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## Portable Colour Me Stress-Free (Paperback)

By Lacy Mucklow, Angela Porter

Race Point Publishing, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book. The perfect book for stressed-out adults who want to reconnect, simply and easily, with their inner creativity while on the go. Work, kids, relationships, meetings, traffic, bills. we all face stress on a daily basis and sometimes you just need a way to relieve the tension and avoid burnout, illness, or worse. A simple and inexpensive way to relieve stress is by coloring images, which can be soothing. Some even consider it an alternative to stressors, ultimately aiding in reversing the effects of anxiety. Refocusing your attention on something completely different to engage in a mental, physical, and emotional shift can help break the pattern of consistent stress and allow one to rejuvenate. Part of the international bestselling Colour Me series, Portable Colour Me Stress-Free is a guided colouring book designed for harried adults. Art therapist Lacy Mucklow and artist Angela Porter offer up 70 colouring templates, all designed to help you unplug and unwind at the end of each day. Organised into seven therapeutically themed chapters, readers can explore the benefits of putting pencil (or crayon!) to paper and channel their day-to-day stresses into a...



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### Reviews

*Merely no phrases to spell out. I am quite late in start reading this one, but better then never. Your way of life period is going to be enhance once you complete reading this publication.*

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