



Snowflakes Coloring Book for Grown Ups: Christmas Adult Coloring Book for Grown Ups

By Jill Bonny

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 254 x 203 mm.

Language: English . Brand New Book ***** Print on Demand

*****.Coloring Books For Grown Ups. Jill Bonny s Snowflake

Adult Coloring Book is an icy delight, packed full of cool crystal shapes and intricate patterns for your coloring delight. This isn't your average kiddie coloring book. These images are

advanced and challenging with a few beginner/intermediate images peppered in for good measure. Snowflakes Coloring

Book for Grown Ups Features: More than 111 pages, single sided so markers won't bleed onto your other work. Advanced

and Challenging Adult Coloring Pages. De-stressing patterns and line functions. Utterly Empowering Adult Coloring Books

and Coloring Books For Grown Ups are here to stay. here a just a few of the benefits: Boost Your Creativity Energize Your

Mental Focus Flush Negativity Gain Vibrant and Bright Clarity Ben Michaelis, a psychologist, says, There is a long history of

people coloring for mental health reasons. Carl Jung [founder of psychology] used to try to get his patients to color in

mandalas at the turn of the last century, as a way of getting people to focus and allow the subconscious to...



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