



In the Zone: The Ultimate Stress Relief Coloring Book (Paperback)

By L Stacey

Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. This book has been created for beginners and experienced colorers alike and is an excellent way of relieving stress and tension. Each page encourages you to concentrate on coloring and shading in 50 detailed designs As you use your own unique way to complete these designs, you ll be able to feel your focus shift onto more positive and fun things, helping to release any tension you may have felt. Try using a variety of different coloring tools such as pencils, pens, crayons, markers, pastels, or even mixing them together. By contrasting and mixing colors you can create unique and interesting designs. Try experimenting by adding lighter shades to create the illusion of light.



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