



## Adult Coloring Book: Relax (Paperback)

By Adult Coloring Books

Skyhorse Publishing, United States, 2015. Paperback. Book Condition: New. 277 x 216 mm. Language: English . Brand New Book. Everyone needs a little me time every once in a while. What better way is there to relax and unwind than by coloring these meditative designs? Elegant abstract patterns and entrancing mandalas await you in these pages. It's time to de-stress and do something nice for yourself--and your brain. Part of the Peaceful Adult Coloring Book Series, this coloring book is designed with your sanity in mind. Coloring has been proven to be beneficial for adults, creating an escape from the everyday while entertaining your imagination. Your inner artist will be brought to the surface as you visualize the endless possibilities for these enchanting designs. Intricate swirls and captivating patterns adorn pages and pages of mandalas, art nouveau--inspired tiles, and other beautiful creations. As you contemplate each design, let your imagination wander over the infinite combinations of colors and approaches. Invest your energies in the tranquility of coloring, and enjoy the serenity that follows. In this book, you'll find: An introduction on the cognitive benefits of coloring Forty-eight black-and-white designs for you to color Palette grids to help you...



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