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Portable Color Me Stress-Free: 70 Coloring Templates to Unplug and Unwind

By Lacy Mucklow, Dr Angela Porter

Rock Point, United States, 2016. Paperback. Book Condition: New. 188 x 154 mm. Language: English . Brand New Book. The perfect book for stressed-out adults who want to reconnect, simply and easily, with their inner creativity while on the go. Work, kids, relationships, meetings, traffic, bills, we are all faced with stress on a daily basis. And sometimes you just need a way to relieve the tension and avoid burnout, illness, or worse. A simple and inexpensive way to relieve stress is by coloring images, which can be soothing. Some even consider it an alternative to stressors, ultimately aiding in reversing the effects of anxiety. Refocusing your attention on something completely different to engage in a mental, physical, and emotional shift can help break the pattern of consistent stress and allow one to rejuvenate. Part of the international bestselling Color Me series, Portable Color Me Stress-Free is a guided coloring book designed for harried adults. Art therapist Lacy Mucklow and artist Angela Porter offer up 70 coloring templates, all designed to help you unplug and unwind at the end of each day. Organized into seven therapeutically themed chapters, readers can explore the benefits of putting pencil (or crayon!) to paper and channel their...



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