



## Art Therapy for Fun Relaxation (Paperback)

By -

Andrews McMeel Publishing, United States, 2014. Paperback. Book Condition: New. 238 x 180 mm. Language: English . Brand New Book. Coloring is the new meditation. Unplug, disconnect, and relax with this sophisticated anti-stress coloring, doodling, and drawing book. From creating free-flowing lines and swirls to shading in intricate patterns, every illustration in this adult coloring book has been carefully crafted so that even amateur artists can enjoy the satisfaction of creating something of exceptional beauty. Everyone will benefit from the stress-relieving effect that increased focus and creativity can provide. There are no rules or complicated step-by-step instructions in these pages and no need for expensive art and craft supplies. Readers can simply scribble, scrawl, and shade to their hearts content.



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