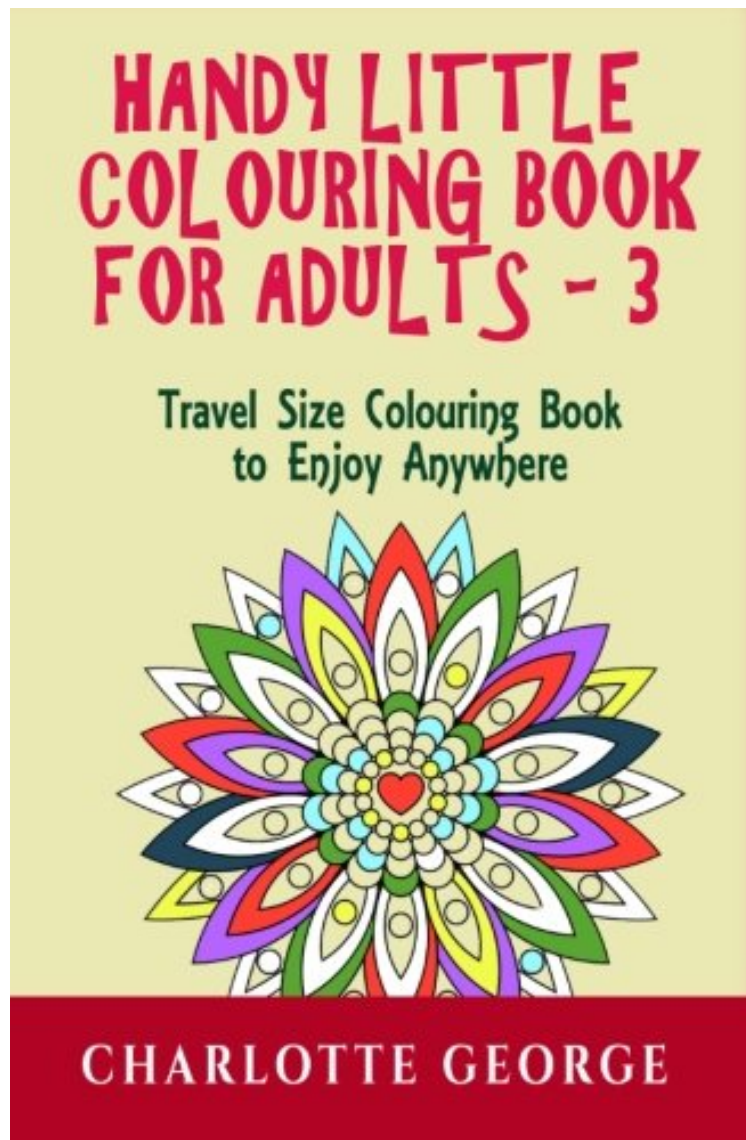


[Library ebook] Handy Little Colouring Book for Adults - 3: Travel Size Colouring to Enjoy Anywhere (Travel Adult Colouring) (Volume 3)

Handy Little Colouring Book for Adults - 3: Travel Size Colouring to Enjoy Anywhere (Travel Adult Colouring) (Volume 3)

Charlotte George

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Charlotte George : Handy Little Colouring Book for Adults - 3: Travel Size Colouring to Enjoy Anywhere (Travel Adult Colouring) (Volume 3) before purchasing it in order to gage whether or not it would be worth my time, and all praised Handy Little Colouring Book for Adults - 3: Travel Size Colouring to Enjoy Anywhere (Travel

Adult Colouring) (Volume 3):

*****IDEAL GIFT - HOURS OF RELAXING FUN***** Handy Little Colouring Book for Adults - 3 Adult colouring has become widely popular and recognized as a great tool to reduce stress and develop a peaceful mind. Some mental health professionals have recommended the use of colouring books for their patients to help them deal with everyday stress. The UK Alzheimer's Society recognise that colour can play an important role in managing Dementia. They say that the use of bright colours keeps the mind active and can slow memory loss and confusion. Health benefits aside, colouring has always been about letting your imagination spill out onto a page and creating something special and unique. This book is filled with 30 beautiful and detailed Mandalas so you will always have a little book of colouring therapy to help you through your day. So, just pop it in your bag or pocket and enjoy your colouring anywhere.

About the Author Charlotte George is a successful artist and busy mum. She found that helping her children colour was so enjoyable and therapeutic, she was inspired to create a colouring book series that contain many of her favourite themes. These include a whole series of Mandalas books, which she absolutely loves creating and colouring. Charlotte has also created a series of lovely pattern colouring books which include pocket or travel editions. For these books she has carefully selected some of her mandalas and patterns from her best selling full size Adult Colouring Book series. This is so you can enjoy colouring anywhere and at any time and also try out your colours before you move on to the full sized patterns. She lives in England with her husband and 2 children as well as a dog, a hamster and 2 goldfish.