

# FULL BOOK Be Stress-Free and Color: Channel Your Worries into a Comforting, Creative Activity

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Be Stress-Free and Color is the perfect book for stressed-out adults who want to reconnect, simply and easily, with their inner creativity. In this guided coloring book for adults looking for some me-time, art therapist Lacy Mucklow and artist Angela Porter offer up over 50 coloring pages, all designed to help you unplug and unwind. With so much chaos in the world and stress in our daily lives, we need a way to relieve the tension and avoid burnout, illness, or worse. A simple and inexpensive way to relieve stress is by coloring images, which is soothing and could ultimately aid in reversing the effects of anxiety. Refocusing your attention on something completely different engages a mental, physical, and emotional shift that can help break the pattern of consistent stress and allow you to rejuvenate. Be Stress-Free and Color features designs that tackle seven of the most common stressors experienced by people worldwide: disorganization and chaos, relationships of all kinds, financial difficulties, employment, health concerns, time management, and traveling and commuting. You can explore the benefits of putting pencil (or crayon!) to paper and channel your day-to-day stresses into a satisfying, creative environment. Be Stress-Free and Color will have you enjoying the day and relaxing before you know it! Also available: Be Calm and Color; Be Grateful and Color. Experience waves of calm as you color your way through the books of the Creative Coloring series. These coloring books include something for everyone, regardless of age or artistic experience, from adorable kitties and cute kawaii characters to hilarious memes and calming mandalas. Let go of your stress and find peace in all the beautiful patterns or adorable characters. Whether you are looking for an easy, relaxing pastime or to get those creative juices flowing, this series has it covered. Creative Coloring books are the perfect gift for friends or loved ones (including yourself!).


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 Difficulté Facile

 Durée 335 jour(s)

 Catégories Art, Maison, Robotique

 Coût 30 USD (\$)

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