



Pocket Posh Adult Coloring Book: Soothing Designs for Fun and Relaxation

Andrews McMeel Publishing LLC

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The creative alternative to counting sheep, *Pocket Posh Adult Coloring Book: Soothing Designs for Fun & Relaxation* is filled with more than 100 pages of beautiful, peaceful design patterns to help you de-stress and feel ready for rest. Take your mind off any woes or worries and allow yourself to relax and unwind.

Soothe away your insomnia with some wonderfully relaxing coloring. Long acknowledged to be a truly relaxing activity, coloring can help with all sorts of stress-related problems—including sleeplessness. Sized right for your bedside table, these beautiful designs will help you to free your mind from your worries and refocus it on relaxation. So next time you find yourself feeling restless in bed, turn to *Soothing Designs*, create some beautiful art, and feel your cares drifting away.



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