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## LION COLORING BOOK FOR ADULTS: 22 STRESS RELIEVING PATTERNS (PAPERBACK)



Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Coloring books are no longer just for the kids. In fact, adult coloring books are all the rage right now. According to the American Art Therapy Association, art therapy is a mental health profession in which the process of making and creating artwork is used to explore feelings, reconcile emotional conflicts, foster self-awareness, manage behavior and addictions, develop social skills, improve reality...

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- Authored by Naomi Duncan
- Released at 2017



Filesize: 4.87 MB

### Reviews

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