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Color Me Adult Sugar Skulls: Sugar Skulls Adult Coloring Pages

By Jill Bonny

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 254 x 203 mm. Language: English . Brand New Book ***** Print on Demand *****.Jill Bonny's Sugar Skulls Adult Coloring Book is a creepy delight, packed full of twisted bones for your coloring pleasure. This isn't your average kiddie coloring book. These images are advanced and challenging with a few beginner/intermediate images peppered in for good measure. Sugar Skulls Adult Coloring Book Features: Over 110 pages, single sided so markers won't bleed onto your other work. Advanced and Challenging Adult Coloring Pages. De-stressing patterns and line functions. Utterly Empowering Adult Coloring Books are here to stay. here are just a few of the benefits: Boost Your Creativity Energize Your Mental Focus Flush Negativity Gain Vibrant and Bright Clarity Ben Michaelis, a psychologist, says, There is a long history of people coloring for mental health reasons. Carl Jung [founder of psychology] used to try to get his patients to color in mandalas at the turn of the last century, as a way of getting people to focus and allow the subconscious to let go. Now we know it has a lot of other stress-busting qualities as well. This...



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Reviews

It becomes an remarkable publication that we have possibly go through. It is among the most remarkable book i actually have read through. Your lifestyle period will likely be transform when you total reading this publication.

-- **Dominique Bergstrom**

This book is really gripping and fascinating. Of course, it is actually play, nonetheless an interesting and amazing literature. You will not feel monotony at anytime of the time (that's what catalogs are for about if you request me).

-- **Delbert Gleason**