



Colouring for Adults: Colouring Therapy for Stress Relief (Paperback)

By Charlotte George

Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. *****IDEAL GIFT, HOURS OF RELAXING FUN***** Colouring for Adults Colouring Therapy for Stress Relief This book is filled with 50 beautiful patterns for you to colour at your own pace and skill level. There are many different levels of difficulty so you can choose what to colour based on your mood or how much time you can spare. All designs are printed on one side only so ink bleed won t be a problem. You can even photocopy and colour them differently over and over again. Adult colouring books can contain both intricate lines and patterns with lots of detail or much larger and simpler patterns depending on what the colourist is looking for. Whatever your choice, the best art materials to use for all levels are coloured pencils, gel pens or for the finer detailed work, prism art markers with fine shaped tips are ideal. Coloured pencils are very versatile in that they let you blend two or more colours together to create lots of new shades to improve your colouring experience. It s a good idea to...



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