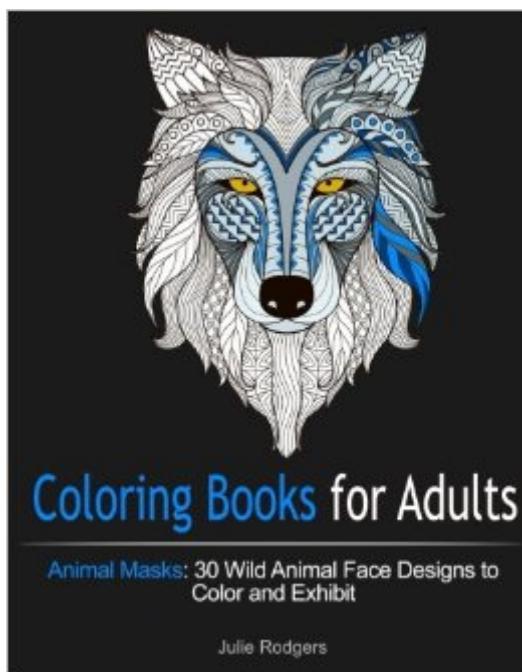


The book was found

Coloring Books For Adults: Animal Masks: 30 Wild Animal Face Designs To Color And Exhibit (Animal Mask Patterns, Wild Animal Patterns, Doodle)



Synopsis

***30 WILD ANIMAL FACE DESIGN PATTERNS AS A GREAT GIFT *** Are you ready to relieve stress and get creative? Our Coloring Books for Adults: Animal Masks: 30 Wild Animal Face Designs to Color and Exhibit is just what you need. You'll benefit by reducing your stress and anxiety after a long, hard day. Coloring has also been shown to increase your creativity. How does coloring help stress for adults? It's been scientifically proven to help you take your attention away from your problems. This is the first step to stress relief. Because coloring regulates your amygdala, you get therapeutic relief from stress. You get a small dose of dopamine when you color which helps reduce anxiety and fear. Neuroscience has proven that when we stimulate this area of our brain to produce positive feelings, it can literally rewire our brains. Coloring can now be thought of as a very inexpensive and creative therapy session. Since it requires focus, even if you only color for a short period of time, it can improve symptoms associated with ADD. Why choose this coloring book? This book provides 30 patterns to provide you with the ultimate coloring experience. You get to be creative and be transported back in time to your carefree childhood days. It's time to unwind with one of the most popular relaxation methods available: adult coloring. Find out for yourself just why adult coloring has become amazingly popular. Choose the best picture that suits your day and start coloring. Our digital version means that you can print out high quality digital images and color until your heart's content!

Book Information

Series: Animal Mask Patterns, Wild Animal Patterns, Doodle

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Customer Reviews

I have always loved to color, from the time I was able to pick up a crayon until now. Long before it became a trend, I have been coloring as a way to reduce stress. I would doodle with a black pen while I was on the phone (which is what I do for work at a call center) and then after I had a page full I would fill in with colored pencils. Now that "Adult Coloring Books" have become a trend, I have started finding more and more books available. I was a bit skeptical about being able to print from a Kindle book, but there was a PDF file included that you can print from. You can choose to print one or two or the whole book multiple times. It is a book with low resolution images of coloring pages. Once you have the PDF, you can print the images and color away! I chose to print at home on regular copier paper and color one image at a time. It's great that you can use the same design and color many different ways if you wish. I have made my daughter (she's 13) a binder with a bunch of printouts from this and several other books and a pencil pouch with coloring pencils so she can take it wherever she wants. In regards to the designs, there are many designs that vary significantly in detail and complexity. Again, I see this as a positive since if I have less time on my hands, I can do a simpler design or I can share it with my nephew to color. But, if I have more time on my hands or I really want to escape and relax into some coloring meditation for a while, I can choose a more complex design. I REALLY like the idea of a PDF that can be downloaded and the flexibility it provides for lots of fun family coloring. I'll definitely be checking to see if there are any other books available by this artist in the future.

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