



Color Me Adult Sugar Skulls: Sugar Skulls Adult Coloring Pages

Jill Bonny

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Jill Bonny's Sugar Skulls Adult Coloring Book is a creepy delight, packed full of twisted bones for your coloring pleasure. This isn't your average kiddie coloring book. These images are advanced and challenging with a few beginner/intermediate images peppered in for good measure.

Sugar Skulls Adult Coloring Book Features :

- Over 110 pages, single sided so markers won't bleed onto your other work.
- Advanced and Challenging Adult Coloring Pages.
- De-stressing patterns and line functions.
- Utterly Empowering

Adult Coloring Books are here to stay....here a just a few of the benefits:

- Boost Your Creativity
- Energize Your Mental Focus
- Flush Negativity
- Gain Vibrant and Bright Clarity

Ben Michaelis, a psychologist, says, "There is a long history of people coloring for mental health reasons. Carl Jung [founder of psychology] used to try to get his patients to color in mandalas at the turn of the last century, as a way of getting people to focus and allow the subconscious to let go. Now we know it has a lot of other stress-busting qualities as well."

This book is great for kids, teens, adults, and seniors too!

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From reader reviews:

Manuel Coury:

Spent a free the perfect time to be fun activity to try and do! A lot of people spent their free time with their family, or their very own friends. Usually they doing activity like watching television, planning to beach, or picnic inside the park. They actually doing same every week. Do you feel it? Do you need to something different to fill your personal free time/ holiday? May be reading a book can be option to fill your no cost time/ holiday. The first thing you will ask may be what kinds of reserve that you should read. If you want to consider look for book, may be the publication untitled Color Me Adult Sugar Skulls: Sugar Skulls Adult Coloring Pages can be very good book to read. May be it can be best activity to you.

Richard Williams:

Are you kind of active person, only have 10 as well as 15 minute in your moment to upgrading your mind ability or thinking skill possibly analytical thinking? Then you are receiving problem with the book when compared with can satisfy your short period of time to read it because this time you only find e-book that need more time to be read. Color Me Adult Sugar Skulls: Sugar Skulls Adult Coloring Pages can be your answer because it can be read by an individual who have those short free time problems.

Tracy Zapata:

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Carmen Hamm:

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