



# Coloring Book for Men

Be Bold, Be Brave and Just Color!

Coloring drawings to help you relax and improve your mood.

Bella Stitt

Coloring Book for Men - Be Bold, Be Brave and Just Color!: Coloring drawings to help you relax and improve your mood



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Feel free to color as you listen to music or view television. Due to the flowing lines and unique design of the images, coloring them will make you are feeling less tense and even more relaxed. Popular writer of coloring books for adults and teens, certified cognitive therapist Bella Stitt created this book for relieving stress from everyday life. Relax and enjoy!



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Five Stars My brother appreciate color went he become overwhelmed, he said it really help relaxing. The publication is very nice and more than that, I underestimated how much I would appreciate coloring. It's zen and fun! Worth it for sure. I'm pleased I offered it a try. It's zen and quite cool. Great drawings, fun to color and the images are all easy to color with not too much detail but great stream. Just buy markers or crayons. Get this book. Men can enjoy Art Therapy too! I believe in Art Therapy, but wasn't sure my hubby would appreciate it. He did!



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