

**The Stress Relieving Adult Coloring Pages: The Fun,
Easy & Relaxing Mandala Series (Vol. 2) By Jason
Potash**

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The adult coloring craze continues and there is no end in sight

Second, “there is a nostalgia element, since coloring books remind us of childhood.” The third factor driving coloring book sales is relaxation: “So many things in life are hard, but coloring in a coloring book is easy. successful with titles like Stress Relieving Patterns and Stress Relieving Animal Designs.

75+ best stress-busting coloring books for adults - cleverpedia

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Mandalas for mindfulness volume 1 - color your way to happycolor

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Coloring brings the artist out in everyone – it's so easy and welcoming. Mandala Coloring Book: 50 Relaxing Patterns By 13 Artists, Flower Mandalas Workbook (Mandala Coloring Books For Adults):

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Coloring books for adults have been exploding in popularity. experiences relief by entering a meditative state; Stress and anxiety the Art Therapy: Journal of the American Art Therapy Association 22(2) pp. . Mandalas to Color Volume 1. Another fun title to check out is Calming Doodles Volume I, which

The connection between art, healing, and public health: a review of

Although the literature in this review targeted adults (aged 18 years or older), many studies . found that relaxation and music therapy were effective in reducing stress. Table 2 summarizes the use of art therapies in the healing process. The relaxation and symptom reduction produced by creative expression opened

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Bruce jones design - page 2 of 21 - publishing, graphics design and

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Mandala coloring pages

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The stress relieving adult coloring pages, volume 3 : jason potash

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