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## Feel Good Colouring: Illustrated with Love (Paperback)

By Nadine Staaf

Createspace Independent Publishing Platform, United States, 2014. Paperback. Book Condition: New. 282 x 218 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Best Adult Colouring Book to help you Feel Good. Selling thousands of copies! Feel Good Colouring has been featured in Yahoo News, CBC News, Guardian News, and many local PEI publications! Learn more about this and Nadine's other books: This adult colouring book is designed to help you feel good! With encouraging words throughout these creative colouring pages, this detailed adult colouring book is the perfect way to find relaxation. Adult colouring is a great way to de-stress and to align yourself with the present moment, and to simply feel better. Best Adult Colouring Book to Improve Awareness If you're an adult or youth counselor or have trained in psychiatry, then you likely understand the benefits of focusing. With a feel-good adult colouring book and a set of felt-tipped markers or pencil crayons, focusing can be a state of mind within just a few moments. Colouring can ease brain chatter and bring well-being. Inspired by Nature This adult colouring book combines images of nature, from the perspective of the artist. The Earth S...



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