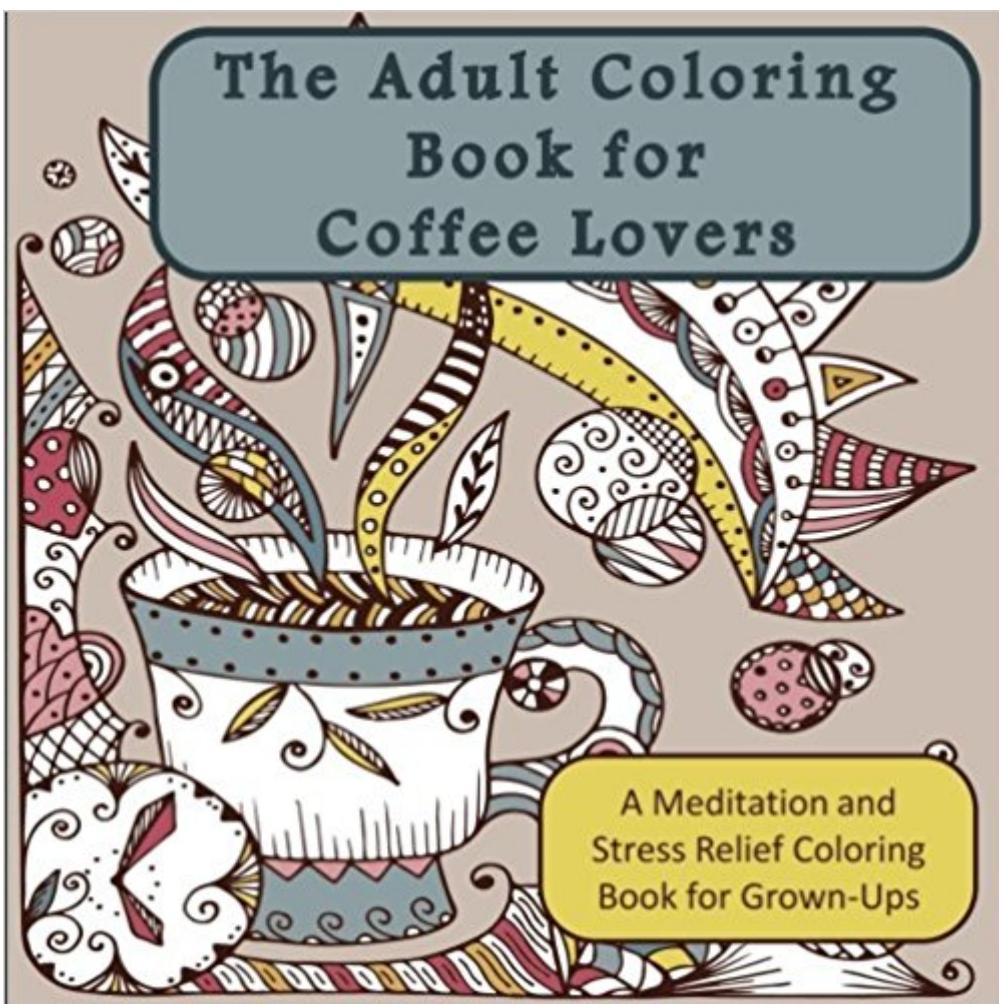


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The Adult Coloring Book For Coffee Lovers: A Meditation And Stress Relief Coloring Book For Grown-Ups (Humorous Antistress Coloring Pages And Zentangle Designs For Relaxation And Stress Relief)





Synopsis

COFFEE THEMED COLORING PAGES | GREAT BIRTHDAY GIFT IDEA Believe it or not, coloring books aren't just for children anymore. The popularity of adult coloring books has skyrocketed recently. You'll find them online and at all the major retailers. Recent research shows they provide hours of entertainment and relaxation. Do you love adult coloring? Do you consider yourself a coffee lover or perhaps even a coffee connoisseur? Have we got the coloring book for you! Imagine the feeling of relaxation and calm you will experience while coloring one of the many empowering coloring book pages in the Adult Coloring Book for Coffee Lovers with your favorite cup of coffee. Because you love coffee, relaxation and less stress - the Adult Coloring Book for Coffee Lovers is a must for your collection. Adult coloring books can help you find your "happy place" and can be extremely therapeutic. This is nothing new. Throughout history, art has often been used as a way to bring peace, calm and healing. The famous painter Frida Kahlo is a great example. In pain most of her life after an accident, Frida turned to painting while bedridden following the accident to deal with her isolation and pain. Her art would provide an escape throughout the rest of her career. Doctors and therapists have discovered the healing benefits of art for their patients. Fortunately, you don't need to be an artistic genius such as Frida Kahlo to realize these benefits. Adult coloring books such as the Adult Coloring Book for Coffee Lovers are a low cost and effective way to manage both mental and physical conditions. The Adult Coloring Book for Coffee Lovers provides beautiful adult coloring pages featuring artistic designs of your favorite beverage. First grab a cup of your favorite coffee, then grab a set of pens and finally, find yourself totally absorbed in a relaxing session of adult coloring with the Adult Coloring Book for Coffee Lovers. Stop procrastinating. Start enjoying the incredible benefits of adult coloring now! Let each design guide you through a journey of tranquility and let your troubles leave your mind. Purchase the Adult Coloring Book for Coffee Lovers now! Use Ink or Pens Use either fine-tipped ink markers, color pencils, and pens. Single Sided Pages With One Design Per Page The opposite page for each drawing has been left blank to prevent ink pens from bleeding through. The Perfect Gift for a Loved One Buy one for yourself and give one to a loved one. This adult coloring book is perfect for: Providing the right mindset to allow rest and relaxation when having difficulty sleeping Attaining a state of relaxation and calm during the stress and anxiety filled moments Dealing with nervousness and anxiety Enhancing focus and concentration Providing a therapeutic art release to reduce anxiety and unpleasantness Buy Now, Find Your Happy Place with coffee and coloring. Begin Your Journey of Relaxation and Tranquility Now With This Amazing Adult Coloring Book. Click the Buy button at the top of the page to begin.

Book Information

Series: Humorous Antistress Coloring Pages and Zentangle Designs for Relaxation and Stress Relief

Paperback: 58 pages

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Average Customer Review: 4.4 out of 5 stars 4 customer reviews

Best Sellers Rank: #83,919 in Books (See Top 100 in Books) #83 in Books > Arts & Photography

> Drawing > Coloring Books for Grown-Ups > Humorous #108 in Books > Self-Help > Art

Therapy & Relaxation #299 in Books > Self-Help > Stress Management

Customer Reviews

I really like the designs in this book. There are lots of really pictures for sure. Cons of this books are: the pages are thin, and they aren't perforated at the edges for easy tear out. I usually like to remove the page I'm coloring so I can turn it as I color. The pages in this book are hard to tear out. These were the only things I didn't like. All that being said, I recognize this is a self-published book by an artist whose working hard to sell her art. Otherwise, I really like the artwork and I hope the artist puts out more designs.

I love doing a bit of this book while I drink coffee in the mornings.

Very cute book.

Great

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