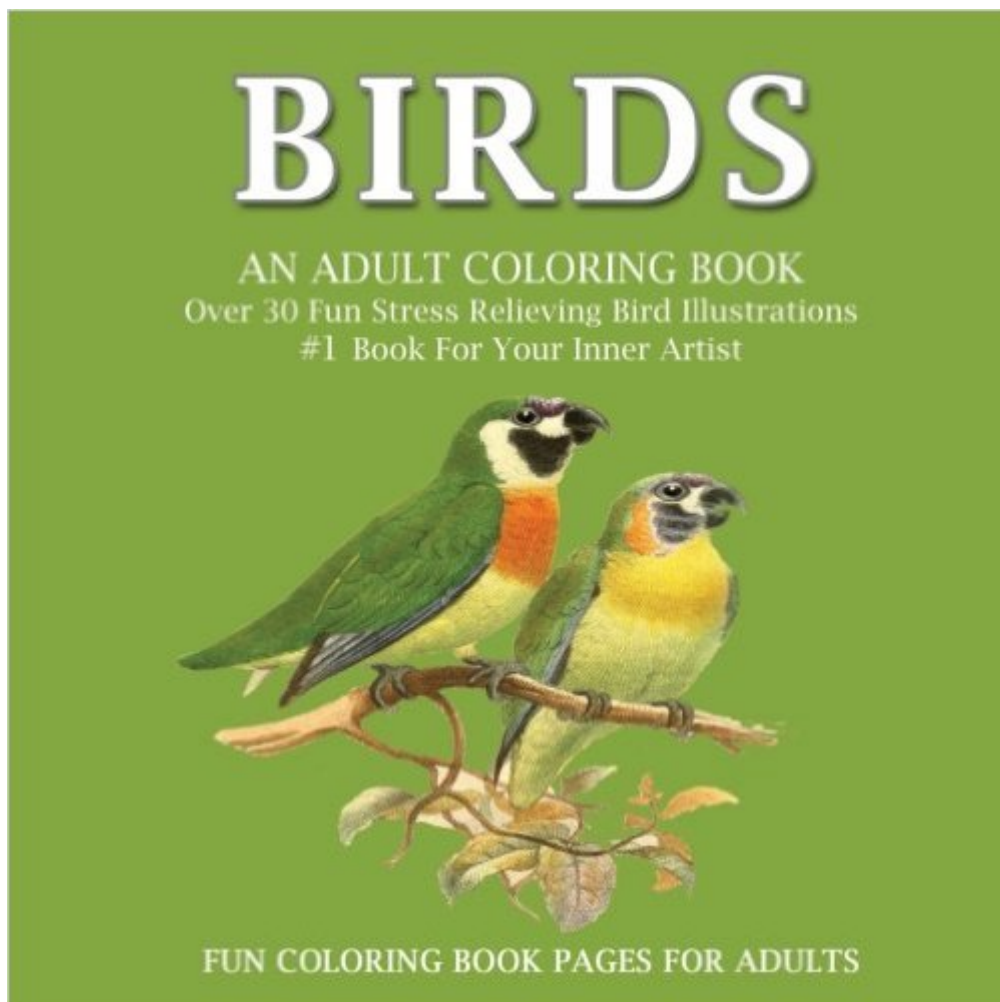


The book was found

# **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: 5.0 out of 5 stars See all reviews (1 customer review)

Best Sellers Rank: #1,416,396 in Books (See Top 100 in Books) #29 in Books > Arts &

Photography > Graphic Design > Techniques > Use of Ornament #229 in Books > Teens > Art,

Music & Photography > Art #1155 in Books > Science & Math > Biological Sciences > Animals >

Birds & Birdwatching > Field Guides

## Customer Reviews

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

[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 Mandala Adult Coloring Book Stress Relieving Patterns Relaxation: coloring book for Adult and grown ups, Anti-Stress Art Therapy, Stress Relieving Flower Patterns Flowers: An Adult Coloring Book: Over 30 Fun Stress Relieving Flowers #1 Book For Your Inner Artist 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. 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) 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 Flowers: An Adult Coloring Book: (Volume 2), #1 Book For Your Inner Artist, An Adult Coloring Book with Over 30 Unique Patterns & Designs To Color, Roses, Sunflowers, lilies and more, Perfect Gift Adult Coloring Books: Awesome Animal Designs and Stress Relieving Mandala Patterns for Adult Relaxation, Meditation, and Happiness (Awesome Animals) (Volume 1) Dad Life: A Manly Adult Coloring Book: A Unique Funny Adult Coloring Book For Men Fathers & Dads With Mindfulness Mandalas, Easy Stress Relieving ... Relaxation Stress

Relief & Art Color Therapy) English Garden Adult Colouring Book One Year Day Planner Europe:  
Adult Colouring Books in al; Adult Colour in Boo; Adult Colouring in al; Adult ... Adult Coloring Books  
Flowers and Birds in al Adult Coloring Book Designs: Stress Relief Coloring Book: POKEMON  
Designs for Coloring Stress Relieving - Inspire Creativity and Relaxation of Kids And Adults (Volume  
1) Dad Life: A Manly Adult Colouring Book: A Unique Funny Adult Colouring Book For Men Fathers  
& Dads With Mindfulness Mandalas, Easy Stress Relieving ... Stress Relief & Art Colour Therapy)  
Adult Coloring Books: Animals: 45 Stress Relieving Animal Coloring Designs (Stress Relief Coloring  
Books) (Volume 2) Verses for Men: Color The Bible: Adult Coloring Books Stress Relieving Patterns  
& Mens Coloring Books Best Sellers Coloring Books & Adult Coloring ... Sets Animals Flowers  
Creativity Tranquility) Creative Oceans Coloring Book: Adult Coloring Book of Stress Relief Sea  
Animal Patterns and Designs (Ocean Coloring Book, Lost Ocean, Stress Relief Coloring Book, Anti  
Stress Coloring Book) (Volume 1) Dragons Adult Coloring Book (31 stress-relieving designs) (Studio  
Series: Artist's Coloring Book) Mandala Coloring Book: 100+ Unique Mandala Designs and Stress  
Relieving Patterns for Adult Relaxation, Meditation, and Happiness (Magnificent Mandalas) (Volume  
1) Teacher Life: A Snarky Chalkboard Coloring Book: A Unique Black Background Paper Adult  
Coloring Book For Teachers With Stress Relieving Patterns, ... Relaxation Stress Relief & Art Color  
Therapy)

[Dmca](#)