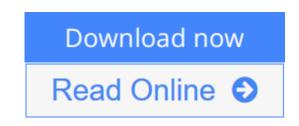


# Adult Coloring Book: 29 Animal Designs for Stress Relief (Unibul Press Coloring Books) (Volume 1)

By Unibul Press



### Adult Coloring Book: 29 Animal Designs for Stress Relief (Unibul Press Coloring Books) (Volume 1) By Unibul Press

#### What are Adult Coloring Books?

Coloring has been proven to be an effective way of helping individuals deal with stress, anxiety and even traumas. The modern life is fast moving and very challenging. It has become almost impossible for someone to go through a day without encountering some form of anxiety. From family challenges to the ones found in the workplace or business, it is harder to remain stress-free at all times - more than ever before.

This book contains 29 beautiful animal designs to color and help you relax. Even coloring for a small period of time keeps us engrossed in the action and lets us forget our worries that cause us so much anxiety and stress. It also helps us mentally travel back to our childhood days, which leaves us more rested, relaxed and happy.

So what are you waiting for? It's time to bring out all your coloring crayons and felt-tip pens, coloring pencils and get set and ready to color and relax!

# If you have been struggling with anxiety or stress or you just love to color, this book is for you...

#### The 29 Animal Designs for Stress Relief Has...

- 29 Beautiful Coloring Pages
- Glue bound at the side
- Medium weight paper
- Dimensions 8.5 X 11
- Illustrations are single sided
- Non-perforated
- Recommended for beginner to advanced colorists

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