

ADULT COLORING BOOK

VOLUME 1



ANIMALS AND NATURE

MIND CALMING AND

STRESS RELIEVING DESIGNS

EASTON E GRAY

Volume 1

**Adult Coloring
Book**

**MIND CALMING
AND
STRESS
RELIEVING
DESIGNS**

ANIMAL AND NATURE INSPIRED PATTERNS

For Instant Relaxation



**EASTON E.
GRAY**

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Finding joy and reducing stress with coloring.

Coloring, or art in general, requires attention to detail, which allows you to clear your mind and leave the stressful things from your life behind. Sometimes it's easy to get lost in the coloring process and the release that occurs is very therapeutic. It produces a very calming and healing relief, as well the joy of accomplishment. Many people

find that coloring allows their minds to drift freely leaving them without a care in the world.

Coloring for adults is a big stress reliever and is the main reason that this genre has exploded in recent months. When you let go and relax, amazing things can happen! Coloring has proven to lessen anxiety, lower critical stresses in the body, and even reduces headaches. Not bad while producing an enjoyable peacefulness and a thing of beauty at the same time. Consider coloring as a form of meditation. While intensely concentrating on the piece of artwork it is not unheard of to find solutions to elusive problems or to feel revitalized

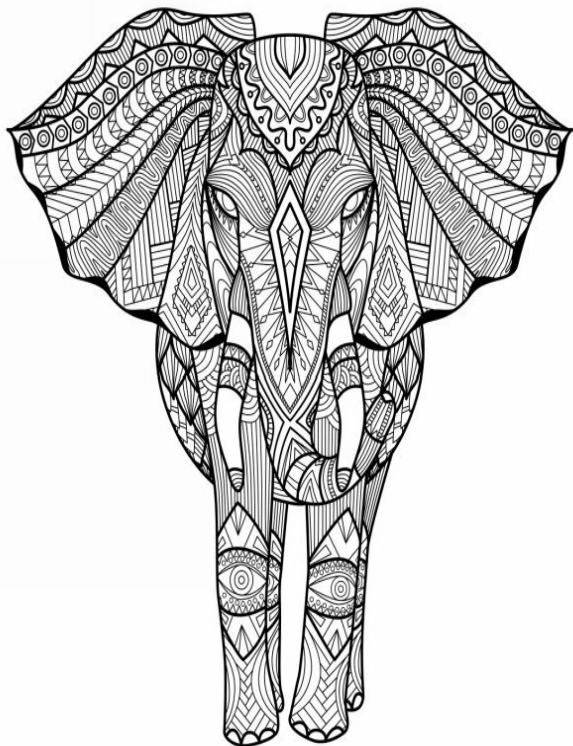
when finished.

Adult coloring books are so different from children's books because the details are much smaller, require more attention to detail and therefore more concentration. I'm so happy for you to begin this personal and fun adventure into the world of art.

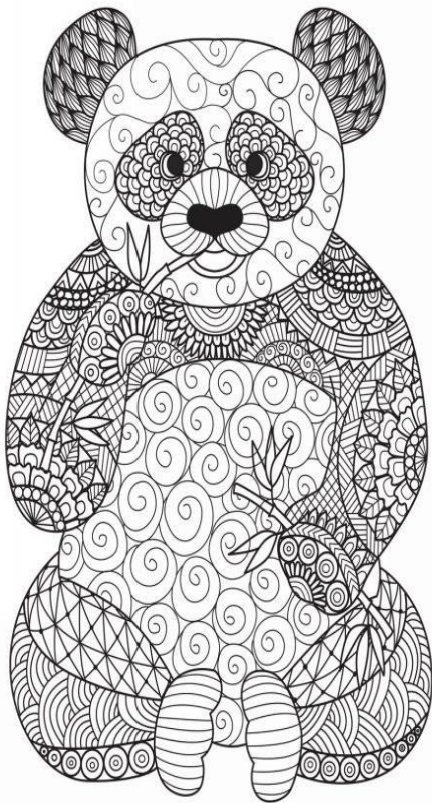
I suggest that rather than crayons, you might want to buy a nice set of colored pencils. Art pencils today are incredible, the colors are intense and vivid and give you great control. You might even want to enhance your coloring experience with transparent markers or water-color pencils.

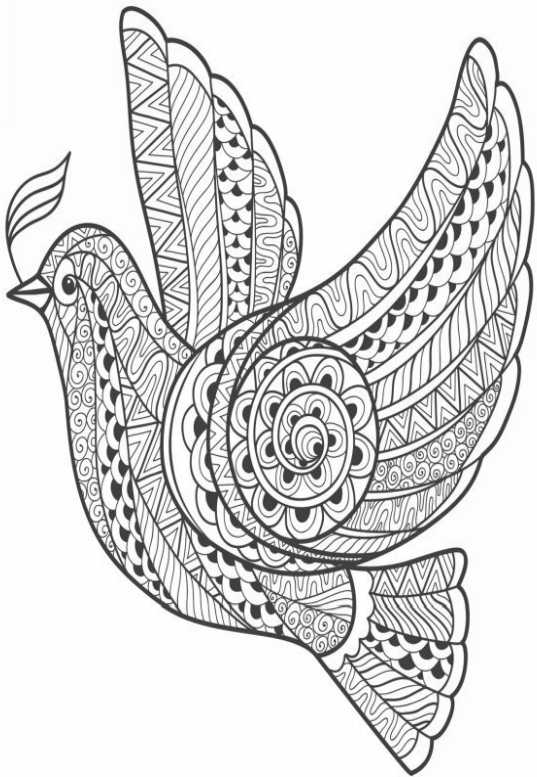
Depending on the weight of your paper the water-color pencils can be blended easily and look more like a painting when completed.

This ebook is purely for illustration and your purchase includes a PDF file to download and print off on a home printer. Enjoy this first look and then the download details for the PDF pages appear at the end of the Kindle book.

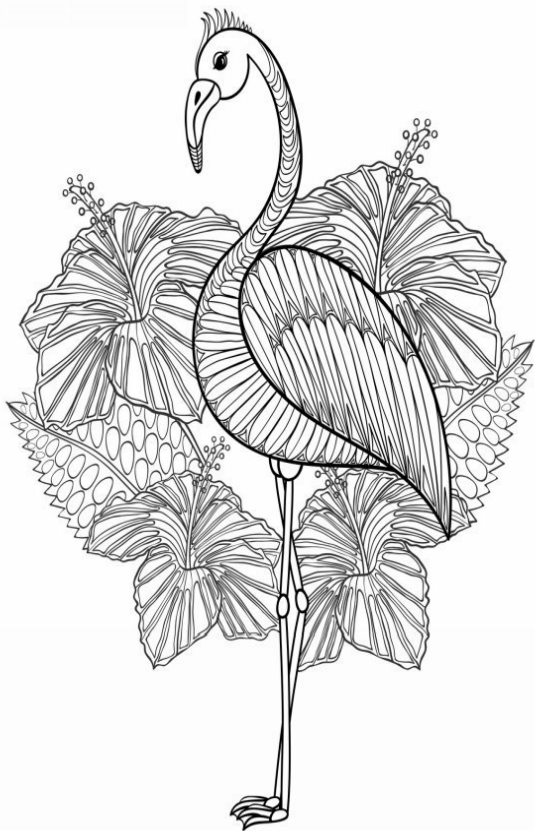


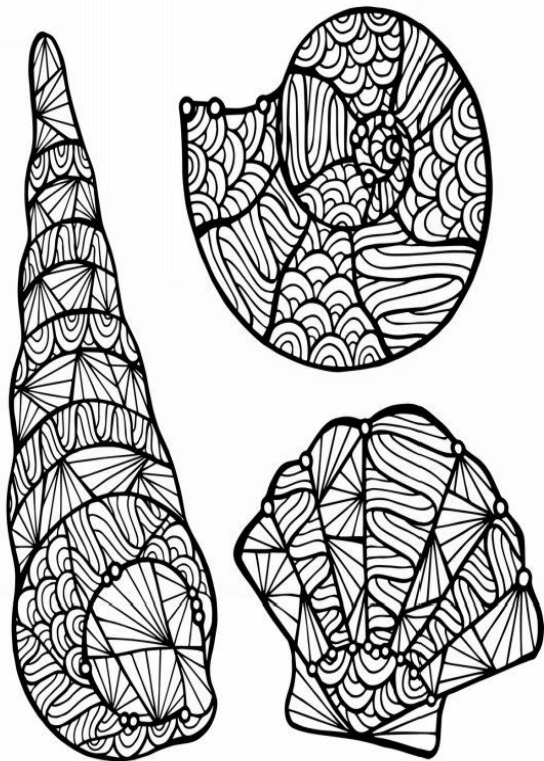


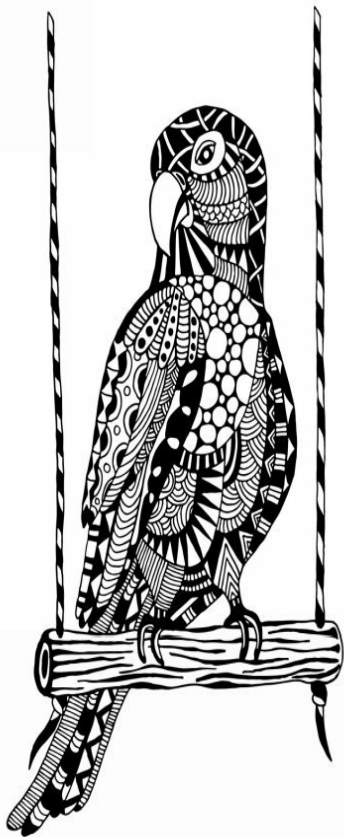


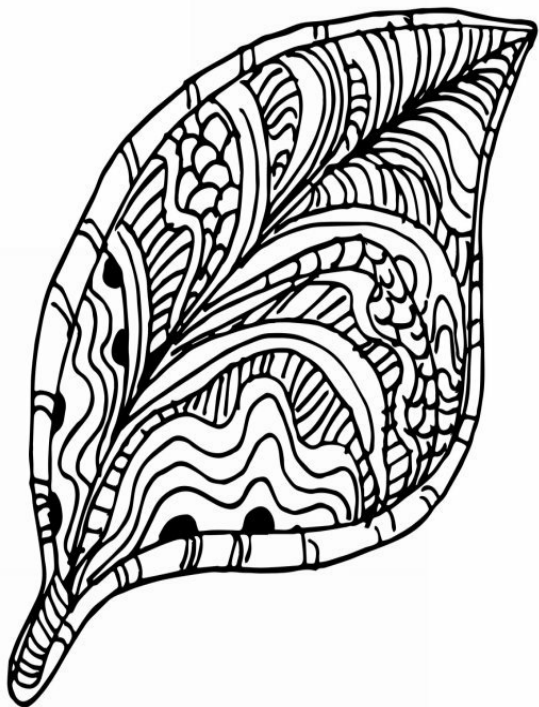




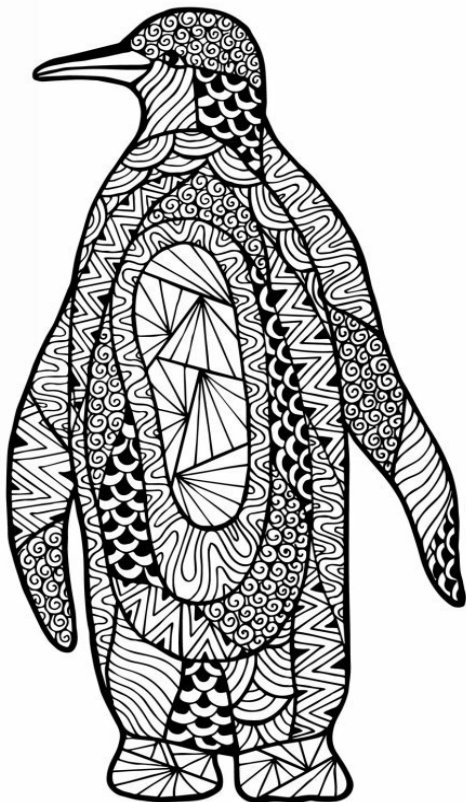








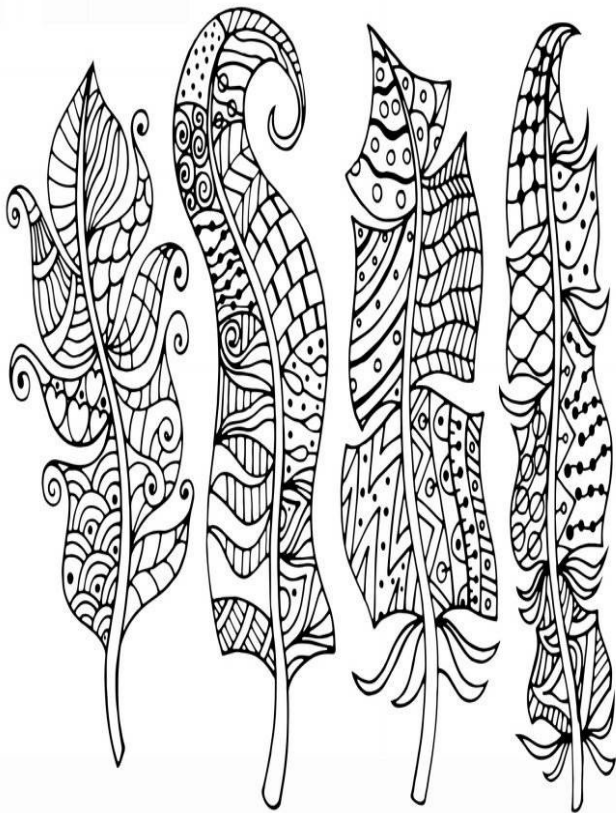


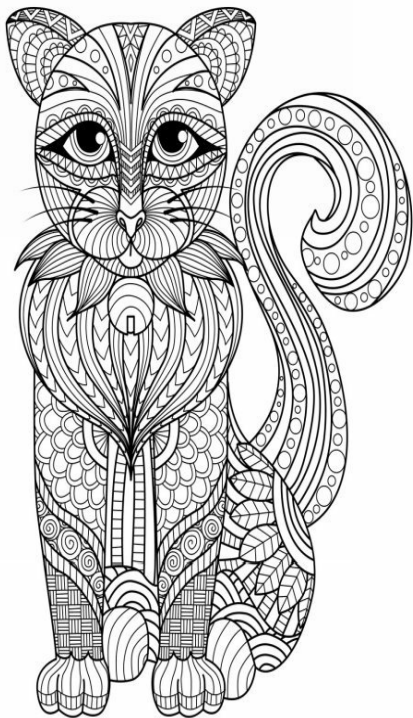


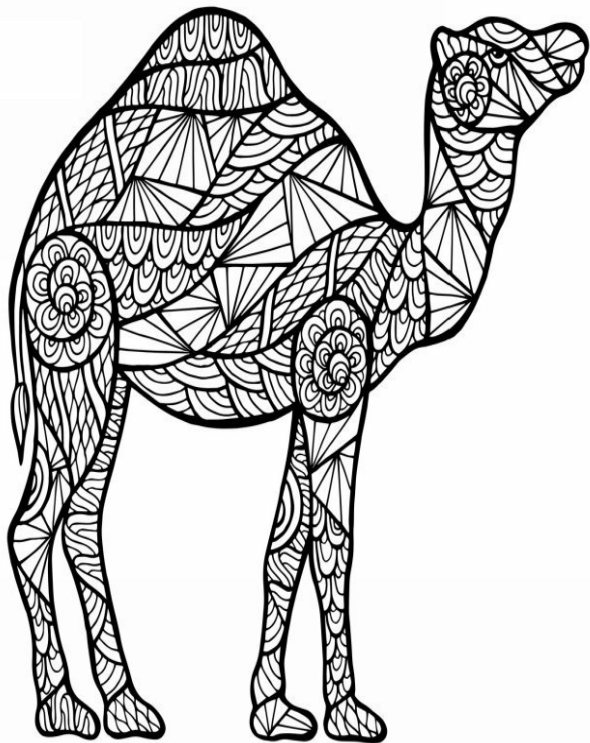








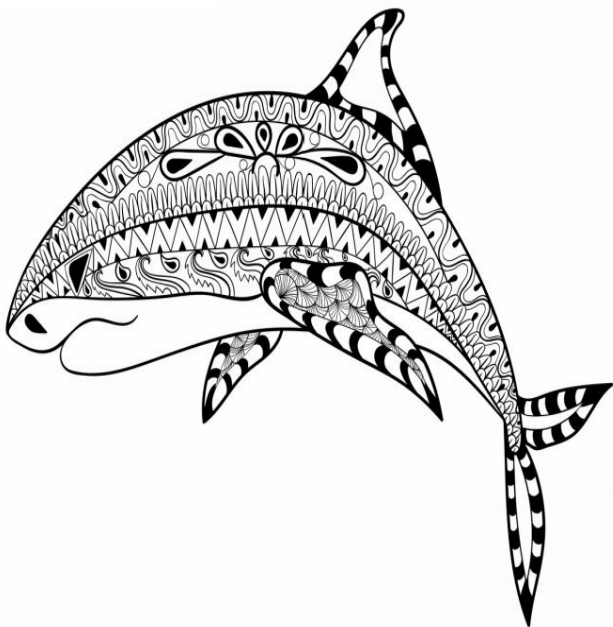






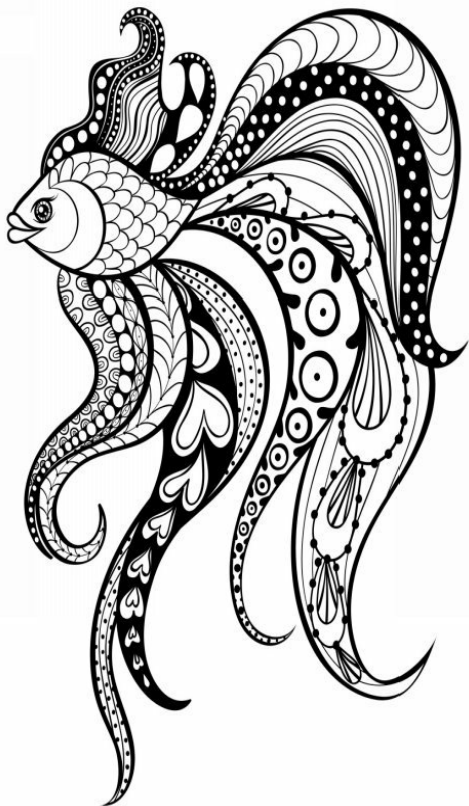


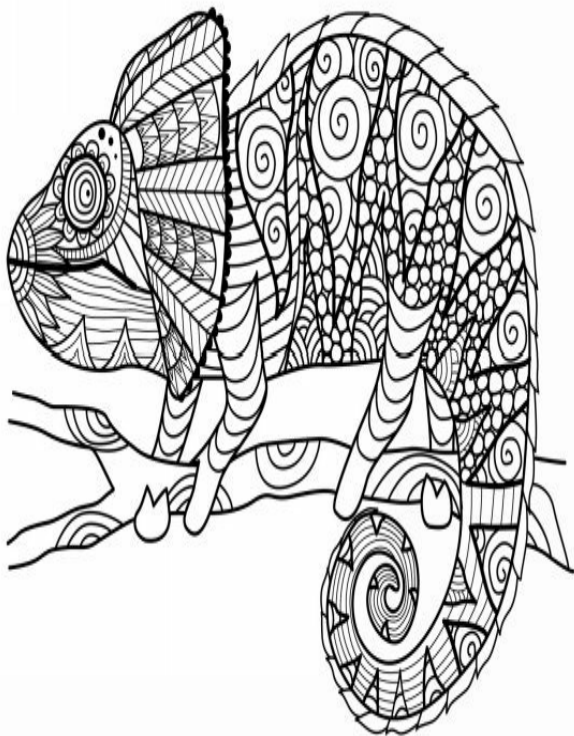




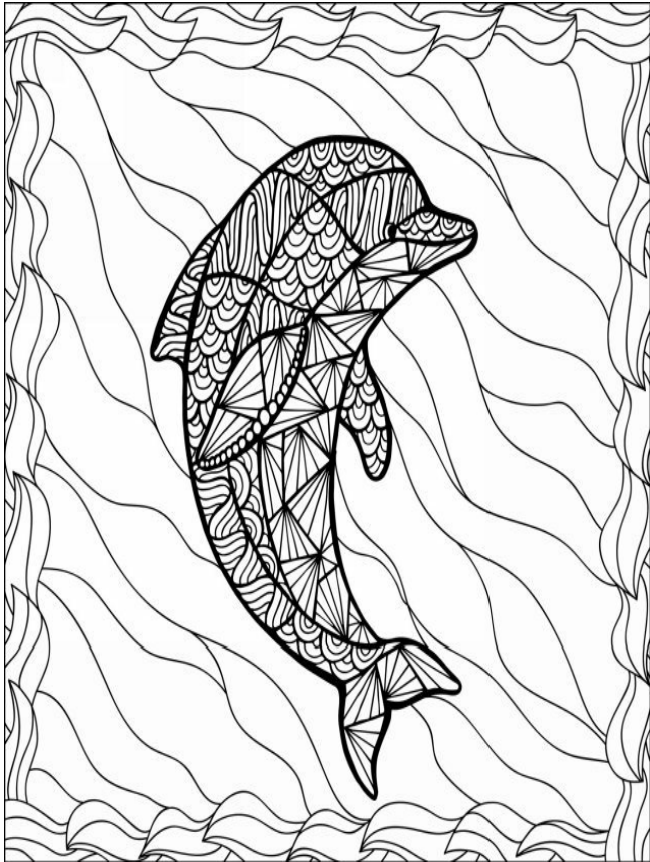


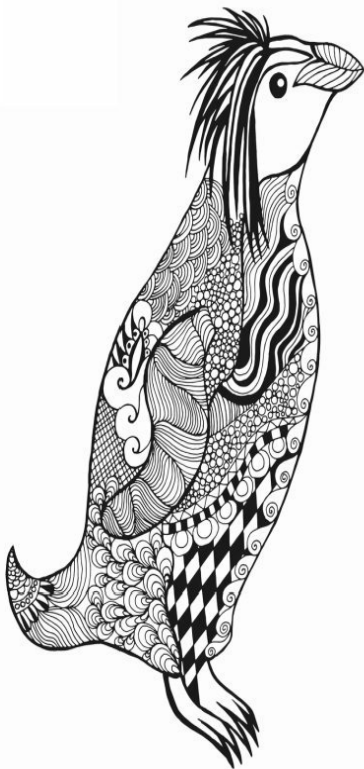








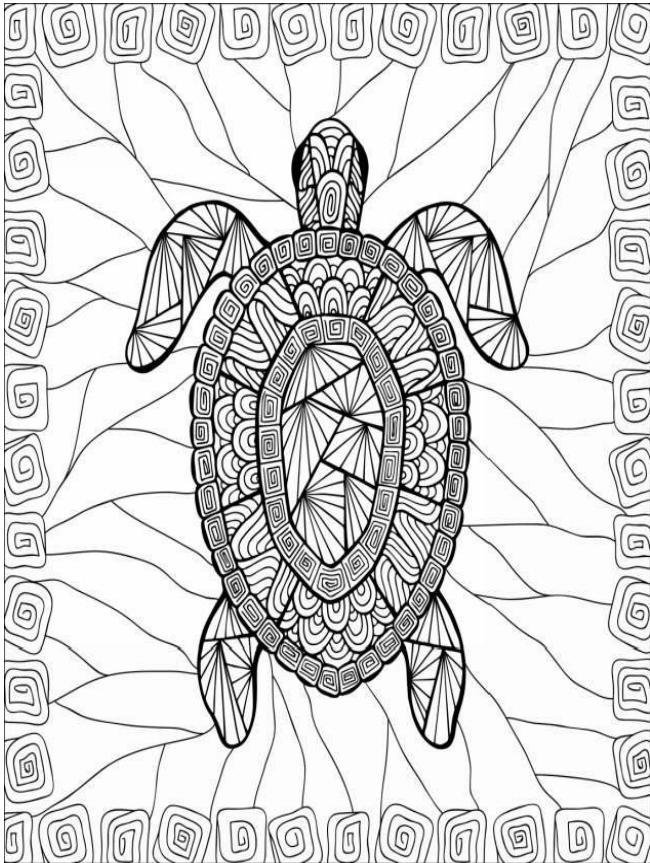




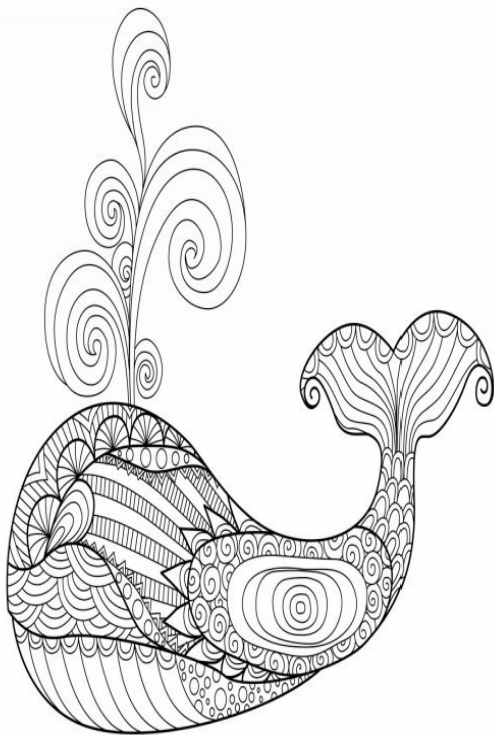


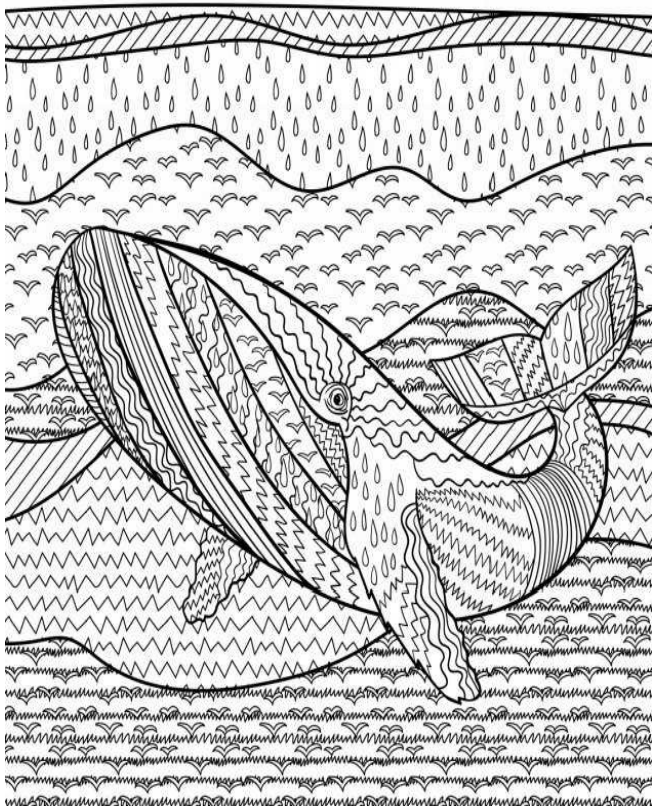












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Peaceful moments always,

Easton E. Gray

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