

adult coloring workbooks

adult coloring workbooks have emerged as a popular and effective tool for stress relief and creative expression among adults. These workbooks not only provide a canvas for artistic exploration but also serve as a therapeutic outlet, allowing users to immerse themselves in a meditative state. In this article, we will explore the various aspects of adult coloring workbooks, including their benefits, types, and how to choose the right one for your needs. We will also delve into techniques for enhancing your coloring experience, as well as popular themes and topics found in these workbooks. By the end, you will have a comprehensive understanding of adult coloring workbooks and how they can positively impact your well-being.

- Introduction
- Benefits of Adult Coloring Workbooks
- Types of Adult Coloring Workbooks
- Choosing the Right Adult Coloring Workbook
- Techniques for Enhanced Coloring Experience
- Popular Themes in Adult Coloring Workbooks
- Conclusion
- FAQs about Adult Coloring Workbooks

Benefits of Adult Coloring Workbooks

Adult coloring workbooks offer a plethora of benefits that extend beyond mere entertainment. Engaging in coloring activities can lead to significant improvements in mental health and emotional well-being. One of the primary advantages is stress relief; coloring allows individuals to focus on the task at hand, creating a form of mindfulness that helps alleviate anxiety and tension.

Moreover, coloring can enhance creativity and self-expression. With a variety of designs and themes available, users are encouraged to explore their artistic side and personalize their work in unique ways. This act of creation fosters a sense of accomplishment and boosts confidence.

Additionally, adult coloring can improve fine motor skills and hand-eye coordination. As individuals engage in intricate patterns and designs, they practice control and precision, which can be beneficial for cognitive development.

Some other key benefits include:

- Encouraging relaxation and focus
- Providing a break from technology and screens
- Facilitating social interaction when shared in groups

- Offering a low-pressure artistic outlet

Types of Adult Coloring Workbooks

Adult coloring workbooks come in various forms to cater to different interests and preferences. Understanding the types available can help individuals choose the most suitable option for their needs.

Intricate Patterns and Mandalas

These workbooks often feature complex designs that require focus and precision. Mandalas, in particular, are circular patterns that promote relaxation and meditation. Coloring these intricate designs can be a calming activity that helps individuals clear their minds.

Nature and Landscapes

Workbooks that focus on nature themes often include flora, fauna, and scenic landscapes. These designs can evoke a sense of tranquility and connection to the environment, making them ideal for those who find solace in nature.

Abstract and Modern Art

For individuals who prefer a contemporary aesthetic, abstract and modern art workbooks offer a range of designs that challenge conventional coloring methods. These workbooks encourage creativity and allow for personal interpretation, making each completed piece unique.

Inspirational Quotes and Affirmations

Some workbooks combine coloring with motivational quotes and affirmations, providing a dual benefit of artistic expression and positive reinforcement. As users color these uplifting messages, they can internalize the affirmations, promoting a positive mindset.

Choosing the Right Adult Coloring Workbook

Selecting the ideal adult coloring workbook involves considering several factors that align with personal preferences and goals. Here are essential aspects to keep in mind:

Skill Level

Consider your comfort and experience with coloring. Beginners may prefer workbooks with simpler designs, while more experienced individuals might enjoy intricate patterns that require advanced skills.

Theme Preference

Choose a theme that resonates with you. Whether it's nature, abstract art, or inspirational quotes, selecting a theme that captivates your interest can

enhance your coloring experience.

Paper Quality

Pay attention to the paper quality of the workbook. Thicker paper can prevent bleed-through from markers and allow for various coloring mediums, such as colored pencils, markers, or gel pens.

Binding Type

The binding of the workbook can affect usability. Spiral-bound books lay flat, making them easier to color, while traditional bound books may be more compact but less user-friendly.

Techniques for Enhanced Coloring Experience

To maximize the benefits of adult coloring workbooks, incorporating specific techniques can enhance the overall experience. Here are some effective strategies:

Color Theory

Understanding basic color theory can significantly improve your coloring results. Experimenting with complementary colors and shades can create depth and interest in your artwork.

Mindfulness Practices

Integrate mindfulness techniques while coloring. Focus on your breathing and the sensations of coloring to cultivate a meditative state, enhancing relaxation and stress relief.

Use of Various Mediums

Experiment with different coloring mediums, such as colored pencils, gel pens, or watercolors. Each medium offers unique effects and can transform your coloring experience.

Group Coloring Sessions

Consider organizing group coloring sessions with friends or family. This social aspect can provide additional motivation and create a fun, collaborative environment for creativity.

Popular Themes in Adult Coloring Workbooks

Adult coloring workbooks encompass a wide array of themes, catering to diverse interests. Some popular themes include:

- Fantasy and Mythology
- Animals and Wildlife

- Cultural Patterns and Designs
- Seasonal and Holiday Themes
- Geometric Patterns

Each theme provides unique opportunities for expression and creativity, allowing individuals to connect with their interests while enjoying the therapeutic benefits of coloring.

Conclusion

Adult coloring workbooks are a versatile and enriching tool for anyone looking to unwind, express creativity, and improve mental well-being. With a variety of types and themes available, individuals can find the perfect workbook to suit their preferences and skill levels. By employing techniques that enhance the coloring experience, users can unlock the full potential of these workbooks as a source of relaxation and enjoyment. As adult coloring continues to grow in popularity, it remains a powerful way to foster mindfulness, creativity, and connection with oneself.

Q: What are adult coloring workbooks used for?

A: Adult coloring workbooks are primarily used for relaxation, stress relief, and creative expression. They provide a therapeutic outlet that allows individuals to focus on the act of coloring, which can enhance mindfulness and reduce anxiety.

Q: Can adult coloring workbooks help with anxiety?

A: Yes, many individuals find that adult coloring workbooks help alleviate anxiety. The repetitive motion of coloring and the focus required can create a meditative state, reducing feelings of stress and promoting relaxation.

Q: What should I look for when buying an adult coloring workbook?

A: When purchasing an adult coloring workbook, consider factors such as the theme, skill level, paper quality, and binding type. Selecting a workbook that aligns with your interests and comfort will enhance your coloring experience.

Q: Are there specific coloring techniques to improve my artwork?

A: Yes, understanding color theory, experimenting with various coloring mediums, and practicing mindfulness while coloring can significantly improve your artwork and enhance the overall experience.

Q: What types of coloring mediums can I use with adult coloring workbooks?

A: You can use a variety of coloring mediums with adult coloring workbooks, including colored pencils, markers, gel pens, and even watercolors. Each medium offers different effects and can be used to create unique artwork.

Q: Is coloring only for children, or can adults benefit from it too?

A: While coloring is often associated with children, adults can greatly benefit from it as well. Adult coloring workbooks are designed specifically for grown-ups and provide therapeutic benefits, stress relief, and a creative outlet.

Q: Can I color in groups, or is it usually a solitary activity?

A: Adult coloring can be enjoyed both individually and in groups. Group coloring sessions can foster social interaction and provide a fun, collaborative environment for creativity.

Q: Are there any online resources for adult coloring workbooks?

A: Yes, there are numerous online platforms where you can find printable adult coloring pages, downloadable workbooks, and even coloring communities where you can share your artwork and connect with other enthusiasts.

Q: How often should I use adult coloring workbooks for the best results?

A: The frequency of use can vary depending on individual preferences. However, incorporating coloring into your routine a few times a week can help maximize its stress-relief benefits and enhance creativity.

Adult Coloring Workbooks

Find other PDF articles:

<https://ns2.kelisto.es/gacor1-25/files?docid=cHq67-7009&title=solving-polynomials.pdf>

adult coloring workbooks: Adult Coloring Book New Coloring Book, Coloring Book For Adult, 2020-06-22 Adult Coloring Book Join the adults around the world who are rediscovering simple relaxation and the joy of coloring. This book is great for all skill levels. You can color each page the way you want it and there is no wrong way to color (even if you are a beginner). Each page

was created specifically to relieve stress and re-energize. Dozens of designs in this book are easy to color and will provide you with hours of fun and creative expression We included 100 unique images of you to express your creativity and create masterpieces. Take your colors and have fun. -100 color photos. -Thick paper prevents the mark or pen from bleeding to the next page. -Great for adults and children! -Great coloring books for any holiday or special occasion. - Christmas gifts, stocking - Easter baskets and gift bags - Family holidays and travel - Christmas gifts and anniversary - Valentine's Day, Mother's Day

adult coloring workbooks: *Large Coloring Books for Adults (Beautiful Women)* James Manning, 2018-11-15 An adult coloring (colouring) book with 35 coloring pages: Beautiful Women (Adult colouring (coloring) books)

adult coloring workbooks: Best of Adult Coloring Books Adult Coloring Adult Coloring Books, Mandala Coloring Mandala Coloring Book, Shark SHARK Publishing, 2015-10-31 Best Seller of Adult Coloring Books!! Get the special bonus at the end of book !!!! Grab it now !! Designs range in complexity from beginner to expert-level. Provides hours and hours of stress relief, mindful calm, and fun, creative expression. Join millions of adults all around the world who are rediscovering the simple relaxation and joy of coloring! Discover the esoteric power of the mandala relaxing and creative illustrations Printed on high quality extra-thick paper that will not bleed through all pages are pre- perforated for easy removal

adult coloring workbooks: *Adult Themed Coloring Books (Beautiful Women)* James Manning, 2018-11-15 An adult coloring (colouring) book with 35 coloring pages: Beautiful Women (Adult colouring (coloring) books)

adult coloring workbooks: Adult Coloring Books Still Life Series 3: 48 Grayscale Coloring Pages Kimberly Hawthorne, 2018-09-04 Adult Coloring Books: Still Life 3 Grayscale 48 Realistic still life images in grayscale for Adults to Color THIS IS A GRAYSCALE ADULT COLORING BOOK. Grayscale is very different than standard coloring books. It is designed for people who want to create realistic colored images. We have included coloring tips and instructions in the back of the book for beginning grayscale colorists. Life Escapes Adult Coloring Books Series brings you 48 images to color in this volume 1 of our Still Life Series. The book is 8.5 x 11 inches. Images are printed on one side of the page. We

adult coloring workbooks: *Adult Coloring Book Black Pages* Adult Coloring Book Black Pages, 2015-08-23 A Precious Gift to keep two hearts beating as one Relax and explore your creative side with the best-selling Adult Coloring Book. With a focus on beauty and variety, this book will delight and entertain beginners to advanced colorists.

adult coloring workbooks: Coloring Book Pages (Merry Christmas) James Manning, 2018-10-09 An adult coloring (colouring) book with 30 unique Christmas coloring pages: A great gift for Christmas (Adult colouring (coloring) books)

adult coloring workbooks: Adult Coloring Book Butterflies and Flowers Grahame David Garlick, 2015-11-02 De-stress with this Butterflies and Flowers Coloring Book for Adults!An expertly illustrated adult coloring book of butterflies and flowers...get it today at this fantastic low price! Ready to relax and enjoy some high quality coloring? This book is perfect for those of you looking to really take your coloring to the next level, whilst also occupying your mind enabling you to escape the stress of day to day life. Unlike most adult coloring books out there, this book will actually challenge you and requires more focus in order to get a realistic effect. This means that you will become far more engaged and invested in your coloring. Because of this, you will forget your worries and find calm much faster and be left with results that you will be far more proud of than ever before. Each design is an original design created by the author specifically for this book and cannot be found anywhere else. This expertly illustrated and unique collection of butterfly and flower designs will provide hours of entertainment and relaxation. Tags: butterflies, flowers, butterflies and flowers, coloring book for grown ups, adult coloring books, adult coloring book, adults coloring book, adults coloring books, amazon adult coloring books, adult coloring books amazon, adult coloring, coloring books for adults, adult coloring book amazon, amazon adult coloring book, where can i find

adult coloring books, coloring book for adults, stress coloring book, adult colouring books, coloring books adults, adult colouring, where to get adult coloring books, coloring for adults, colouring books for adults, coloring pages for adults, coloring book for adult, adult coloring books for stress, stress relief, colouring for adults, colouring book for adults, colouring books, stress relieving coloring books, where to find adult coloring books, adult coloring books stress, stress relieving coloring book, adult coloring in, coloring book adults, where to buy adult coloring book, advanced coloring books, adult coloring books on amazon, coloring designs, coloring book adult, coloring adults

adult coloring workbooks: Adult Themed Coloring Books (Merry Christmas) James Manning, Simon Hildrew, 2018-10-07 An adult coloring (colouring) book with 30 unique Christmas coloring pages: A great gift for Christmas (Adult colouring (coloring) books)

adult coloring workbooks: Fantastic Art Design Coloring Books [Owls, Flowers, Variety Design] Billie R. Navas, Adult Coloring Adult Coloring Books, 2017-01-23 AMAZON BEST SELLER - BEST GIFT IDEAS This incredible adult coloring book by best-selling artist is the perfect way to relieve stress and aid relaxation while enjoying beautiful and highly detailed images. Each coloring page will transport you into a world of your own while your responsibilities will seem to fade away... Use Any of Your Favorite Tools Including colored pencils, pens, and fine-tipped markers. One Image Per Page Each image is printed on black-backed pages to prevent bleed-through. Display Your Artwork You can display your artwork with a standard 8.5 x 11 frame. Two Copies of Every Image Enjoy coloring your favorite images a second time, color with a friend, or have an extra copy in case you make a mistake. Includes FREE Digital Version As a special bonus, you can download a PDF and print your favorite images to as many times as you want. Now on Sale Regular Price: \$9.99 - SAVE \$6.99, 60% OFF - Limited time only. Makes the Perfect Gift Surprise that special someone in your life and make them smile. Buy two copies and enjoy coloring together. Buy Now, Start Coloring, and Relax... Scroll to the top of the page and click the buy button.

adult coloring workbooks: Adult Coloring Book Coloring Books For Adults, V. Art, 2015-08-17 The 40 unique detailed patterns are printed on large 8.5 x 11 high quality paper. Pages are printed on one side only for easy removal and display. Provides hours and hours of mindful calm, stress relief and creative expression.

adult coloring workbooks: Adult Coloring Book Stress Relieving Patterns Coloring Books For Adults, coloring books for adults relaxation, 2015-08-18 A Precious Gift to keep two hearts beating as one Relax and explore your creative side with the best-selling Adult Coloring Book. With a focus on beauty and variety, this book will delight and entertain beginners to advanced colorists.

adult coloring workbooks: Inspirational Coloring Books for Adults Relaxation Red Red Skull, Adult Coloring Books, 2017-07-07 Adult Coloring Book Unique Designs to Color! COLOURING BOOKS FOR GROWN-UPS BEST GIFT IDEAS !!!!!!!!!!!!! This incredible adult coloring book by best-selling artist is the perfect way to relieve stress and aid relaxation while enjoying beautiful and highly detailed images. Each coloring page will transport you into a world of your own while your responsibilities will seem to fade away... Use Any of Your Favorite Tools Including colored pencils, pens, and fine-tipped markers. One Image Per Page Each image is printed on black-backed pages to prevent bleed-through. Display Your Artwork You can display your artwork with a standard 8.5 x 11 frame. Makes the Perfect Gift Surprise that special someone in your life and make them smile. Buy two copies and enjoy coloring together. Buy Now, Coloring, and Relax... Scroll to the top of the page and click the buy button.

adult coloring workbooks: COLORAMA Coloring Books Black PAGE Colorama coloring Colorama coloring book, Adult Coloring Adult Coloring Book Mandala, coloring books coloring books for adults relaxation, Colorama Colorama Publishing, 2015-10-10 Get the special bonus at the end of book !!!! This coloring books is a coloring book for adult containing many pattern design on black background. You can use your neon pens and marker freely without fear of bleeding through. This will be a great stress reliever and you will spend a good time coloring. The Detailed Designs and Beautiful Patterns Adult Coloring Book is full of original, detailed designs and patterns for you to relax and color. Color the intricate designs and find yourself focused, centered, and at peace. The

images are printed on large 8.5 x 11 high quality paper so you'll have plenty of space to work on the details and be creative. After you are finished, you'll have lovely works of art that are worthy of hanging on the wall. Coloring is a creative, novel way for busy adults to relax and unwind from the hectic pace of modern life. Adults of any age and even older children who love to color can enjoy this unique and special coloring book.

adult coloring workbooks: Adult Coloring Books , 2015-11-01 For fans of Secret Garden and Color Me Calm who can't get enough of the coloring book craze

adult coloring workbooks: MINDFULNESS Coloring Books Mindfulness Coloring MINDFULNESS Coloring Books, Colorama coloring Colorama coloring book, 2015-12-14 Anti-Stress Art Therapy for Busy People We Bring You Mindfulness, The Best Selling Adult Coloring Books. Coloring is a creative, novel way for busy adults to relax and unwind from the hectic pace of modern life. Adults of any age and even older children who love to color can enjoy this unique and special coloring book. We have Carefully Selected Amazing Illustration from world Famous Artist & Illustrators. Bring out your imagination, arouse your senses and creativity, and as you become engaged in the pleasurable, soothing activity of Coloring, it calms you and instantaneously starts reducing your stress level. -----

TAGS: adult coloring books best sellers, coloring books for adults relaxation, artists illustrators, mandalas, stress relieving patterns, coloring pages for adults, meditation, mindfulness meditation, nature mandalas coloring books for grownups, anti-stress management.

adult coloring workbooks: MINDFULNESS Coloring Books Mindfulness Coloring MINDFULNESS Coloring Books, 2015-12-17 Anti-Stress Art Therapy for Busy People We Bring You Mindfulness, The Best Selling Adult Coloring Books. Coloring is a creative, novel way for busy adults to relax and unwind from the hectic pace of modern life. Adults of any age and even older children who love to color can enjoy this unique and special coloring book. We have Carefully Selected Amazing Illustration from world Famous Artist & Illustrators. Bring out your imagination, arouse your senses and creativity, and as you become engaged in the pleasurable, soothing activity of Coloring, it calms you and instantaneously starts reducing your stress level.

----- TAGS: adult coloring books best sellers, coloring books for adults relaxation, artists illustrators, mandalas, stress relieving patterns, coloring pages for adults, meditation, mindfulness meditation, nature mandalas coloring books for grownups, anti-stress management.

adult coloring workbooks: Adult Coloring Book Adult Coloring Adult Coloring Book, 2016-07-11 This best selling adult coloring book is the perfect way to unwind and relax for those with a subversive and irreverent sense of humor.

adult coloring workbooks: Adult Coloring Books Beth Ingrias, 2015-09-03 What a wide variety of cute owls. I love them all. Megan Another great set of adult coloring designs by Beth! Cheri Hours of relaxing fun for adults of all ages. Ginger I have a lot of adult coloring books but this is my FAV! Noelle Created by best selling illustrator and modern artist Beth Ingrias, Adult Coloring Books: Owl gives you the opportunity to color in 30 great owl designs using your favorite coloring tools. This adult coloring book features 30 unique hand drawn designs found nowhere else. Each intricate design is printed on the front of the pages only so you don't have to worry about your work of art bleeding through and ruining the patterns on the next page. Each owl features a new and unique pattern designed to bring your hours of relaxing fun. Unleash your inner artist, relax, unwind and have fun coloring each stress relieving pattern. I love creating artistic patterns where you can easily lose yourself for hours. I had a lot of fun creating each one of these cute owls by hand and I know you will have even more fun coloring them all in. Let your imagination run wild and forget about the troubles of the day as you fill each page with the colors of your choice! Beth Ingrias.

adult coloring workbooks: Coloring Books for Adults Relaxation Coloring Books for Adults Relaxation, Sky Angel Coloring Book, 2016-11-21 SPECIAL LAUNCH PRICE (WHILE STOCKS LAST!!!!) Fun! Fun! Fun! Let your creativity run wild! 30 Original Artist Designs, High Resolution A Gorgeous Coloring Book!!! *Printed on one side of the paper *Incredibly Fun and Relaxing

Related to adult coloring workbooks

etymology - What is the origin of the term 'blue movie'? - English Conclusions Treating all of G.L. Morrill's forays into the cinema of Marseilles as a single episode, we still have three instances in U.S. English of "blue movie" in the broad sense

expressions - If an adult gets kidnapped, would it still be If an adult gets kidnapped, would it still be considered "kid"napping? [duplicate] Ask Question Asked 11 years, 5 months ago Modified 11 years, 5 months ago

Was "man" a gender-neutral word in common usage at some point? Etymonline comments: Specific sense of "adult male of the human race" (distinguished from a woman or boy) is by late Old English (c. 1000); implying that "man" was

abbreviations - What do CI, CIM, CID, CIB mean? - English I was talking to a friend about a girl, and he mentioned that "She can pretty much CI anything, CIB, CIM or CID." I'm wondering what these mean. The context was sexual experience. Sorry

U Steam Steam - 1. 2. U 3. steam

Referring to adult-age sons and daughters as children Is it normal to refer to adult-age sons and daughters of someone as children? A native speaker of Arabic learning English has said that in Arabic, the word for sons and

00 | 0000000000000000 0 0000 SHAMELESS 00009.8000000000 00showtime0000000000000000
 00000000000000000018000000

Microsoft 公司

possessives - adults' English teacher or adult's English teacher Distinguish your audience in a prepositional phrase. "I am an English teacher for adult learners" or "I am an English teacher for adults." If it is important you say teacher, this

Specific word for "grown-up children"? [duplicate] Is there a specific word for adult offspring? If all of your "children" are now in their adulthood, is there a specific word to refer to them?

etymology - What is the origin of the term 'blue movie'? - English Conclusions Treating all of G.L. Morrill's forays into the cinema of Marseilles as a single episode, we still have three instances in U.S. English of "blue movie" in the broad sense

expressions - If an adult gets kidnapped, would it still be If an adult gets kidnapped, would it still be considered "kid"napping? [duplicate] Ask Question Asked 11 years, 5 months ago Modified 11 years, 5 months ago

Was "man" a gender-neutral word in common usage at some point? Etymonline comments: Specific sense of "adult male of the human race" (distinguished from a woman or boy) is by late Old English (c. 1000); implying that "man" was

abbreviations - What do CI, CIM, CID, CIB mean? - English I was talking to a friend about a girl, and he mentioned that "She can pretty much CI anything, CIB, CIM or CID." I'm wondering what these mean. The context was sexual experience. Sorry

U Steam Steam - 1. 2. U 3. steam

Referring to adult-age sons and daughters as children Is it normal to refer to adult-age sons and daughters of someone as children? A native speaker of Arabic learning English has said that in Arabic, the word for sons and

00 | 0000000000000000 0 0000 SHAMELESS 00009.8000000000 00showtime0000000000000000
 00000000000000000018000000

Microsoft 公司

possessives - adults' English teacher or adult's English teacher Distinguish your audience in a prepositional phrase. "I am an English teacher for adult learners" or "I am an English teacher for

adults." If it is important you say teacher, this

Specific word for "grown-up children"? [duplicate] Is there a specific word for adult offspring? If all of your "children" are now in their adulthood, is there a specific word to refer to them?

Related to adult coloring workbooks

Coloring and Crosswords Books for Adults Get Boost (Publishers Weekly5y) Since early March, when the Covid-19 pandemic began, adults have been purchasing books to keep their children occupied during the long hours in isolation, driving sales of educational workbooks and

Coloring and Crosswords Books for Adults Get Boost (Publishers Weekly5y) Since early March, when the Covid-19 pandemic began, adults have been purchasing books to keep their children occupied during the long hours in isolation, driving sales of educational workbooks and

Adults Are Using These Coloring Books to Help Reduce Anxiety - Here's Where to Buy Them Online for Under \$7 (Rolling Stone4mon) If you purchase an independently reviewed product or service through a link on our website, Rolling Stone may receive an affiliate commission. Grammy-Award winning EDM artist Marshmello once sang

Adults Are Using These Coloring Books to Help Reduce Anxiety - Here's Where to Buy Them Online for Under \$7 (Rolling Stone4mon) If you purchase an independently reviewed product or service through a link on our website, Rolling Stone may receive an affiliate commission. Grammy-Award winning EDM artist Marshmello once sang

Coloring Books For Adults Stay Hot (Publishers Weekly9y) Adult coloring books may not be selling in the vast quantities they were at the end of 2015, but the books remained popular enough to lift print unit sales of adult nonfiction by 12% in the first half

Coloring Books For Adults Stay Hot (Publishers Weekly9y) Adult coloring books may not be selling in the vast quantities they were at the end of 2015, but the books remained popular enough to lift print unit sales of adult nonfiction by 12% in the first half

Hottest trend in publishing is adult coloring books (New York Post9y) Nine of the 20 books on Amazon's current bestseller list contain few words and belong to a genre that didn't exist two years ago. Welcome to the biggest publishing craze of the year: coloring books

Hottest trend in publishing is adult coloring books (New York Post9y) Nine of the 20 books on Amazon's current bestseller list contain few words and belong to a genre that didn't exist two years ago. Welcome to the biggest publishing craze of the year: coloring books

The big business behind the adult coloring-book craze (Seattle Times9y) WASHINGTON — The amateur artists can be found coloring in airport lounges, doctor's office waiting rooms and while they watch TV shows at home. They are forming coloring meetup groups at libraries and

The big business behind the adult coloring-book craze (Seattle Times9y) WASHINGTON — The amateur artists can be found coloring in airport lounges, doctor's office waiting rooms and while they watch TV shows at home. They are forming coloring meetup groups at libraries and

Adult Coloring Books Were Popular (and Subversive) in the 1960s (Smithsonian Magazine9y) Excerpt from the "Executive Coloring Book" by Brenda Jackson, Dennis Altman, Marcie Hans, Martin A. Cohen, and Ronald L. McDonald, published in 1961. Via Ad to the Bone Over the past few years, adult

Adult Coloring Books Were Popular (and Subversive) in the 1960s (Smithsonian Magazine9y) Excerpt from the "Executive Coloring Book" by Brenda Jackson, Dennis Altman, Marcie Hans, Martin A. Cohen, and Ronald L. McDonald, published in 1961. Via Ad to the Bone Over the past few years, adult

Think you missed the adult coloring book craze? Think again (Los Angeles Times10y) There's no denying it: Coloring books for adults are not going away. The books feature intricate patterns and designs that are far too sophisticated for a child's hand. But for adults, they're a way

Think you missed the adult coloring book craze? Think again (Los Angeles Times10y) There's no denying it: Coloring books for adults are not going away. The books feature intricate patterns and designs that are far too sophisticated for a child's hand. But for adults, they're a way

Adult Coloring Books Going Mainstream (At Least Some of Them) (NBC News9y) Looking for a unique gift this holiday season? How about a sophisticated coloring book for the man or woman in your life? Crayola, in partnership with the creative media company Brit + Co, just

Adult Coloring Books Going Mainstream (At Least Some of Them) (NBC News9y) Looking for a unique gift this holiday season? How about a sophisticated coloring book for the man or woman in your life? Crayola, in partnership with the creative media company Brit + Co, just

If The Adult Coloring Book Craze Is Dead, It Needs A Postmortem (Forbes7y) Forbes contributors publish independent expert analyses and insights. I write about the future of books and the business of storytelling. In 2015, adult coloring books became the dark horse of the

If The Adult Coloring Book Craze Is Dead, It Needs A Postmortem (Forbes7y) Forbes contributors publish independent expert analyses and insights. I write about the future of books and the business of storytelling. In 2015, adult coloring books became the dark horse of the

Back to Home: <https://ns2.kelisto.es>