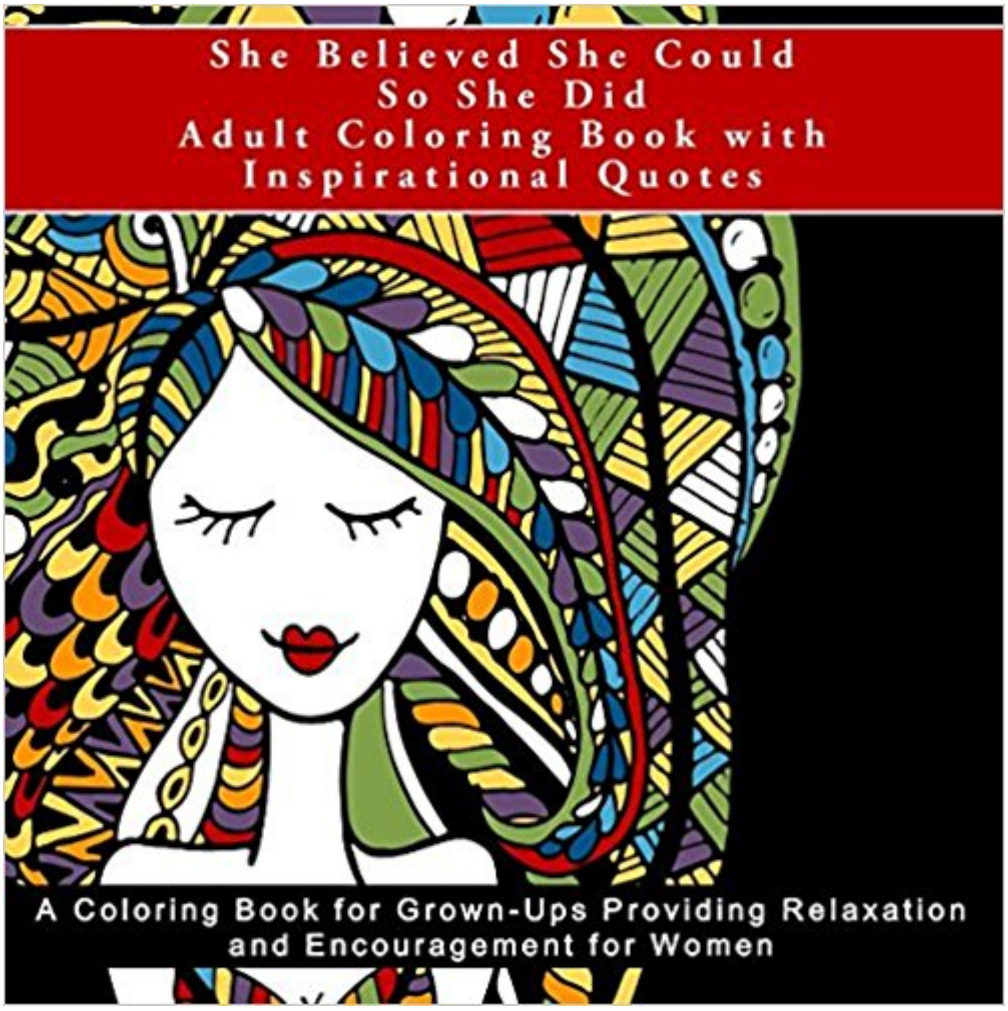
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Synopsis

INSPIRATIONAL QUOTES AND COLORING PAGES | GREAT BIRTHDAY GIFT IDEA Believe it or not, coloring books aren't just for children anymore. The popularity of adult coloring books has skyrocketed recently. You'll find them online and at all the major retailers. Recent research shows they provide hours of entertainment and relaxation. Imagine the feeling of relaxation and calm you will experience while coloring one of the many empowering coloring book pages in the Ã¢â ¬Å“She Believed She Could So She Did Adult Coloring Book with Inspirational QuotesÃ¢â ¬Â•. Because adult coloring books have proven to be a good tool for relieving anxiety, depression and stress, you'll will want to add the Ã¢â ¬Å“She Believed She Could So She Did Adult Coloring Book with Inspirational QuotesÃ¢â ¬Â• to your collection. Adult coloring books can help you find your Ã¢â ¬Å“happy placeÃ¢â ¬Â• and can be extremely therapeutic. This is nothing new. Throughout history, art has often been used as a way to bring peace, calm and healing. The famous painter Frida Kahlo is a great example. In pain most of her life after a accident, Frida turned to painting while bedridden following the accident to deal with her isolation and pain. Her art would provide an escape throughout the rest of her career. Doctors and therapists have discovered the healing benefits of art for their patients. Fortunately, you don't need to be an artistic genius such as Frida Kahlo to realize these benefits. Adult coloring books such as the Ã¢â ¬Å“She Believed She Could So She Did Adult Coloring Book with Inspirational QuotesÃ¢â ¬Â• are a low cost and effective way to manage both mental and physical conditions. The Ã¢â ¬Å“She Believed She Could So She Did Adult Coloring BookÃ¢â ¬Â• provides 30 beautiful adult coloring pages featuring artistic designs of empowered women. Each design is accompanied with an inspiring motivational quote from of the most inspiring women in art, politics and history. Become empowered through through visual and verbal messages of womanhood and femininity. Because of this engaging experience, you may see yourself gaining strength, inspiration and motivation while achieving a state of relaxation and focus through coloring. Stop procrastinating. Start enjoying the incredible benefits adult coloring now! Let each design guide you through a journey of tranquility and let your troubles leave your mind. Purchase the She Believed She Could So She Did Adult Coloring Book with Inspirational Quotes now! Use Ink or PensUse either fine-tipped ink markers, color pencils, and pens. Inspirational Quotes Read words of encouragement from female leaders in entertainment, politics and all other walks of life. Single Sided Pages With One Design Per Page The opposite page for each drawing has been left blank to prevent ink pens from bleeding through. The Perfect Gift for a Loved One Buy one for yourself and give one to a loved one. Buy Now, Find Your Happy Place and Begin Your Journey of Relaxation and Tranquility With This Amazing Adult Coloring Book. Click the Buy button

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Book Information

Series: Art Therapy Coloring Pages, Designs, and Patterns to fight Depression and assist with Anti-Stress and Mindfulness

Paperback: 67 pages

Publisher: CreateSpace Independent Publishing Platform (December 10, 2016)

Language: English

ISBN-10: 1541047109

ISBN-13: 978-1541047105

Product Dimensions: 8.5 x 0.2 x 8.5 inches

Shipping Weight: 6.4 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 5 customer reviews

Best Sellers Rank: #120,294 in Books (See Top 100 in Books) #30 inÃ Â Books > Arts & Photography > Drawing > Coloring Books for Grown-Ups > Fashion #46 inÃ Â Books > Comics & Graphic Novels > Graphic Novels > Contemporary Women #48 inÃ Â Books > Arts & Photography > Drawing > Coloring Books for Grown-Ups > Comics & Manga

Customer Reviews

This coloring book has a lot of different designs with a variety of complexity. I like that the back of all the coloring pages has a black backing to prevent color bleeding. I would definitely recommend this coloring book to anyone!

The pictures and quotes are great. The paper and size was not as impressive.

Love the pictures.

Bought for grand daughter. She loved it!

The mandalas in this coloring book are beautiful, serene, and evocative of femininity, and bringing the images to life is both relaxing and rewarding. That said, what makes the book special is the addition of powerful quotes from women like Maya Angelou and Eleanor Roosevelt. Personally, I feel more confident with each piece of wisdom, and more calm with each finished mandala.Note: If you’re in search of other tools that promote relaxation and empowerment, I’d suggest the

accompanying journal:Ã Â She Believed She Could So She Did Journal For Women: A Inspirational Notebook with Mini Adult Coloring Mandalas for Relaxation and Encouragement ... Notebooks as Inspirational Gifts for Women).

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