



## Lion Coloring Book for Adults: 22 Stress Relieving Patterns (Paperback)

By Naomi Duncan

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Coloring books are no longer just for the kids. In fact, adult coloring books are all the rage right now. According to the American Art Therapy Association, art therapy is a mental health profession in which the process of making and creating artwork is used to explore feelings, reconcile emotional conflicts, foster self-awareness, manage behavior and addictions, develop social skills, improve reality orientation, reduce anxiety and increase self-esteem.



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