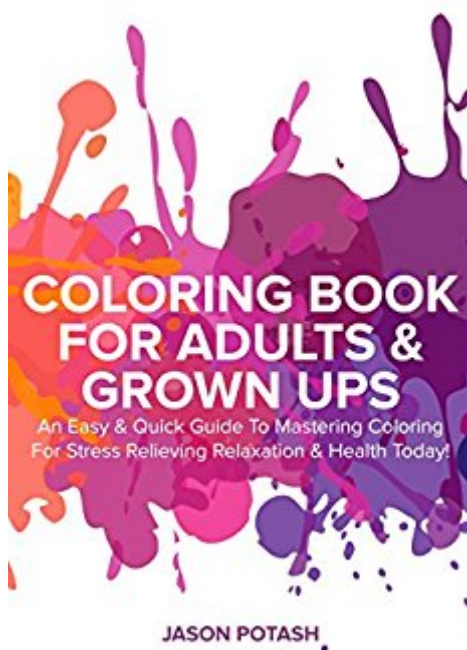


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# Coloring Book For Adults & Grown Ups : An Easy & Quick Guide To Mastering Coloring For Stress Relieving Relaxation & Health Today! (The Stress Relieving Adult Coloring Pages)



## Synopsis

Want to discover how to master coloring in your free time and enjoy the relaxing activity more? Now you can. Introducing: *Coloring Book for Adults & Grown Ups :An Easy & Quick Guide to Mastering Coloring for Stress Relieving Relaxation & Health Today!* In this book, you will discover:-1. The Most Popular Materials for Coloring2. The Different Techniques for Coloring3. Color Theory and How to Harness it in your Coloring4. How to Boost your Creativity & Produce Brilliant Coloring5. Tools/Scrapbooking Supplies Essential to Coloring6. Ancient Tools of Meditation with Coloring & Drawing -- The Nine Designs Known as Yantras7. The Quick Action List to Start your Coloring Journey8. The Quick Color Chart Grab the book now and start your coloring journey today !

## Book Information

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## Customer Reviews

As I reviewed this book at a deeply discounted rate for my honest and unbiased opinion, I found it to be incredibly helpful in helping me understand what colors to mix to obtain the color I am wanting to use but do not have. It provides great techniques to help the person coloring to add texture, depth,

contrast, etc., to every picture colored. I would recommend this book to anyone who enjoys coloring, drawing, or painting. The techniques for color mixture, and composition ideas span multiple mediums, so it is perfect for all art types. Fantastic book!!! A+++

This was the missing piece for me in determining which coloring tools to use. Crayons were too thick, and didn't work well for adult coloring books. I didn't even know where to begin looking for coloring tools, or what questions to ask. This helped me find something that worked in small coloring spaces.

I love adult coloring books. Coloring is one of the only things I have to manage stress, and having the adult-style coloring books, helps to take more concentration off of my anxiety, and be able to focus on something else. I would definitely buy these, and you can have them right on your phone, to have with you at all times! Thank you for allowing me to review this!

This book is basically an incomplete guide to choosing coloring supplies. There are no coloring examples provided to illustrate the techniques described, or the different results to be had from the different media listed. There is also a substantial section about yantras and chakras that I found as useful as a carpet remnant salad.

This is a very interesting read for someone who enjoys coloring as a hobby. I found it interesting that it doesn't mention coloring with markers as this is my favorite medium. I discovered other mediums through this book and have been able to expand my techniques. Nice quick easy read as well. Thank you.

This doesn't offer anything you couldn't find online. Really. Two stars because of the effort of putting it together.

Explained color techniques. Needed more info this was very basic

I thought this was going to be a coloring book, but it is a guide to a coloring book, which seems strange in theory, but in reality was kind of cool to see the benefits behind it. I received this product at a discount for review for an unbiased review.

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