



# **Love and Lighthouses: Coloring Book for Adults with Encouraging Bible Verses**

*Sheila Dunn*



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Color to be stress free! Coloring books for adults help to relieve stress and reclaim your peace. Today's hectic world of multi-tasking while you're already juggling multiple responsibilities burdens us with stress. Experts have found that taking time to be create art in coloring books for grownups helps to reduce our stress. Using adult coloring books is a wonderful mindfulness exercise which adds calmness by focusing on one activity for your own enjoyment. This adult coloring book contains 30 lighthouse design pages plus 10 bonus pattern pages. Each lighthouse page features an encouraging Bible verse. Illustrations vary in complexity from beginner to expert-level. Beginner level designs allow more freedom for color blending and adding patterns of your own. Expert-level designs provide the challenge of intricate patterns to color. Great for gel pens, crayons, and colored pencils. One-sided printing reduces bleed through and makes it easy to share your finished art. Feel free to make copies of pages for your own personal use. Pages from a coloring book for adults can be printed on cardstock or watercolor paper for more freedom in using wet media without worrying about bleed through. In addition to the 30 lighthouse pages, I added 10 pages of my favorite patterns that I used in the lighthouse designs. These full pages of patterns are great fun! For example, I took the flower pattern from the lighthouse on the book cover and created a beautiful coloring page of the flower design. Enjoy reconnecting with the simple joy of coloring and the Bible verses of encouragement.



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