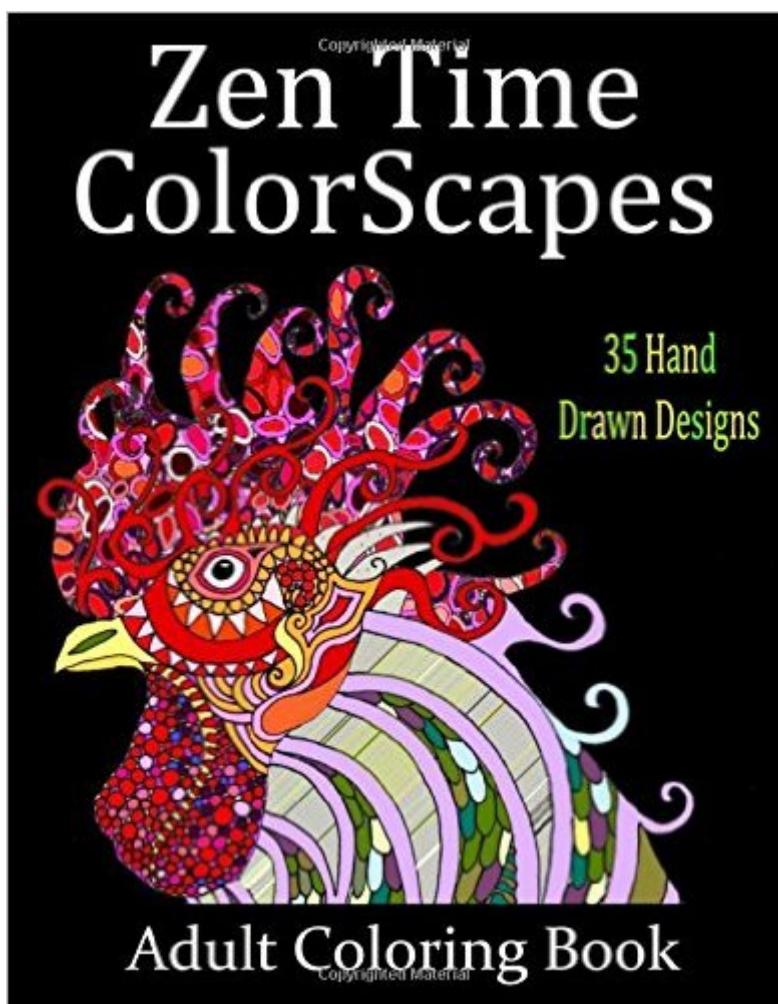


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# Zen Time Colorscapes: Adult Coloring For Stress Relief And Relaxation (Volume 1)



## **Synopsis**

Zen Time is coloring and calming time! Creative Worx Studios invites you to relax and rediscover the simple relaxation and joy of coloring! Create your own masterpiece with your own unique style. This book has been hand drawn and designed by fellow colorist and artist Rick Cheadle Color with fine tipped markers, colored pencils or brush tipped markers. 35 original designs printed on one side of the page. Provides hours and hours of stress relief. Suitable for Adults and older children

## **Book Information**

Series: Zen Time Colorsapes

Paperback: 72 pages

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Product Dimensions: 8.5 x 0.2 x 11 inches

Shipping Weight: 8.6 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 starsÂ  See all reviewsÂ  (10 customer reviews)

Best Sellers Rank: #2,332,363 in Books (See Top 100 in Books) #39 inÂ  Books > Crafts, Hobbies & Home > Crafts & Hobbies > Needlecrafts & Textile Crafts > Ribbons #250 inÂ  Books > Crafts, Hobbies & Home > Crafts & Hobbies > Needlecrafts & Textile Crafts > Rugs #1421 inÂ  Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism > Zen > Philosophy

## **Customer Reviews**

I've always liked coloring and I'm so excited that coloring books for adults are becoming popular. I found this one on and it has all the features that are good for me. I like using fine tip markers. The paper in this book is heavy enough to prevent most bleed-through. I like the pictures to be intricate enough to cause me to take my time, but not so difficult as to be stressful and aggravating. I like that the pages are not two-sided so if any ink does bleed through it doesn't ruin the other side's picture. I prefer the abstract or floral drawings the most, but I'm getting into coloring animals too. Coloring books for adults are nice to carry around in a small tote bag for times when you have to wait, like doctors offices. My daughter-in-law is a psychologist and she uses books like these in her sessions with clients to help alleviate stress. I'm enjoying my book. Take a look at a couple of my pages in the photos below.\*\*\*I purchased this coloring book at a reduced price in exchange for my honest review. My integrity is more valuable to me than any discount I could receive. I enjoy reviewing

products on because as a long time customer I know the value of the review.

I love to color. I always and probably always will! The adult coloring books i think wreath best invention in a long time! lol I love that when I am stressed out I can go to my book and relax while coloring! This book is especially awesome because its not your typical book of designs. They are detailed and fun. and not like all of the others. This book really has its own ring to it and I LOVE it!Pros-Fun-Stress Relief-Detailed and differentCons-marker bleedsALI in all i really do love this book and i highly recommend it! Have fun coloring while you relax yourself! This book proves hours of fun and stress relief!I bought this item full price and would totally buy it agaiN!

I think this is a great adult stress relief coloring book. It has 35 pages of different unique designs to color. Each design is on its own page so that the colors don't bleed through and ruin pages. I like to use gel pens, markers and colored map pencils to color the the designs. This would make a great gift for any ages and will provide hours of coloring. I got this adult coloring book on sale and this is my own personal opinion.

I bought this for a gift for someone who needs to just calm the f down. I hope it works. I have used these myself and these adult coloring books, along with valium have done wonders for my mood swings.

This is my first time purchasing an adult coloring book. I had heard that it can be relaxing and it is - a great way to relax and accomplish something beautiful.I am impressed with the quality and the intricate designs. My plan is to frame a few of my favorites as they look very beautiful and they should be displayed!They will fit in an 8 x 10 frame. Might be a great handmade gift for a friend! Or purchase them their own with some good felt tip pens. I recommend those for getting into the small spaces and tiny swirls. Plus they're nice and dark for beautiful coloring.I'm having a lot of fun coloring with my daughters. They have their Disney coloring books and I have my Zen Time! purchased this coloring book at a discount in exchange for my honest and unbiased review.

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