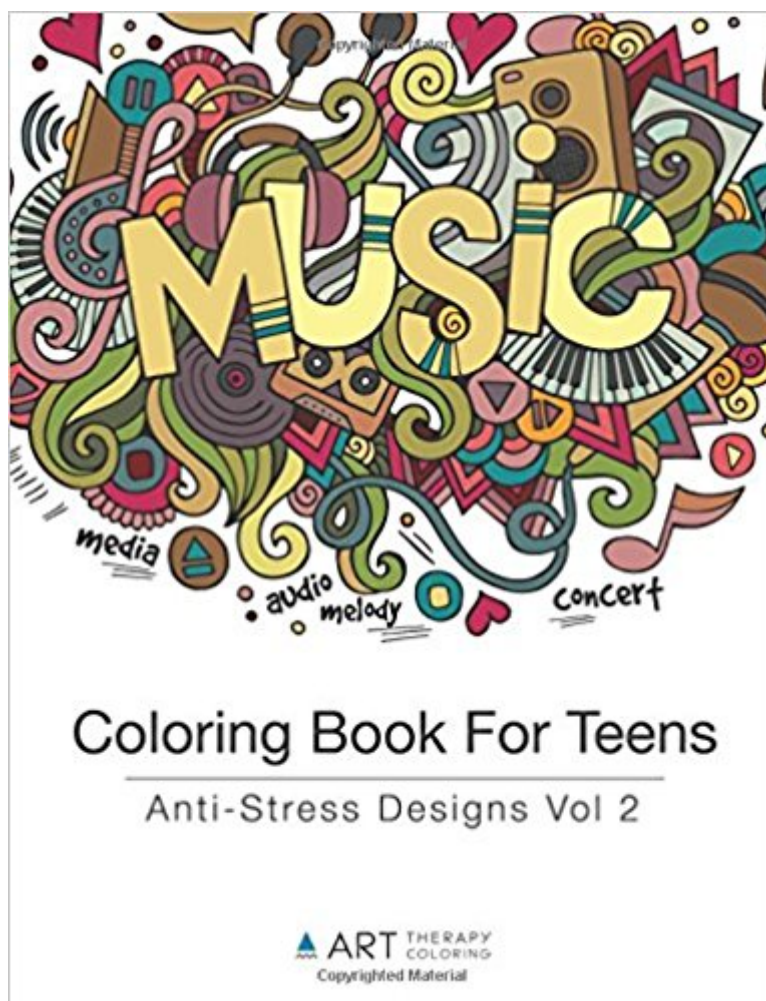


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Coloring Book For Teens: Anti-Stress Designs Vol 2 (Volume 2)



Synopsis

Coloring Book For Teens Anti-Stress Designs Vol 2 This Coloring Book For Teens Anti-Stress Designs Vol 2 by Art Therapy Coloring is filled with subjects that are important to teenagers, such as music, social media, fun, fashion, and friends. This volume of Coloring Books For Teens is filled with coloring sheets that include fun geometric patterns, funky fashion designs, and a cute animal pictures. Just as our anti-stress coloring books for adults have something for everyone, so do our teen coloring books. You are sure to find a teen coloring page that suits whatever mood you may be in. Anti-Stress Coloring Books For Teens Have lots of coloring pages that are perfect for teens (Over 30 designs) Helps to reduce stress Includes a variety of designs May be colored with colored pencils, gel pens, fine tip markers, etc. Designs do not run into the spine and are therefore easier to color Coloring books are made with 60# white paper Designs will appeal to most teenagers 10% of proceeds go to benefit pancreatic cancer patients Anti-Stress Coloring Books For Teens There are studies that show that coloring provides many of the same benefits that meditation does. Both coloring and meditation encourage the brain to produce dopamine, the pleasure hormone. Both activities relax the amygdala, which is the "fight or flight" section of the brain. Developing a regular coloring habit in your coloring book for teens can reduce anxiety and help to prevent depression, just as meditation can. Serious anxiety and depression should be treated by a professional, but you can help to ward off minor anxiety and depression by practicing mindfulness through coloring in adult coloring books and make some beautiful artwork too! We consider coloring in adult coloring books to be a form of self-help art therapy. Engage your creativity and help yourself to relax and enjoy life! Our anti-stress coloring books for teens can help you if you are having a bad day, but they are not a substitute for professional help if you are having serious emotional problems. Not only does coloring in adult coloring books help with mental health, coloring is a lot of fun too! It is very relaxing and can be habit-forming. You may find that you can't get enough of it! It is wonderful to watch your coloring page come to life as you color with your colored pencils, gel pens, or fine-tip markers. Bring some coloring books with you to hang out with friends and color together! Everyone will be relaxed and happy and the conversation and laughter will flow. You can also color alone, which is a wonderful meditation practice. You will enjoy working on a beautiful work of art and your brain will thank you because it will be more relaxed! Buy your copy of Coloring Book For Teens: Anti-Stress Designs Vol 2 today and have fun coloring! This teen coloring book makes a great Christmas or birthday gift for any teen, tween, or older girl! Benefits of Anti Stress Adult Coloring Books Anti stress adult coloring books provide many benefits, such as: Anti-stress coloring books are great for

social activities Anti-stress coloring books reduce stress Anti-stress coloring books increase focus
Anti-stress coloring books are therapeutic Anti-stress coloring books are meditative

Book Information

Series: Coloring Book For Teens

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Customer Reviews

I bought this entire series of Coloring Book(s) for Teens (Volumes 1-8) for my granddaughter, who is in the 7th grade. I had forgotten (or never experienced?) all the stress associated with being a middle-schooler these days. The situations and treatment she receives at school would cause a mature adult a high level of stress. After receiving the books and using them for some time now, she has reported a definite decrease in her stress level, and I can also see that reflected in her calmer demeanor. These books are not only well-done and artfully put together, but they really are "anti-stress", just as the title says. Buy them all!!

I bought this coloring book for my tween daughter and she loves it. She likes it more than the adult coloring books she has because she says pictures are more relevant to her age group. We are planning to buy her a few more of the teen coloring books, as she is filling this one up fast!

I was hoping for a more gender-neutral book so my son could enjoy this a little more. Lots of girly-type pictures. Nice overall but with the title "For Teens," I wasn't expecting so many coloring pages with direct appeal to girls.

This seems way too young for teens. I ordered two and promptly returned them when I got a look at them. Cute item, but think tween, not teen.

Really nice but for a girl not a boy.

Kool

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