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## Menopausal Mania Mayhem: An Adult Coloring Book of Hormonal Heresy (Paperback)

By Cristin April Frey

Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Unlike any other and the first of its kind, Menopausal Mania Mayhem is a unique collection of 20 hand-drawn coloring pages, plus 10 bonus pages of menopausal mandalas! It is also a perfect gift for the vintage women in your life. Menopausal Mania Mayhem includes a variety of original, completely hand-drawn designs and hilarious, relatable sayings. The designs range from simple and easy to intricate and challenging for all skill levels, or to suit your mood. Each coloring page is one-sided so you don't have to worry about ruining the back side of your coloring pages if you use markers or other wet mediums. Adult coloring books are known to reduce stress, calm your thoughts, relieve anxiety, and even help with pain management. It can be used to practice mindfulness and meditation as well as a way to relax. With the funny sayings, it makes stress relief much more fun! If you have a bit of sass in your attitude, you will love this coloring book for grown-ups and you will surely get a giggle or two out of it....



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