



Coloring for Relaxation: Inspirational Quotes & Words (Inner Artist Coloring Books)

Allison L Thomson

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For adults and children alike, coloring books are a fun and relaxing way to express yourself with color and allow your inner artist to come out. Many find engaging in the creative process to be an almost meditative practice because it helps us to relax, disengage from other thoughts, and focus on the moment. Studies have even shown it is good for your brain! With consistent quality from cover to cover, the diversity of original, hand-drawn illustrations provides both simple and detailed designs to suit short or long coloring sessions. Full of imaginative and whimsical artwork, each of the 50 coloring page features words of encouragement and inspiration. All pages are printed one-sided so they may be colored in any medium and removed from the book for display. To prevent bleed-through with ink or paint, place a blank sheet of paper behind your current page. Happy coloring!

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