

Adult Coloring Stress Relief With Calming Card Games: DIAMONDS (Volume 4)

Leaves of Gold Press

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before purchasing it in order to gage whether or not it would be worth my time, and all praised Adult Coloring Stress Relief With Calming Card Games: DIAMONDS (Volume 4):

0 of 0 people found the following review helpful. Unlike any other playing cards. Also very relaxing. :)By
venice219This is the second book I've bought in the series and it's just as good as the first. I really enjoyed coloring in the beautiful picture-cards - the King, Queen, Jack and Joker. They are unusual pictures, quite unique and unlike any other playing cards I've seen. I found it very relaxing to color in the diamond shapes, and now that I've cut out the cards I've added them to my colored-in pack. Looking forward to playing some of the solitaire games described in the books. This is a great concept!

This adult coloring book with playing cards in the Suit of Diamonds 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. The cover of each book in the Calming Card Games series gives you one suit of playing cards. Simply use a non-wrinkling paper glue to paste the decorative William Morris designs (pages 15 and 17) on the back of each cover and let the paste dry before you color and cut out the cards. Together the four books 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 concentration and visual memory. Playing games with real cards instead of on a computer screen makes a huge difference to your health. When you use virtual cards on a light-emitting screen your eyes may become strained. Even more seriously - especially in the evenings - the blue-wavelength light from screens interferes with your body's melatonin production, thus disrupting your natural sleep rhythms. Looking at a screen before bed not only makes it harder to fall asleep, but also affects how drowsy or alert you are the following day. Digital solitaire can also be highly addictive, unlike real solitaire. Play soothing games with real cards to relieve stress and get a better night's sleep. Join the natural stress relief trends sweeping the globe!

About the Author Leaves of Gold Press publishes international, premium quality fiction and non-fiction in hardcover, paperback and ebook format. Our books are printed on high grade, acid-free, book-grade, opaque paper stock sourced from responsibly managed forests. Our printers are certified by the Forest Stewardship Council, the Sustainable Forestry Initiative and the Programme for the Endorsement of Forest Certification. Utilizing POD technology decreases the number of returns and reduces paper waste, thereby cutting down greenhouse emissions and conserving valuable natural resources. Elizabeth Alger is an Australian illustrator of books for children and adults. Alger was born and raised in Melbourne and graduated from Art School. She works full time as an illustrator of books for children and adults. Her maps have appeared in books by Cecilia Dart-Thornton, and her children's book Bertie was highly acclaimed worldwide. A keen horse-rider and cat-owner, Elizabeth has recently finished writing her first novel, Winterhued, a fantasy. Books illustrated by Elizabeth include The Wreckers by Melissa Roberts and Creepy McPhee, by Corinne Fenton. Elizabeth has voyaged on the Russian sail training vessels Krusenstern and STS Sedov.