



Coloring Book For Men: Anti-Stress Designs Vol 1 (Volume 1)

Art Therapy Coloring

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Coloring Book For Men: Anti-Stress Designs Vol 1

Coloring Book For Men: Anti-Stress Designs Vol 1 by *Art Therapy Coloring* is packed with adult coloring pages that are just right for any man who likes to color! Our Coloring Book for Men is tailored to men. It is filled with more than 30 anti-stress adult coloring pages that feature masculine designs that include geometric patterns, zendoodle, animals, and more. The coloring pages in this coloring book for men have designs, such as deer skulls and human skulls, that no man would feel embarrassed coloring. Men can color to their heart's desire with this volume of our coloring book for men series!

If you want a great way to relax after a hectic day at work, this is the coloring book for you! Men can benefit from stress relief just as much as women can. Coloring is a meditative practice that can benefit men just as it does women. Coloring is for everyone!

Art Therapy Anti-Stress Coloring Books

- **More than 30 adult coloring sheets**
- **Variety of designs - geometric, zendoodle, etc**
- **Works well with all types of art medium**
- **A large variety of amazing designs**
- **No newspaper print - we use quality white paper!**
- **Reduces stress**
- **Increases focus**
- **We give 10% to support pancreatic cancer patients and their families**

Anti-Stress Coloring Book For Men?

You may ask, "Why should men color?" Our answer would be "Men get stressed too!" Men need to relieve stress just as much as women do in order to be effective leaders, husbands, and fathers. Stress can sabotage careers and relationships if it isn't kept under control.

We connect many stress-relieving activities with women. Women go to the spa, get a massage, take yoga, and color in adult coloring books. Men may handle their stress by going hunting and fishing on the weekend. Coloring is an activity that can be done in the evening after a stressful day at work. Men enjoy this meditative activity just as much as women do.

When adult coloring books gained popularity as a great way to relax, they were geared toward women. Many of the coloring books are tailored to women with floral designs and lacy patterns. Art Therapy Coloring has compiled this adult coloring book for men with an assortment of adult coloring pages that allow men to relax and enjoy the simple pleasure of coloring. Our coloring books for adults are remarkable stress reducers because they have a relaxing effect on the adult brain.

Men and women everywhere have rediscovered the joy of coloring with anti-stress coloring books for adults. It is astonishingly fun to sit down and color your favorite adult coloring page and it may be good for your health as well! Stress has a negative effect on our health and well-being. Coloring can help to relieve some of our daily stress. When adults color in adult coloring books, a part of the brain is able to relax.

Take care of yourself by taking some time to relax and go ahead and color! Receive the stress-relieving benefits of coloring. Think more clearly and be in better control of your emotions. Order your Coloring Book For Men: Anti-Stress Designs Vol 1 today! This adult coloring book also makes a great gift for teens and older boys.

Benefits of Anti-Stress Adult Coloring Books

Anti-stress adult coloring books provide many benefits, such as:

- **Adult coloring books increase focus**
- **Adult coloring books are meditative**
- **Adult coloring books are therapeutic**
- **Adult coloring books help to reduce stress**

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Heather Snyder:

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Christopher Burnham:

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