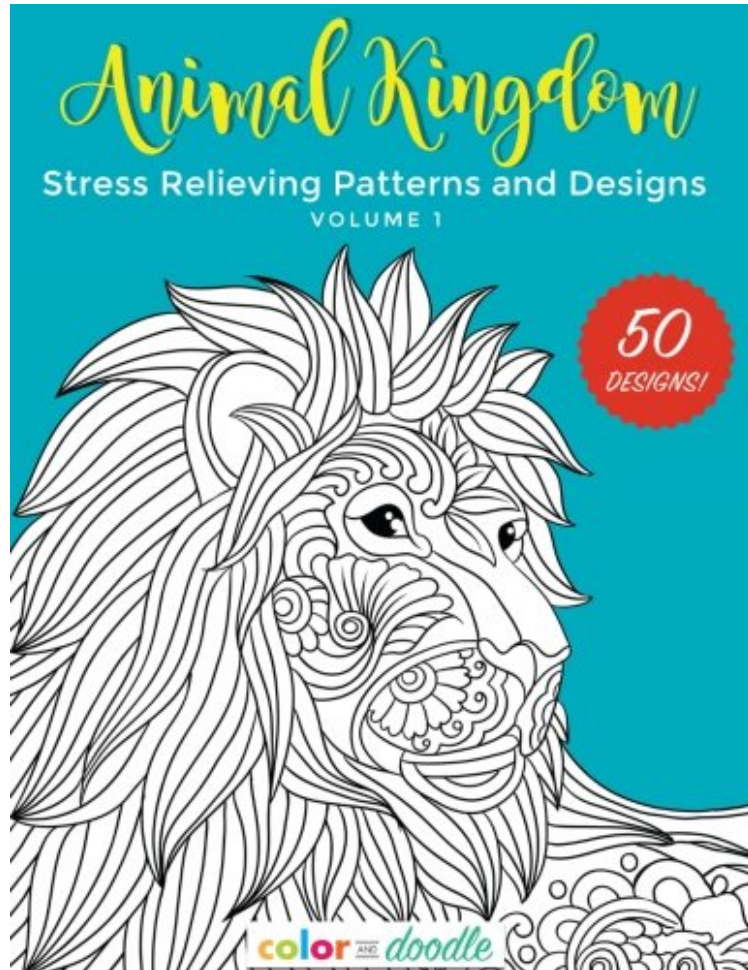


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## Animal Kingdom: Stress Relieving Patterns and Designs

*Color and Doodle*

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**Color and Doodle : Animal Kingdom: Stress Relieving Patterns and Designs** before purchasing it in order to gage whether or not it would be worth my time, and all praised Animal Kingdom: Stress Relieving Patterns and Designs:

0 of 0 people found the following review helpful. Stress reliefBy Brandi NicoleThis coloring book is great. I've been into adult coloring books for a while now, and because this is animals, it's one of my favorites. The pages are thick and the designs are really cool. There are 50 different pages and each one is unique. They are absolutely beautiful when colored in. The overall quality is great and I would definitely recommend as well as order from this brand again.I was provided a free sample for test and review purposes. All opinions are my own.

**OVER 50 UNIQUE DESIGNS!!! IMPROVE YOUR MENTAL HEALTH, WHILE REDUCING STRESS AND ANXIETY:** Believe it or not, adult coloring can provide the same effects as meditative practices. Coloring allows the fear center of your brain to relax which leads you to feel less stress and anxiety during and after coloring. The ability

of coloring to improve mental health has not gone unrecognized. In fact, Psychiatrists Have Prescribed Coloring To Patients For 100 Years! **BE FUN AND SOCIAL:** Folks everywhere are throwing a new kind of party - coloring parties! Hosting a coloring event is a great way to make new friends or connect with old ones. **BE CREATIVE:** One of the things we love best about coloring - there are no rules! (Other than having fun, of course) Color any way you want and explore your creativity without the stress of drawing. You have the capacity to do what you want while coloring. Whether you keep it to yourself once you've finished, or show it off to all of your friends, it's all up to you! The important thing to remember is that being creative is fun and good for your brain so go ahead!