



# Adult Coloring Books: 30 Stress Relieving Mandalas: (Coloring Books For Adults Volume 1)

*Susan Stressless*

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## Adult Coloring Books

### 30 Stress Relieving Mandalas

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Adult coloring books are becoming more common these days. There are a number of reasons why they are. Once you get past the name “coloring books” you’ll see the benefits for yourself. Adult coloring books are more about the process of coloring than making pretty pictures. Although that is undoubtedly part of the charm.

The pictures in coloring books cover a lot of different areas. It’s far more than just cute pictures of farm animals and superheroes. The images used in adult coloring books cover more adult-ish themes. There are mythical beings, religious symbols like mandalas, though there are some animals thrown in for fun.

That’s one of the appeals about adult coloring books like this. They are fun. They do let you take yourself back in time and be a kid again, but without being a total kid. The pictures are things that appeal to adults in more ways than one.

Coloring in the pictures in a book like this is a great way to relieve stress and just let go and escape things for a time. When you color in you focus on the picture. You dedicate your mind to it, and take it away from other things. Plus when you are done you are left with something that’s really visually appealing.

An adult coloring book is a great way to just have some fun. Take out the colors and take out your mind. Just kick back and color in and take away your stresses and worries.

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