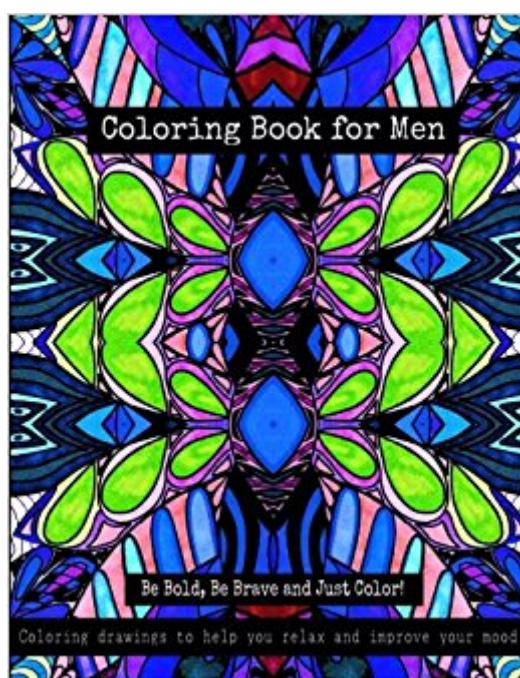


The book was found

Coloring Book For Men - Be Bold, Be Brave And Just Color!: Coloring Drawings To Help You Relax And Improve Your Mood



Synopsis

Popular author of coloring books for adults and teens, certified cognitive therapist Bella Stitt created this book for relieving stress from everyday life. Due to the flowing lines and unique design of the pictures, coloring them will make you feel less tense and more relaxed. Feel free to color as you listen to music or watch television. Relax and enjoy!

Book Information

Paperback: 64 pages

Publisher: CreateSpace Independent Publishing Platform; Clr Csm Lr edition (January 29, 2016)

Language: English

ISBN-10: 1523750871

ISBN-13: 978-1523750870

Product Dimensions: 8.5 x 0.2 x 11 inches

Shipping Weight: 7.8 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 4 customer reviews

Best Sellers Rank: #715,316 in Books (See Top 100 in Books) #80 in Books > Health, Fitness & Dieting > Sports Health & Safety #155 in Books > Arts & Photography > Drawing > Coloring Books for Grown-Ups > Comics & Manga #354 in Books > Arts & Photography > Drawing > Coloring Books for Grown-Ups > Fantasy & Science Fiction

Customer Reviews

My brother enjoy color went he become overwhelmed, he said it really help relaxing.

Nice drawings, fun to color and the images are all easy to color with not too much detail but great flow. It's zen and pretty cool. I'm glad I gave it a try. The book is very nice and more than that, I underestimated how much I would enjoy coloring.

Husband loves it! the designs don't have too much going on so you can complete one in just a few hours. He loves that we can sit and color for hours together.

I believe in Art Therapy, but wasn't sure my husband would enjoy it. He did!

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Coloring Book for Men - Be Bold, Be Brave and Just Color!: Coloring drawings to help you relax and

improve your mood What Men Won't Tell You: Women's Guide to Understanding Men (How to read their minds, what men want, why men cheat, why men won't commit, why men lose interest, how to avoid rejection from men) Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1) The Antianxiety Food Solution: How the Foods You Eat Can Help You Calm Your Anxious Mind, Improve Your Mood, and End Cravings Squirrel Coloring Book: A Coloring Book for Adults Containing 20 Squirrel Designs in a variety of styles to help you Relax and De-Stress (Animal Coloring Books) (Volume 17) Fox Coloring Book: An Adult Coloring Book of 40 Stress Relief Fox Designs to Help You Relax and Unwind (Animal Coloring Books) (Volume 16) Good Mood Bad Mood: Help and Hope for Depression and Bipolar Disorder 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. Adult Coloring Book Colorful Cats: Stress relieving Cat coloring books to help you relax and unwind. Easy to Color: 60 Beautiful Black & White Patterns to Color in & Relax Your Mind (Black Background Coloring Abstracts) (Volume 1) Mandala Coloring Book: Mandala Curse Words Coloring Book: Swear And Relax: 50 Swear Words To Color Your Anger Away Tangled Treasures Coloring Book: 52 Intricate Tangle Drawings to Color with Pens, Markers, or Pencils - Plus: Coloring schemes and techniques (Tangled Color and Draw) Don't Let Your Emotions Run Your Life for Teens: Dialectical Behavior Therapy Skills for Helping You Manage Mood Swings, Control Angry Outbursts, and ... with Others (Instant Help Book for Teens) Don't Let Your Emotions Run Your Life for Teens: Dialectical Behavior Therapy Skills for Helping You Manage Mood Swings, Control Angry Outbursts, and (Instant Help Book for Teens) Brave Intuitive Painting-Let Go, Be Bold, Unfold!: Techniques for Uncovering Your Own Unique Painting Style Diabetes: One Week Diabetes Meal Plan To Help You Improve Your Blood Glucose, Blood Pressure, And Cholesterol Numbers And Help Keep Your Weight On ... Reverse Diabetes, Diabetes Meal Plan) How To Color Adult Coloring Books - Adult Coloring 101: Learn Easy Tips Today. How To Color For Adults, How To Color With Colored Pencils, Step By Step ... How To Color With Colored Pencils And More) Venice Coloring Book for Adults: Relax and color famous landmarks from the romantic city of Venice, Italy (Arts On Coloring Books) (Volume 5) Bold Women in Colorado History (Bold Women in History) Swear Word Coloring Book: 40 Sweary Designs. Stress Relief Coloring book.Swear and Relax(Adult Coloring books)

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