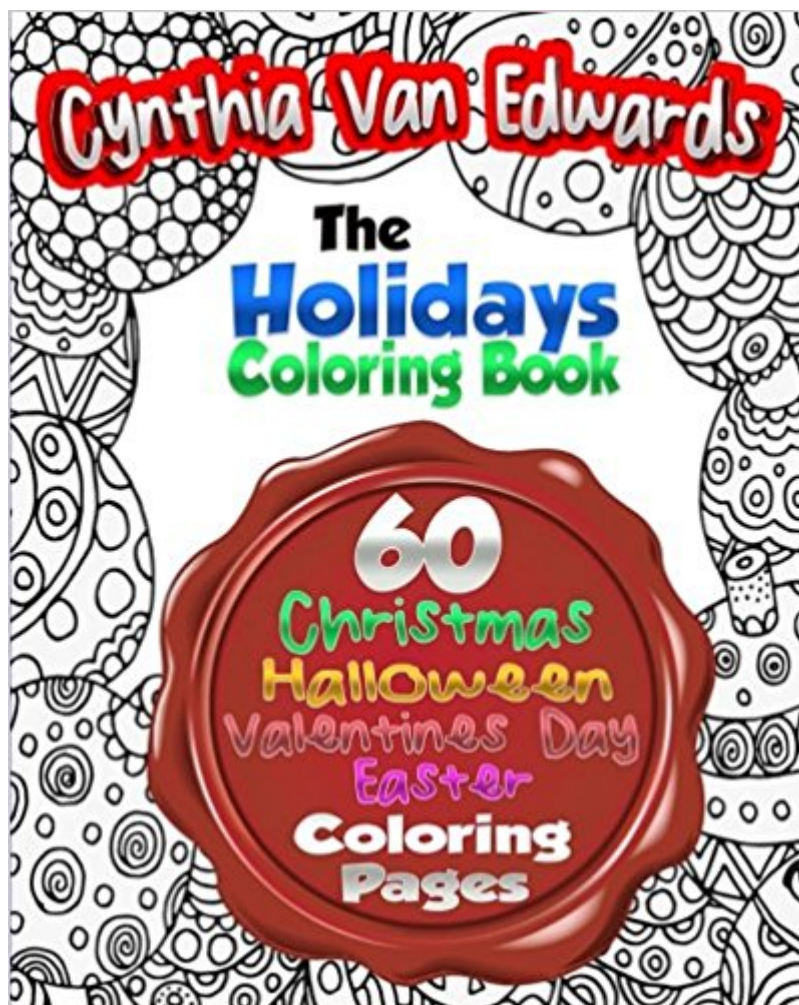


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# The Holiday Coloring Book For Adults: The Adult Coloring Book Of 60 Different Stress Relieving Patterns For Christmas, Halloween, Easter, Valentines ? ... & Coloring Books For Children) (Volume 5)





## Synopsis

How to use the Holiday Coloring Book ... More than 60 beautiful and ornate 'holiday themed' coloring book pages for hours and hours of relaxing calm and peace. And isn't that what coloring is really about. Turn on some music, sit back, and let your creative juices flow while you turn a page of black and white into the embodiment of your mind's ultimate color scheme! This is a coloring book devoted to each and every one of us. We can all use some relaxation and peace, so this is how we can do it in a fun way! Renew your love of coloring and the wonderful Holiday images and designs we have compiled. Some of them are simple, while others are caught somewhere in our darkest dreams and fantasies. This is a study of the Christmas, Halloween, Easter and even some Valentine's Day fun that will leave you with many hours of peaceful coloring and serenity. We decided to take you into the forest, deep within the flora for this adventure that will leave you with many hours of peaceful coloring and serenity. This book has been a collaborative effort between artists, designers, and psychologists. This book not only soothes you, but also increases mental stimulation. The pictures and designs may seem random at first glance, but they're anything but. We also added some really cool coloring pages that are just for you to zone out after reading our madness. We think you'll love the designs and create some incredible pieces of art! Our idea with this project was to both inspire you, and increase neuronal activity and stimulation in a way that activates very unique parts of your mind. There are fields of research suggesting that both children and adults who work with coloring books and designs can effectively raise their IQ. So have fun, relax, let the markers and pens do what they will, and hang on for an incredible, mind altering ride! We hope to give the designer (you) a very introspective and mind expanding experience. To help you bring your full art and color to life, we've left the outlines slightly gray instead of harsh black. Your ideas and the beauty you create are more important than the original designs. This is for you!

**MARKER NOTE:** If you feel like using markers, we suggest Staedtler Triplus Fineline marker pens. They're easy to use and are very good when it comes to bleeding issues. We've chosen a paper that we feel offers the best compromise between durability and brightness so that your ideas come to life without being encumbered by the paper. • Also, place a piece of white paper underneath your current pages to soak up any extra ink! Depending on the markers you choose, there may be a little bleed through. The piece of extra paper will also assist you in leaving just the right amount of color on the current page you're working on. • PLEASE SHARE your work with us. Simply go to [and](#) leave a review and it will allow you to post your own pictures! We want to see what you've got. And each week we will choose one of the images as our best in class and you'll receive one of our new coloring books absolutely FREE! Just color, Post, and win!

## Book Information

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## Customer Reviews

Cynthia Van Edwards Born in Oklahoma, with fierce Comanche blood in her veins, Cynthia Van Edwards spent hours and hours as a young girl riding horses and drawing. She found herself guiding towards arts programs and psychology in college, attending Northwestern University, where she graduated with honors. She began a career that started in counseling for children that were having learning issues in school. She eventually began working with adults who were suffering attention deficit issues and began thinking of ways to inspire people through artwork.

Nice book but it does have a few pages that are duplicated. The designs are on one page.

great mix of holiday pictures-not the normal horrible background fillers that you find hard to color. I am sharing this with my sister so that we both can enjoy it.I really enjoy the artwork

Works well with the seniors at the villa

keeps her busy

It wasn't what I thought it would be I figured it would have better pictures

Somewhat Childish

Its okay

I was wanting a different kind of book and this one of the different holidays is. There are all kinds of cheerful drawings to color and with various amounts of detail. Even one of a man with a bit of a big wild beard. Those new colors in pencil crayons work well here too.

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Books For Adults) (Volume 11) Magical Swear Word. Adult Coloring Books: Relaxation and Stress reduction: 30 Stress Relieving Magical Sweary Designs : flowers, mandalas, patterns. ... Anxiety and Stress (Swear Word Coloring Book) Coloring Books For Adults Volume 6: 40 Stress Relieving And Relaxing Patterns (Anti Stress Coloring Books For Grown-ups) My Tea Party Fine China Tea Cakes Lace Doilies Butterflies Coloring Book: Easter Coloring Books for Kids in al; Easter Books for Kids in al; Easter ... Coloring Books Best Sellers for Women in al Adult Coloring Books: Mandala for a stress relieving experience (mandalas, stress relief, reduce stress, coloring books, relax) Easy Halloween Coloring Book: Fun Halloween Coloring Book For Adults and Kids (Creative and Unique Coloring Books for Adults) (Volume 23) Adult Coloring Books: Mindfulness Mandalas: A mandala coloring book for adult relaxation featuring stress relieving coloring pages for adults including henna flowers geometric & animal designs Animal Stress Relieving Patterns Color by Number Adult Coloring Book (Beautiful Adult Coloring Books) (Volume 76)

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