

How to use the Adult Coloring Book (Advanced)... LOTS and LOTS of beautiful and ornate coloring book pages for hours and hours of relaxing calm and peace. And isn't that what coloring is really about. Turn on some music, sit back, and let your creative juices flow while you turn a page of black and white into the embodiment of your mind's ultimate color scheme!

This is a coloring book devoted to each and every one of us. We can all use some relaxation and peace, so this is how we can do it in a fun way! Renew your love of Mandalas, Floral Patterns, Gardens and coloring with this fun journey through the forest with some funny, often thought provoking phrases and quotes along the way. We decided to take you into the forest, deep within the flora for this adventure that will leave you with many hours of peaceful coloring and serenity. This book has been a collaborative effort between artists, designers, and psychologists. This book not only soothes you, but also increases mental stimulation. The pictures and designs may seem random at first glance, but they're anything but. We also added some really cool coloring pages that are just for you to zone out after reading our madness. We think you'll love the designs and create some incredible pieces of art! Our idea with this project was to both inspire you, and increase neuronal activity and stimulation in a way that activates very unique parts of your mind. There are fields of research suggesting that both children and adults who work with coloring books and designs can effectively raise their IQ. So have fun, relax, let the markers and pens do what they will, and hang on for an incredible, mind altering ride! We hope to give the designer (you) a very introspective and mind expanding experience. To help you bring your full art and color to life, we've left the outlines slightly gray instead of harsh black. Your ideas and the beauty you create are more important than the original designs. This is for you! **MARKER NOTE:** If you feel like using markers, we suggest Staedtler Triplus Fineliner marker pens. They're easy to use and are very good when it comes to bleeding issues. We've chosen a paper that we feel offers the best compromise between durability and brightness so that your ideas come to life without being encumbered by the paper. • Also, place a piece of white paper underneath your current pages to soak up any extra ink! Depending on the markers you choose, there may be a little bleed through. The piece of extra paper will also assist you in leaving just the right amount of color on the current page you're working on. • **PLEASE SHARE** your work with us. Simply go to Amazon and leave a review and it will allow you to post your own pictures! We want to see what you've got. And each week we will choose one of the images as our best in class and you'll receive one of our new coloring books absolutely **FREE!** Just color, Post, and win!

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