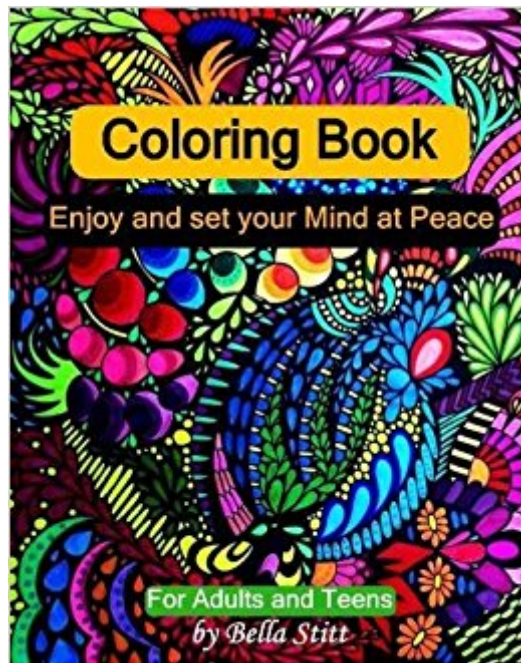




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Coloring Book: Enjoy And Set Your Mind At Peace: For Adults And Teens



Synopsis

This book by certified cognitive therapist Bella Stitt contains 60 fascinating pictures from her "Wonder Worlds" series for relieving stress from everyday life. Feel free to color as you listen to music or watch television. Coloring will put you at ease and make you better able to focus. This is a form of meditation as well as an opportunity to think about your struggles and come up with solutions while engaging in a calming activity. In addition, if you have difficulty with perfectionism and making decisions, choosing colors to use for these pictures will allow you to have practice with experiencing flexibility and courage while having a positive outcome since there is no right or wrong way to color. Relax and enjoy! You can find more books on www.bellastitt.com

Book Information

Paperback: 124 pages

Publisher: CreateSpace Independent Publishing Platform; Clr Lrg edition (September 7, 2015)

Language: English

ISBN-10: 1517198992

ISBN-13: 978-1517198992

Product Dimensions: 8.5 x 0.3 x 11 inches

Shipping Weight: 12.6 ounces (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars 45 customer reviews

Best Sellers Rank: #300,852 in Books (See Top 100 in Books) #57 in Books > Arts &

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Arts & Photography > Drawing > Coloring Books for Grown-Ups > Cities & Architecture

Customer Reviews

"This is a great coloring book with a nice introduction by the author. It is filled with beautiful pictures that are fun and relaxing to color. Very well done."- Anni Kelley-Day (.com) "I have really enjoyed coloring the patterns in this book! It promotes calmness and relaxation. It is a perfect after a long day of work or just hanging out and watching tv. I would highly recommend this book for people who have a hard time unwinding and sitting still. Its a great balance of doing something while being at the same time!"- Lisa Macedo (.com) --This text refers to an alternate Paperback edition.

Let me start out by saying that this is a fantastic idea for adults with stress or anxiety. It is so mediating to be able to absent-mindedly work on one of these patterns and see it come to life with

such amazing color. My one critique is that while flipping through the many pages (it is quite thick!) I happened upon the title and author's introduction of MEIN KAMPF?? I am not kidding. Hitler's autobiography was right in middle of my brand new coloring book! I have no idea why and am very confused and surprised by this supposed printing error. As no other reviews have come out mentioning this strange phenomenon I have to assume that this does not occur in every copy. However, that being said this is a wonderful book with beautiful patterns that you can make your own creation. Would give 5 stars if not for the sudden nazi-propaganda midway through. Attached is picture of the ripped out and crumpled page after I threw it in the garbage bin because it felt weird to have it in such a soothing book.

Great buy! 60 pages of whimsical drawings that you can't go wrong with coloring! Super fun and relaxing! I had so much fun coloring these 4 pictures--looking forward to coloring the rest! Best coloring book so far! P.S. I had also purchased the Wonderland coloring book by Bella Stitt and this one is even a better bargain since you get double the amount of pages (60 instead of 30) for just 2 dollars more.

I received it as a gift and have to say that I have gotten dozens of hours of inexpensive, pure pleasure from it. I use markers and the bleedthrough is horrible, but I always break the book bindings and use a clipboard to work on one page at a time, so I couldn't care less.

fun for all ages. Men and women! Very relaxing

cool way to spend a long weekend - everyone is getting an adult coloring book for Christmas

nice illustrations

Color your mind away from the world. Your intense concentration won't allow any worries to enter Your mind. I love the results

Absolutely love this book is perfect coloring pages for me!!! Ordered almost all of them done by Bella Stitt.

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