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Coloring Book Fantasy Garden: Relaxing Designs For Calming, Stress And Meditation: For Adults And Teens



Synopsis

Certified cognitive therapist and best selling author Bella Stitt developed this coloring book with 30 mesmerizing pictures for relieving stress from everyday life. Each picture is a fantasy garden, appearance of which depends on the way you choose to color it. Find more books on www.BellaStitt.com 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! To get coloring ideas please visit www.bellastitt.com where all book covers are original drawings colored by Bella.

Book Information

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Customer Reviews

This book it so much fun! It works well for markers, which is my preferred utensil. Since the pages are single sided, the bleed-through doesn't ruin another picture. I just place a few blank pages under the page I'm coloring because color does bleed through fairly easily. I love that the shapes in this book are large enough to add my own custom flair. I have several books with very small patterns that make me feel limited in my creativity, so of all of the books I've used for my coloring relaxation and creative outlets....this one is my favorite so far.

Great coloring book. It is easy to color, the images to color are not too small and you can finish a drawing pretty quickly whereas as a lot of other coloring books that I have tried to color, I have given up because they take forever and are not fun anymore after a while. I finished coloring the picture below in 75 minutes. I had a great time! Check out other books by this artist as well. Some of her books are two books in one and only 2 or 3 dollars more expensive than just getting one with 30 drawings.

Great buy, very nice pictures to color and the shapes in the images are fun and easy to color. Highly recommend it to anyone--even children would like this book. My 7 year old loves coloring with me.

I've been looking for an adult coloring book and came across this one. I was a bit iffy since someone said the papers were thin, but I decided to get one anyway and I love it! Definitely feels like regular paper, not tissue. Such a great way to relieve stress and I just love that the maker of these books is an actual LMFT who wants users to use her products to feel better. And I love that she created all these pages on her own!!! I definitely get lost in time when coloring a page.

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