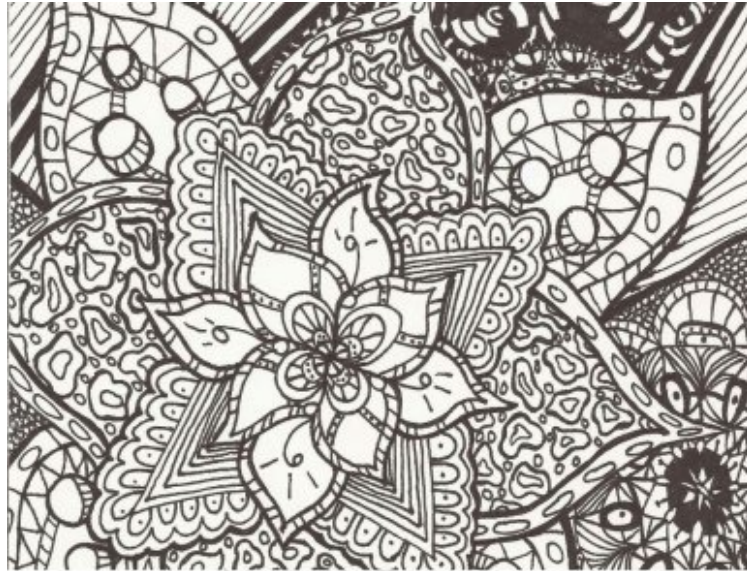


Abstract

James Lankford, Susan L. Harrington

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Abstract 52 Right-Handed Drawings James Lankford, Artist



#3792585 in Books 2015-10-18Original language:EnglishPDF # 1 11.00 x .25 x 8.50l, .60 #File Name:
1517491827110 pages | File size: 17.Mb

James Lankford, Susan L. Harrington : Abstract before purchasing it in order to gage whether or not it would be worth my time, and all praised Abstract:

0 of 0 people found the following review helpful. AWESOME COLORING BOOK TO RELIEVE STRESS/ANXIETY! A MUST HAVE!!!By AmandaI have several different factors in life that have created a medical list for me that is a mile long, including ADHD, PTSD, High Anxiety, major traumatic events that led to muscle and tissue damage and chronic pain and swelling, etc. I have found the best way to to help keep my pain managable (w/o medication which I do not take) and to help when my anxiety level is up is to color. I tried to find coloring books in the store but they were childish and even the "adult" coloring books were still kind of childish. I decided to look on and found these books. They are AWESOME!!! The details are incredible and when coloring them and choosing different colors and making it "come to life" so to speak will get you lost in yourself and your colors for hours!!!! I really can't say enough about the pictures they are just amazing!!!! I can't wait to see if this artist is going to put any

more adult coloring books on ! I will definitely be looking/following this artist. Also I would like to see if there are any coloring books for children he has done? My girls love coloring and art as well and they love my coloring books so I would love to see what he could draw for children if he can draw with this kind of detail for adults. VERYYYYY satisfied and impressed!!!!0 of 0 people found the following review helpful. Five StarsBy lighthouse5757Really do like this book

"Abstract" is an adult coloring book from artist James Lankford and prepared for publication by Susan L. Harrington. Over 50 bold illustrations stretch your imagination. Energize yourself and you stretch your creative side. Pick a color; any color, and create your own masterpiece. Coloring may help those with ADHD or with pain management. Ages 6 through adult can relax as they color these abstract drawings. Coloring in our coloring books is more than just a fun activity or hobby. Coloring has been scientifically proven to reduce stress and anxiety. It may help with headaches, upset stomach, lower blood pressure, back pain, sleep disorders, and depression. It may help calm a pregnant woman. Coloring is being used as alternative therapy to help adults and children reduce their stress and anxiety. Color therapy has been successfully used for some with special needs: autism, Alzheimer's, dementia, and possibly even ADHD; those with special needs should be supervised while coloring with crayons or colored pencils. We offer this coloring book to you for hours of creative coloring pleasure. As you focus on coloring, it relaxes you. It soothes you. You bring out your creative side and create your own masterpieces. This book is suitable for children, teens, adults, and even seniors. Coloring is also a great art activity for home schooled children. Our coloring books can be purchased for your own pleasure, or for gifts for others. For other great books that you might be interested in, please go to: www.storiesforpublication.com

About the AuthorJames was born and raised in the mountains of North Carolina. He was raised by his grandparents who taught him to appreciate nature. He loves to be outside and enjoys hunting and fishing. James has been gifted with an artist's eye and loves any type of art.