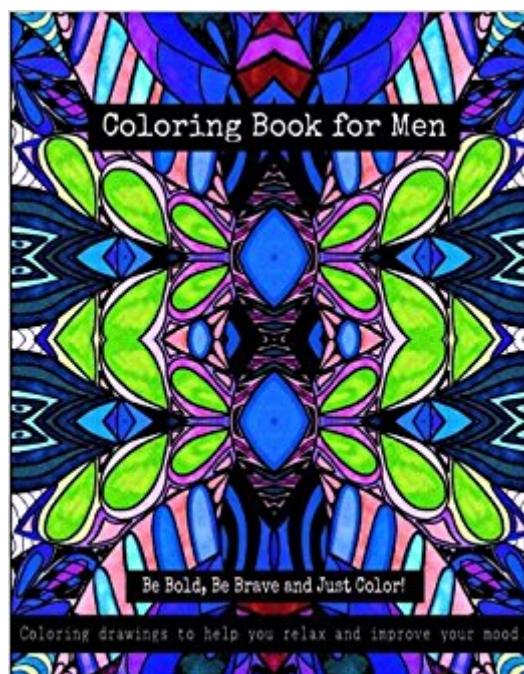


The book was found

# 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

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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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