

# The Adult Coloring Book of Amazing Faces and Abstract Art: An Inspirational Quote Coloring Book for Women (Art Therapy Books for Relaxation and Calm)

Penelope Pewter

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This beautiful coloring book for adults contains a collection of exquisite coloring pages accompanied with inspirational messages to help you improve your confidence and self-esteem. Adult coloring is a great way to help **provide relaxation** and **relieve stress** while in the sanctity of your own home, office, or any other location.

The illustrated images of women contain plenty of detail and beautiful composition. Let each design and quote help guide you through a journey of tranquility and let your troubles leave your mind.

### **Use Ink or Pens**

Use either fine-tipped ink markers, color pencils, and pens.

### **Inspirational Quotes**

Read words of encouragement from female leaders in entertainment, politics and all other walks of life.

### Single Sided Pages With One Design Per Page

The opposite page for each drawing has been left blank to prevent ink pens from bleeding through.

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