



An Adult Colouring Book: Vol. 1 (Paperback)

By Elaine Murray

Createspace, United States, 2015. Paperback. Condition: New. Kate Murray (illustrator). Language: English . Brand New Book ***** Print on Demand *****.Colouring is for kids - right? Not necessarily. Adults are getting into colouring in a big way. It s said to relieve stress and anxiety, even lower your blood pressure. It s definitely cathartic. So - you can colour geometric shapes with your morning coffee - if you want to. But free spirits are looking for something more, so what about an adult colouring book? The hand-drawn pen outlines in this book are taken from alternative art photographs to provide an individual experience. Why not sharpen up your pencils and your creativity to produce your own art pictures, pictures that celebrate the greatest art form of all, the human body? The book contains 15 illustrations ready to be coloured. The pages are single sided allowing them to be carefully removed and framed once completed.



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