



Menopausal Mania & Mayhem: An Adult Coloring Book of Hormonal Heresy

Cristin April Frey

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Unlike any other and the first of its kind, Menopausal Mania & Mayhem is a unique collection of 20 hand-drawn coloring pages, plus 10 bonus pages of menopausal mandalas! It is also a perfect gift for the “vintage” women in your life.

Menopausal Mania & Mayhem includes a variety of original, completely hand-drawn designs and hilarious, relatable sayings. The designs range from simple and easy to intricate and challenging for all skill levels, or to suit your mood.

Each coloring page is one-sided so you don't have to worry about ruining the back side of your coloring pages if you use markers or other wet mediums.

Adult coloring books are known to reduce stress, calm your thoughts, relieve anxiety, and even help with pain management. It can be used to practice mindfulness and meditation as well as a way to relax. With the funny sayings, it makes stress relief much more fun! If you have a bit of sass in your attitude, you will love this coloring book for grown-ups and you will surely get a giggle or two out of it.

For more information on the artist/author, please visit her website at www.CristinApril.com.

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Typically the book Menopausal Mania & Mayhem: An Adult Coloring Book of Hormonal Heresy has a lot associated with on it. So when you make sure to read this book you can get a lot of profit. The book was compiled by the very famous author. Tom makes some research previous to write this book. This book very easy to read you can obtain the point easily after scanning this book.

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Why? Because this Menopausal Mania & Mayhem: An Adult Coloring Book of Hormonal Heresy is an unordinary book that the inside of the guide waiting for you to snap that but latter it will jolt you with the secret that inside. Reading this book close to it was fantastic author who also write the book in such wonderful way makes the content inside easier to understand, entertaining approach but still convey the meaning thoroughly. So , it is good for you because of not hesitating having this anymore or you going to regret it. This excellent book will give you a lot of advantages than the other book have such as help improving your talent and your critical thinking way. So , still want to postpone having that book? If I were you I will go to the guide store hurriedly.

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