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## Adult Colouring Books Art Therapy: Anti-Stress Art Therapy for Busy People (Sketch Coloring Book) (Paperback)

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By Art Therapy

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 254 x 203 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Adult Colouring Books Art Therapy is an awesome coloring book made just for adults. Get your creativity going with the intricate and fun patterns and detailed designs that beg to be filled with color. Spend your afternoon or evening absorbed in the pages of unique and artistic abstract designs. Customize the pages using colored pencils, crayons, or your choice of coloring instruments. Exercise your aesthetic and color theory to create a beautiful coloring book page that could be hung on the wall as a finished product. Grownups are learning that coloring isn't just for kids. It's a relaxing, centering activity for adults of all ages. If you are looking for an enjoyable creative challenge, look no further.



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