



Rand McNally Releases Intricate Coloring Book for Adults

High-quality coloring book features fill-in illustrations of architecture, art, and iconography of 62 world cities

SKOKIE, Ill., April 21, 2016 – Whether it's to relieve stress, keep the mind limber, or create a beautiful, frameable piece of art, Rand McNally's new adult coloring book featuring world cities promises to educate as well as entertain. Available today, Rand McNally's *Beautiful Cities Coloring Book* features intricate, ready-to-shade in illustrations of more than 60 of the world's greatest metropolises.

Coloring fans will have the opportunity to be whisked away to famous world cities while filling in detailed illustrations of lively street scenes, whimsical maps, culture-inspired patterns, and architectural icons. The thick, high-quality paper of the book adds a sophisticated edge to each design.

As many adults have recently rediscovered their love of coloring, it turns out there are significant benefits to this simple past time. In a study featured in *Art Therapy: Journal of the American Art Therapy Association**, researchers found that even a brief period of coloring in shapes and designs resulted in a marked decrease in anxiety levels, and improved test scores among college students.

When selecting locations to include in *Beautiful Cities*, Rand McNally editors looked to every region of the globe. Coloring aficionados can choose to color a skyscraper scene of New York or a charming street map of Paris or the ancient Moroccan architecture of Marrakech.

Europe, Asia, North America, South America, Australia and Africa are represented by fill-in illustrations representing the architectural and cultural heritage of their respective regions. The 62-page book features a variety of one and two-page coloring spreads.

Beautiful Cities is available for purchase at store.randmcnally.com for \$11.99, and at other fine retailers.

* Curry, N. A., & Kasser, T. (2005). Can Coloring Mandalas Reduce Anxiety? *Art Therapy*, 22(2), 81-85. doi:10.1080/07421656.2005.10129441

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