



Anti-Stress Coloring Book: The Four Seasons Edition (Volume 18)

Art Therapy Coloring

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Anti Stress Coloring Book The Four Seasons Edition

This Anti-Stress Coloring Book The Four Seasons Edition by *Art Therapy Coloring* is filled with adult coloring pages that are perfect for anyone who loves the seasons! It is filled with over 30 stress relieving adult coloring sheets, featuring many patterns and designs. You can color to your heart's content with this volume of our Anti-Stress Adult Coloring Book Series!

Why Should You Buy Art Therapy's Anti-Stress Coloring Books?

- **Lots of Adult Coloring Pages** (Over 30 Designs to color)
- **Reduces Stress and Increases Focus**
- **Variety of designs** (mandalas, geometric, zendoodle, flora and fauna, etc)
- **Works great with all types of art medium** (Colored pencil, gel pens, fine tip pens, etc)
- **Designs don't go into the spine** (you can color the whole design)
- **No newspaper Print!** (we use quality white paper, so your designs pop)
- **Not too intricate, not too easy** (A good variety of amazing designs that are fit for most people's tastes)
- **100% Money Back Guarantee**
- **We give 10% to support pancreatic cancer charities**

Here at Art Therapy Coloring, we have created this anti-stress coloring book with an assortment of adult coloring pages. With a variety of styles and designs from several talented artists, you are sure to find many adult coloring sheets that will suit your mood. In our Anti-Stress Coloring Book The Four Seasons Edition, we have included a variety of mandalas, geometric patterns, zendoodle, flora and fauna and more.

An Anti-Stress Coloring Book?

At Art Therapy Coloring, we have created several Anti Stress Coloring Books that allow you to relax and enjoy the simple pleasure of coloring. Anti-Stress Coloring books for adults are amazing stress reducers because they have a relaxing effect on the adult mind. They let you feel like a kid again!

Adults all over the world have rediscovered the joy of coloring with anti stress coloring books for adults. Not only is it incredibly fun to sit down and color your favorite adult coloring sheet, it is believed to be good for your health as well. We all know about the negative effect that stress has on our health and well-being. In fact, many scientists believe that stress is just as bad for our health as a poor diet. Art Therapy Adult Coloring Books are here to help!

Coloring may actually help to reduce our normal day-to-day stress. When adults begin to color adult coloring books, the amygdala is able to relax. The amygdala is the fear center of the brain and gets activated with normal stress. When we color, the amygdala relaxes. This is not just a temporary benefit; stress is reduced after you've finished coloring your anti stress coloring book. That's why psychiatrists like Carl Jung and

many others have recommended coloring to their patients - adult coloring has so many benefits to it:

Benefits of Anti Stress Coloring Books

Anti stress coloring books provide many benefits, such as:

- **Reduces stress**
- **Great social activity**
- **Increases focus**
- **Meditative**
- **Therapeutic**

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