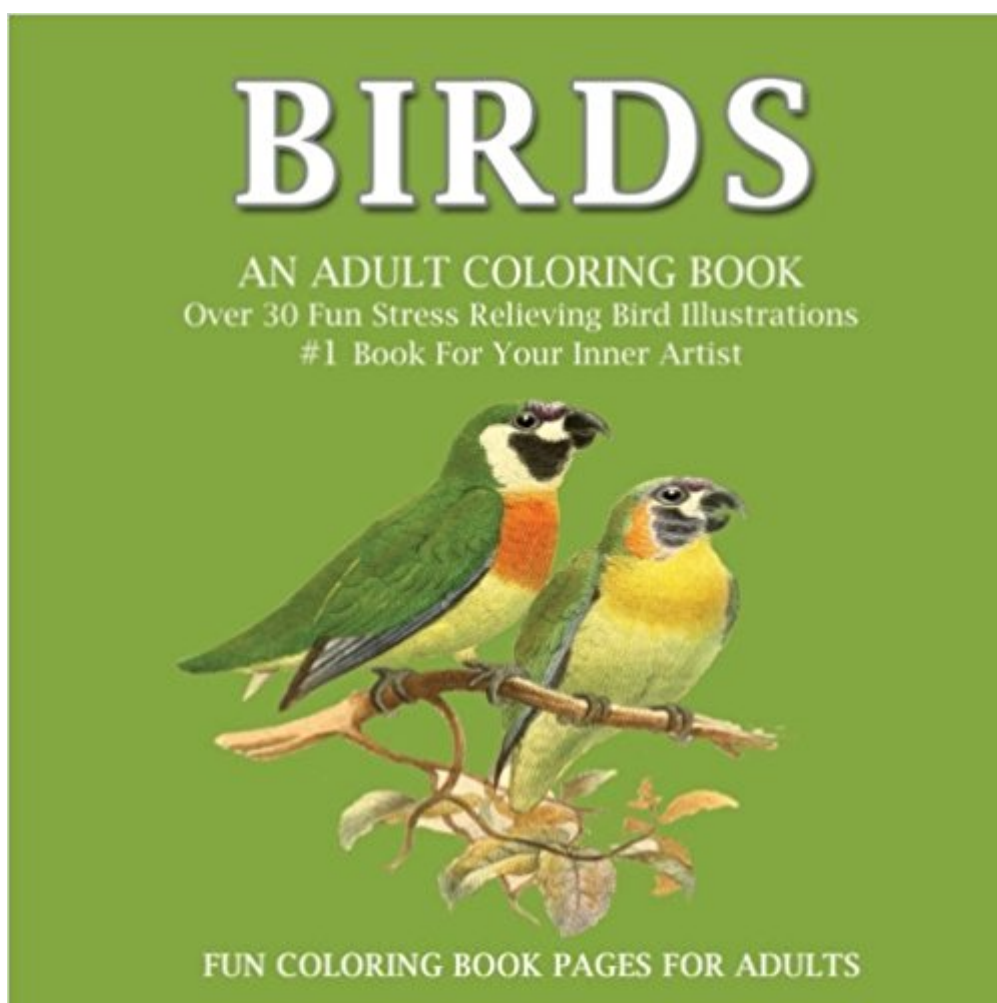


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# **Birds: An Adult Coloring Book: Over 30 Fun Stress Relieving Illustrations Of Birds, #1 Book For Your Inner Artist, Mindful Meditation Coloring Book, Bird Guide Natural World Coloring Book**





## 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.

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## 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

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