



**Zen Adult Coloring Book: Creative Art Therapy
for Adults Based on Japanese Prints and Patterns:
Rediscover the zen calm and simple relaxation
with the ... Around the World Coloring Series)
(Volume 1)**

Kerry McQuaide

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Adult coloring books are the perfect way to alleviate stress, grief, and anxiety. The Zen Adult Coloring Book is full of hand drawn images based on Japanese art prints. Thick and thin lines allow the colorist to space out, relax, and finish a very attractive image in a reasonable amount of time. Some lighter background lines, which can be ignored and left blank, colored all one color, or used as guidelines for more intricate coloring.

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