



Adult Coloring Book: 29 Animal Designs for Stress Relief

Rangel Stoilov (Editor) , Veselina Philipova (Illustrator)

[Download now](#)

[Read Online](#) 

Adult Coloring Book: 29 Animal Designs for Stress Relief

Rangel Stoilov (Editor) , Veselina Philipova (Illustrator)

Adult Coloring Book: 29 Animal Designs for Stress Relief Rangel Stoilov (Editor) , Veselina Philipova (Illustrator)

What are Adult Coloring Books?

Coloring has been proven to be an effective way of helping individuals deal with stress, anxiety and even traumas. The modern life is fast moving and very challenging. It has become almost impossible for someone to go through a day without encountering some form of anxiety. From family challenges to the ones found in the workplace or business, it is harder to remain stress-free at all times - more than ever before.

This book contains 29 beautiful animal designs to color and help you relax. Even coloring for a small period of time keeps us engrossed in the action and lets us forget our worries that cause us so much anxiety and stress. It also helps us mentally travel back to our childhood days, which leaves us more rested, relaxed and happy.

So what are you waiting for? It's time to bring out all your coloring crayons and felt-tip pens, coloring pencils and get set and ready to color and relax!

If you have been struggling with anxiety or stress or you just love to color, this book is for you...

The 29 Animal Designs for Stress Relief Has...

29 Beautiful Coloring Pages

Glue bound at the side

Medium weight paper

Dimensions 8.5 X 11

Illustrations are single sided

Non-perforated

Recommended for beginner to advanced colorists

Adult Coloring Book: 29 Animal Designs for Stress Relief Details

Date : Published March 25th 2016 by Unibul Press

ISBN : 9781523454532

Author : Rangel Stoilov (Editor) , Veselina Philipova (Illustrator)

Format : Paperback 62 pages

Genre : Colouring Books, Colouring, Environment, Nature

 [Download Adult Coloring Book: 29 Animal Designs for Stress Relie ...pdf](#)

 [Read Online Adult Coloring Book: 29 Animal Designs for Stress Rel ...pdf](#)

Download and Read Free Online Adult Coloring Book: 29 Animal Designs for Stress Relief Rangel Stoilov (Editor) , Veselina Philipova (Illustrator)

From Reader Review Adult Coloring Book: 29 Animal Designs for Stress Relief for online ebook

Adult Coloring Book: 29 Animal Designs for Stress Relief Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Adult Coloring Book: 29 Animal Designs for Stress Relief Rangel Stoilov (Editor) , Veselina Philipova (Illustrator) books to read online.