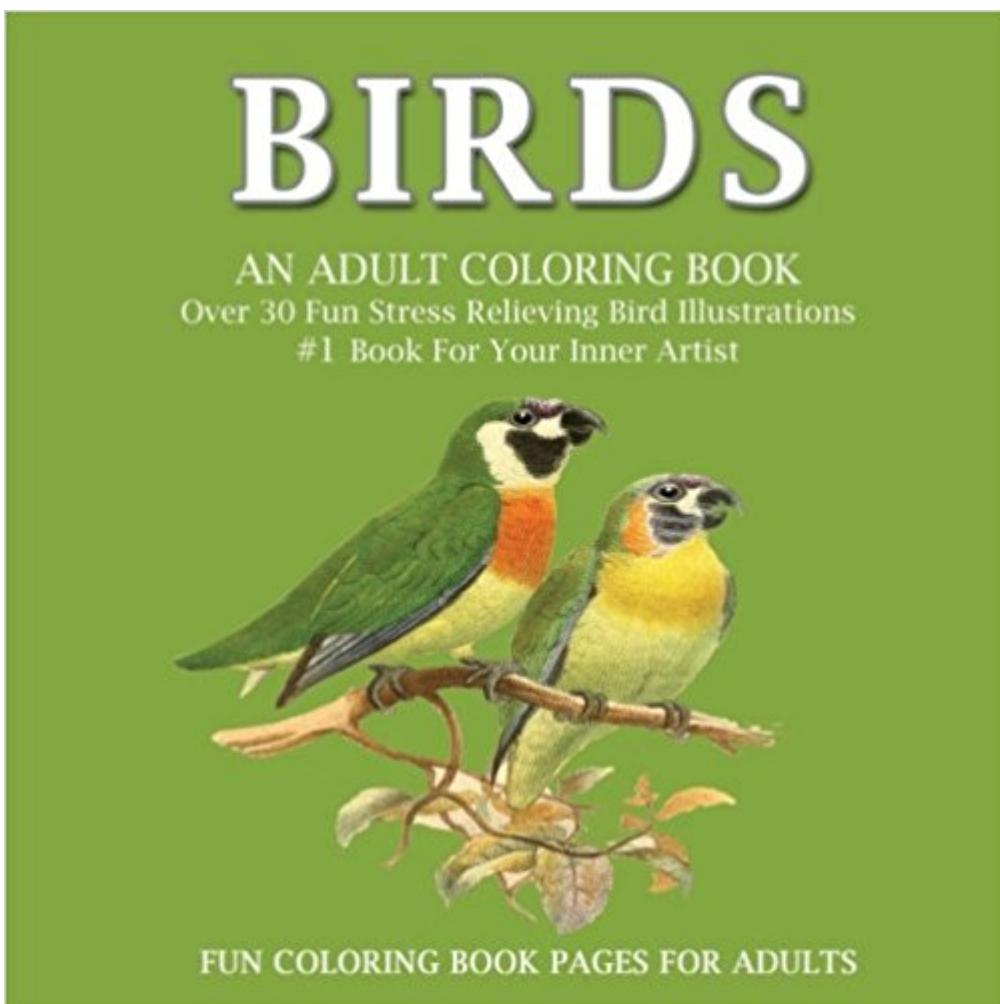


The book was found

# **Birds: An Adult Coloring Book: Over 30 Fun Stress Relieving Illustrations Of Birds, #1 Book For Your Inner Artist, Mindful Meditation Coloring Book, Bird Guide Natural World Coloring Book**





## **Synopsis**

Birds: An Adult Coloring Book #1 book for your inner artist. An Adult Coloring Book featuring A new collection of over 30 Stress Relieving Bird Illustrations for mindful coloring. This book is for all levels with Birds ranging from minimal to very detailed. The paper is perfect for fine tip pens, colored pencils and markers. The completed adult coloring pages are an excellent Gift to give to friends, family and other loved ones for holidays and special occasions. Join the millions of Adults who are using coloring books to conquer stress while at the same time relaxing and creating beautiful artwork. The paper is perfect for fine tip pens, colored pencils and markers. The completed adult coloring book pages are an excellent Gift to give to friends, family and other loved ones for holidays and special occasions. The Benefits of Coloring for Adults Coloring is the perfect way to relax after a tough day and great for enhancing your creativity. For many, coloring a beautiful image can be a form of meditation. It allows you to enter the flow state in which you are in the moment, actively focusing on what you are doing and blocking out all distractions around you. Stressful thoughts and future worries can be simply pushed aside as you take time to enjoy the present moment. We live in an incredibly busy world. Our pace of living is often full speed and our minds are continually jumping from one thing to the next. It is very beneficial to disconnect and give yourself a break. Your mind needs time to sort out all the information it receives and your body needs time to simply unwind. Coloring can provide that calming break. Coloring is such a simple relaxing leisure activity and best of all you get to create beautiful artwork too! Here are some other benefits of the art of coloring: Color on your own or with friends and family. Coloring can improve performance at work through enhanced focus. You can display your finished artwork in the Home or Office. You can give your finished artwork away to friends and family for special occasions. Coloring strengthens the creative side of your brain. Coloring helps to build fine motor skills. Coloring is an amazing form of self expression. Grab your supplies, find a quiet space and enjoy this peaceful activity! File under: Birds Coloring Book for Adult who color, Birds Nature Guide Coloring Books for Adults Books > Arts & Photography > Graphic Design > Techniques > Use of Ornament Books > Arts & Photography > Drawing > Pen & Ink Books > Arts & Photography > Other Media > Mixed Media animals, mandalas, zentangles, flowers, garden, paisley, geometric patterns, fantasy, fairies and naughty swear word adult coloring books.

## **Book Information**

Paperback: 66 pages

Publisher: CreateSpace Independent Publishing Platform; Clr Csm edition (May 29, 2016)

Language: English

ISBN-10: 1533514380

ISBN-13: 978-1533514387

Product Dimensions: 8.5 x 0.2 x 8.5 inches

Shipping Weight: 6.6 ounces (View shipping rates and policies)

Average Customer Review: 3.9 out of 5 stars 3 customer reviews

Best Sellers Rank: #1,457,549 in Books (See Top 100 in Books) #33 in Books > Arts & Photography > Graphic Design > Techniques > Use of Ornament #267 in Books > Teens > Art, Music & Photography > Art #1221 in Books > Science & Math > Biological Sciences > Animals > Birds & Birdwatching > Field Guides

## Customer Reviews

not so great. repeats from other books and kiddies books.some detailed some its do it yourself.

Have to look up the birds for color, etc.

Absolutely beautiful. Exactly the type of coloring I like. Can't wait to get started. Would love to see more in the future.

Great gift

[Download to continue reading...](#)

Birds: An Adult Coloring Book: Over 30 Fun Stress Relieving Illustrations of Birds, #1 Book For Your Inner Artist, mindful meditation coloring book, bird guide natural world coloring book Birds: An Adult Coloring Book: Travel Edition Size, Over 30 Fun Stress Relieving Illustrations of Birds, #1 Book For Your Inner Artist, mindful ... book, bird guide natural world coloring book Transcendental-meditation: Mindful Meditation, A Beginners Guide To Demystifying Meditation & Being Mindful With Transcendental-meditation Flowers Adult Coloring Book Travel Size: Over 30 Fun Stress Relieving Flowers #1 Book For Your Inner Artist Coloring Books For Adults Volume 6: 40 Stress Relieving And Relaxing Patterns, Adult Coloring Books Series By ColoringCraze.com (ColoringCraze Adult ... Stress Relieving Coloring Pages For Grownups) Meditation Techniques: Complete Guide to Relieving Stress, Mindfulness, Happiness and Peace (Meditation Made Easy For Beginners, How To Reduce Stress, Anxiety, Restore Confidence and Inner Peace) Coloring Book for Adults & Grown Ups : An Easy & Quick Guide to Mastering Coloring for Stress Relieving Relaxation & Health Today! (The Stress Relieving Adult Coloring Pages) Meditation: Complete Guide To Relieving

Stress and Living A Peaceful Life (meditation, meditation techniques, stress relief, anger management, overcoming fear, stop worrying, how to meditate) Swear Word Coloring Book for Parents: Unleash your inner-parent!: Relax, color, and let your inner-parent out with this stress relieving adult coloring book. Flowers, Mandalas and Animals: Adult Coloring Book: Stress Relieving Patterns for Grown-Ups (Stress Relieving Coloring Books for Adults) Coloring Books For Adults Volume 1: 40 Stress Relieving And Relaxing Patterns, Adult Coloring Books Series By ColoringCraze.com (Adult Coloring Books, ... Anti Stress Coloring Books For Grownups) Mandala Coloring Book: 100 IMPRESSIVE MANDALAS Adult Coloring Book ( Vol. 1): Stress Relieving Patterns for Adult Relaxation, Meditation (Mandala Coloring Book for Adults) (Volume 1) Animals Adult Coloring Book: Stress Relieving Patterns of Elephants, Cats, Dolphins, Owl, Peacock, Panda, Fox, and More (Stress Relieving Designs) (Volume 1) Shapes: An Adult Coloring Book: Over 40 Fun Stress Relief Shapes and Geometric Patterns for Your Inner Artist Travel Size Shapes: An Adult Coloring Book, Over 40 Fun Stress Relief Shape Designs and Geometric Patterns for Your Inner Artist Magical Swear Word. Adult Coloring Books: Relaxation and Stress reduction: 30 Stress Relieving Magical Sweary Designs : flowers, mandalas, patterns. ... Anxiety and Stress (Swear Word Coloring Book) Adult Coloring Books: Mandala for a stress relieving experience (mandalas, stress relief, reduce stress, coloring books, relax) Adult Coloring Books: Awesome Animal Designs and Stress Relieving Mandala Patterns for Adult Relaxation, Meditation, and Happiness (Awesome Animals) (Volume 2) Adult Coloring Books: Awesome Animal Designs and Stress Relieving Mandala Patterns for Adult Relaxation, Meditation, and Happiness (Awesome Animals) (Volume 1) Meditation for Beginners: Ultimate Guide to Relieve Stress, Depression and Anxiety (Meditation, Mindfulness, Stress Management, Inner Balance, Peace, Tranquility, Happiness)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)