



# The Coloring Book for Adults: an anti-stress art therapy coloring book

*J.C. Sheldon*

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## **The Coloring Book for Adults: an anti-stress art therapy coloring book** J.C. Sheldon

The Adult Coloring Book brings you unique anti stress soothing patterns and designs for you to create your own world of color with this amazing adult coloring book. With fantastic flowing artwork you'll also find inspiring quotes to motivate you on your journey through Art Therapy. The artwork includes Mandalas, Flora & Fauna, Geometric Patterns, and much more. All at your own pace and rhythm. All for you to feel at peace with yourself.

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