



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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