together their talents and turning out lovely coloring books to enjoy. Multiple artists means a variety of styles to color. Some need more time than others to complete but suit well to choosing how much time and effort you want to invest on a particular day. You can't go wrong adding any or all, of the coloring books from this Alliance of artists!

This book has awesome images of landscapes, butterflies, sea life, flowers, and more. The pictures are creative, clear, and realistic. The would be perfect for coloring, crafts, art, needlework, and more. I don't find many coloring books I like but this is one I will find lots of uses for.

Fantastic images that are fun to color. There's a lot of variety and definitely something for everyone. Easy to print out with a link at the end of the book.



This coloring activity has brought me a new and different way of relieving stress. Actually, I have downloaded a coloring book which has a Christmas theme from the same author and I find it so relaxing doing the intricate patterns of the pictures. This book now has some kind of a nature theme and I think it would be stress relieving as well. Again, a printable pdf copy of the book can be accessed through a link provided in this book.

This is another winning book from the Adult Coloring Books Illustrators Alliance.. There is a super selection of images from underwater scenes to landscapes to floral and birds..... you get the idea. The designs are not terribly tedious to color, but still contain plenty of details, which is what I like to color. There are two links to download a .pdf file of the images so you can print and color them as many times as you like.... and the links work with this publisher.... no fooling around having to request the files. To me, that is important. I'm impressed with this book (Kindle version) and I think you will be too.

The pictures in this book include a variety of wildlife, scenic and floral/nature imagery. The style is consistent throughout. Some of the images are not as detailed as I personally prefer, but this does make them suitable for a good range of ages and abilities. Plenty of scope for blending if you use colouring pencils or block colouring with markers. Some pictures have a "sameness" about them. Overall a lovely selection of images.

Gave it to my granddaughter, and she just loved it! Thank you for offering such a lovely coloring book!

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