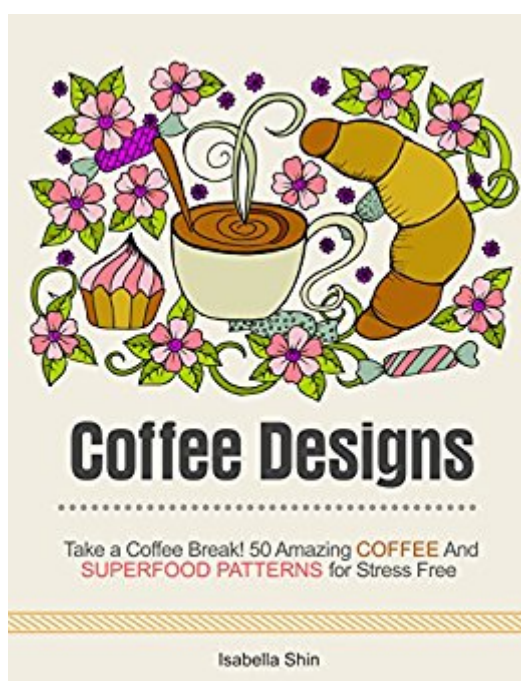


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# Coffee Designs: Take A Coffee Break! 50 Amazing Coffee And Superfood Patterns For Stress Free (Coffee Designs, Superfood Patterns, Stress Free)



## Synopsis

\*\*\*50 AMAZING COFFEE AND SUPERFOOD PATTERNS\*\*\*KINDLE USERS “ We Are Thinking Of You. Since you canâ™ download this book from your Kindle device - We put a link of a printable PDF version at the end of the book. Print the PDF on large 8.5x11 high quality paper and let your creativity to do the rest. Are you ready to relieve stress and get creative? Our Coffee Designs: Take a Coffee Break! 50 Amazing Coffee And Superfood Patterns for Stress Free is just what you need. Youâ™ benefit by reducing your stress and anxiety after a long, hard day. Coloring has also been shown to increase your creativity. How does coloring help stress for adults? Itâ™s been scientifically proven to help you take your attention away from your problems. This is the first step to stress relief. Because coloring regulates your amygdala, you get therapeutic relief from stress. You get a small dose of dopamine when you color which helps reduce anxiety and fear. Neuroscience has proven that when we stimulate this area of our brain to produce positive feelings, it can literally rewire our brains. Coloring can now be thought of as a very inexpensive and creative therapy session. Since it requires focus, even if you only color for a short period of time, it can improve symptoms associated with ADD. Why choose this coloring book? This book provides 50 patterns to provide you with the ultimate coloring experience. You get to be creative and be transported back in time to your carefree childhood days. Itâ™s time to unwind with one of the most popular relaxation methods available: adult coloring. Find out for yourself just why adult coloring has become amazingly popular. Choose the best picture that suits your day and start coloring. Our digital version means that you can print out high quality digital images and color until your heartâ™s content!

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## Customer Reviews

The little pig in the cup is one of my favorites. I colored one of the strawberry wreaths, everyone who has seen it loves it. Every level of colorist will find something to color from simpler to more intricate drawings. The drawings are clean and crisp. A big plus is if the paper book is purchased the drawings do not have another drawing on the back of the page. This is great for people who like to color with ink markers it eliminates the problem of ruining the backside drawing due to ink bleed through. If you purchase a pdf copy bleed through won't be a problem since the drawings can be printed on card stock and one can color with ink, pencil, water color, whatever the colorist chooses. A delightful book I have many choices from this book to put in the coloring kits donated to chemotherapy and dialysis units to relieve patient boredom during the many hours they spend in one or both of those units. I received a free pdf copy of this book for giving this honest review of a book I truly enjoy.

I received a PDF version of this book at no charge in exchange for my honest review. When I saw the cover, I was thinking that the last things I wanted to color were coffee and pastries. There is some there, but I don't know how that became the title! There is much more lovely pages of fruit, mushrooms, and other vegetables. I do like the book and have already earmarked some pages. It looks like fun to color!

This is an interested design. I would have never dream for coffee to have so much style. It is intricate in the sense that a lot of colors can be used. It is a Kindle download so the weight of the paper may vary upon the buyer.

Format Kindle Edition PDF Download Every level of colorist will find something to color from simpler to more intricate drawings. The drawings are clean and crisp. With 50 wonderful drawings to color and only 17 representing coffee or coffee related treats and the other 33 related to Super-food, this

book feels more like Super-food Designs - with 50 Astonishing Super-food and Coffee Designs. Mostly repeat designs that I have seen in dozens of other books, I just would not call it coffee designs. The pictures range in degree of complex design. Some pictures have areas that are so small that even a fine tip gel pen would be difficult to conquer. Many pictures are great to practice shading or good for the beginner. Great for colored pencils, fineliner, markers, and gel pens. Since this book comes in PDF format it allows to you print at your leisure, the book as a whole or individual pages to color over and over for your coloring pleasure. I was given this book for free in exchange for my honest review.

I was at first a little confused by the title of the book, Coffee Designs, when I initially opened it up and began looking at all the different designs. The first 20 or so designs have no connection to coffee at all. After re-reading the title page I did see that the patterns included Superfood Patterns so I was left to assume those first pages held connections to Superfood in some way. All the patterns were nicely drawn and ranged in the level of complexity to color from fairly easy (a piece of tootsie roll type candy) to much more complex (an intricate pumpkin). Overall the book contains wonderful pictures to color with my favorite being the piglet riding in on the waves in a coffee cup wearing a fantastic hat. I would question though the title of the book. With 50 wonderful drawings to color and only 17 representing coffee or coffee related treats and the other 33 related to Superfood, this book feels more like Superfood Designs - with 50 Astonishing Superfood and Coffee Designs. If you are looking for a great Adult Coloring Book to be able break out the colored pencils and have fun relaxing with you won't be disappointed. If you specifically want a lot of Coffee Designs to color, you will most likely find this book lacking in quantity but not quality. I did receive a free ebook edition Coffee Designs: Take a Coffee Break!..... by Isabella Shin in exchange for writing an honest review .

This coloring book has LITTLE to do with coffee! Mostly repeat designs that I have seen in dozens of other books.....Fall pumpkins, A few different fruits, Halloween and even a Christmas design. There are some pretty designs here, just not to do with coffee. Maybe 3 that actually look like coffee, then tea pots, cups and saucers, cakes and cookies...oh and of course...MANDALAS.....just once I'd like to see a coloring book actually have what the cover states!

Why would I want a repackaged coloring book...title is different and the designs are in more than one separate coloring book, but I already have them. New cover, and author, but Shutterstock designs are still repeats (#139). Did get copy of this coloring book for an honest review. When we

buy coloring books in stores we can look inside to see if we like the designs and check for any we already have. WHY Not Here On ??

When I saw the title, I was excited in thinking this book was something new and having to do with coffee. I was mistaken. The book itself is very nicely put together. It contains mostly prints that can be found in other books but the collection itself works well , I just would not call it coffee designs. I am not really sure how the title coffee designs came about because floral pictures, and fruits incorporated into holiday scenes are what make up a good portion of the book. The book is relaxing though. The coffee pictures with coffee cups and tea cups are fun and enjoyable. The pictures range in degree of complex design. Some pictures have areas that are so small that even a fine tip gel pen would be difficult to conquer. Many pictures are great to practice shading or good for the beginner. I did receive this book for free in return for an honest review.

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