



Adult Coloring Stress Relief with Calming Card Games: Hearts (Paperback)

By -

Quillpen Pty Ltd T/A Leaves of Gold Press, United States, 2015. Paperback. Book Condition: New. Elizabeth Alger (illustrator). 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.This adult coloring book with playing cards in the Suit of Hearts gives you beautiful, soothing designs to ease you into a state of relaxation. After you finish coloring, you can cut out the cards and use them to play simple, enjoyable card games for one player. Game instructions are in the book, along with more coloring pages. These activities are designed to calm you down and help you recharge. Single-player games provide stress relief, mindful relaxation, fun and creativity. Each of the four books in the Calming Card Games series has enough space on the cover to create one suit of double-sided cards. Together they make a full deck of 52 (with a bonus 4 flamboyant jokers), hand-colored by you. Card games require only a deck of cards and a flat surface, so they can easily be played almost anywhere. Solitaire, also known as patience, is a group of card games that can be played by one person. Solitaire is absorbing and stress relieving. It also helps...



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