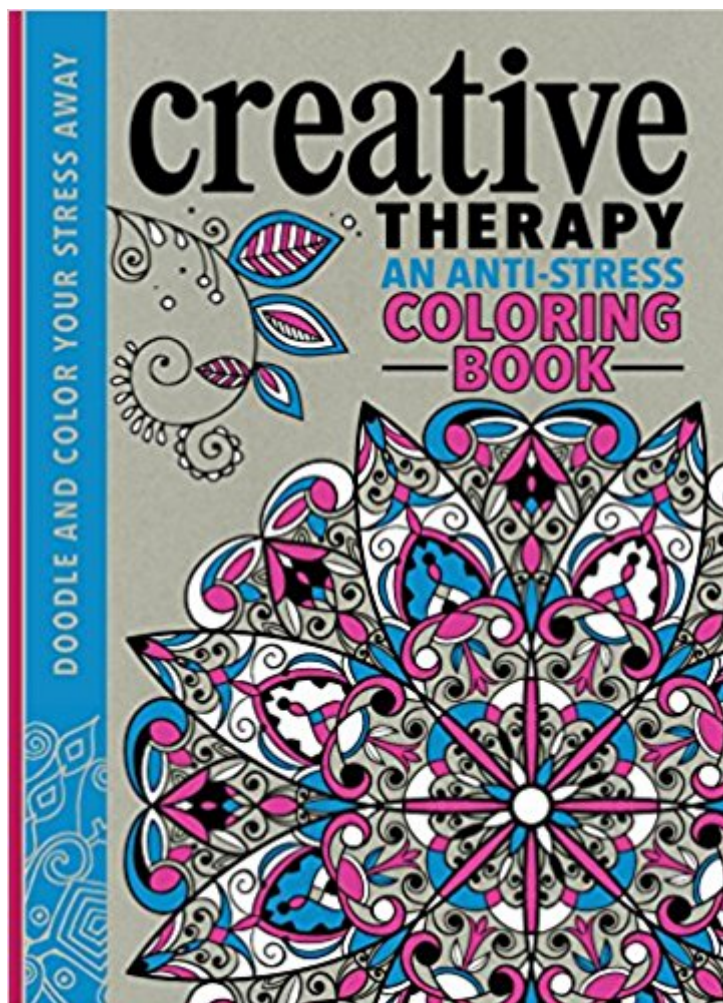


The book was found

# Creative Therapy: An Anti-Stress Coloring Book



## Synopsis

From the Bestselling international coloring book series. Creating stunning artworks, filled with intricate beauty, can be a stress-relieving activity. Complete the detailed pieces in this gorgeous book to lift your mood and focus your mind. You don't need to be an expert artist and there is no need for expensive equipment. Just start coloring and doodling to benefit from this relaxing and therapeutic experience.

## Book Information

Hardcover: 128 pages

Publisher: Running Press; Csm edition (May 26, 2015)

Language: English

ISBN-10: 076245881X

ISBN-13: 978-0762458813

Product Dimensions: 8.2 x 0.7 x 11.6 inches

Shipping Weight: 2.2 pounds (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars Â Â See all reviews Â (131 customer reviews)

Best Sellers Rank: #82,078 in Books (See Top 100 in Books) #101 in Â Books > Self-Help > Art Therapy & Relaxation #347 in Â Books > Self-Help > Stress Management #921 in Â Books > Arts & Photography > Drawing > Coloring Books for Grown-Ups

## Customer Reviews

This is an amazing, unique coloring and doodling book. The book is beautiful, the images artistic, flowing and a bit mysterious. With 61 captivating, very detailed illustrations to color with pens or colored pencils and another 32 simply detailed illustrations waiting for you to complete with your own doodling designs. 1. 124 pages to color on 62 pages with illustrations printed front and back of each page. Printed on heavy weight paper, bright white paper that has most of the backgrounds colored. 2. 61 amazing, artistic illustrations to color, with the backgrounds already colored. 3. 32 illustrations simply detailed for you to complete with your own doodling. 4. Gel pens and colored pencils work well with this book, I tested Fiskars Gel Pens and Irma Gel Pens and neither leaked through the pages. 5. I tested markers and Bic Mark-it, Sharpie, and Pentel, leaked through the page enough to ruin the picture on the backside of the page I tested. Staedtler Fine liners leaked through the least with only a couple dots of black actually going through the page so I am going to color a picture with these. The Staedtler Fibre tips some colors did leak through especially the very dark colors blue, green, black and other colors did not leak through at all. 6. This is a beautiful book, the

cover is thick heavy weight cardboard, the book is 11 1/2 inches by 8 1/2 inches and it is 1/2 of an inch thick.7. The background colors make this book special, some are solid, some are not solid giving the background a rustic look, some are made up of multiple colors, a couple have lines in the back ground color my least favorite.8.

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