

## 9 Adult Coloring Books Inspired By Our Favorite Cities, Hotels, And More

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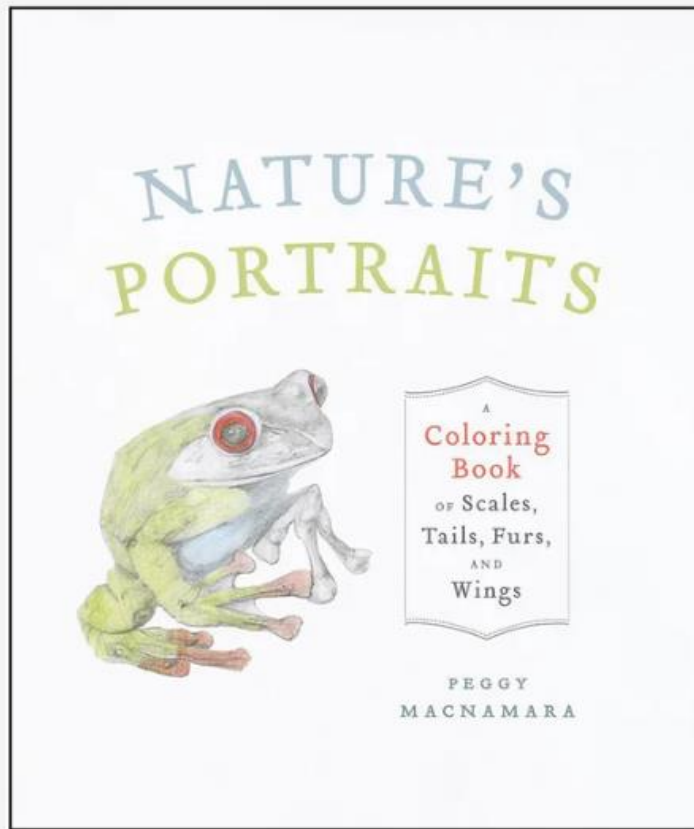
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*De-stress the way you did when you were a kid.*



Without the thrill of travel, frequent fliers are turning to new ways to experience their **favorite places from home**—and for those unacquainted with the idea of staying in one place, activities like **yoga, reading**, and coloring offer proven therapeutic value. In the past decade, adult coloring books in particular have become increasingly popular—touted in **various clinical studies** for their ability to improve sleep, reduce anxiety, and generate a positive mood. And even if it's just to have some fun while getting your eyes off of a screen, it's worth giving coloring a try. Whether you're looking to explore the depths of the Pacific, the world's biggest cities, or just some quirky roadside attractions, here are the nine best adult coloring books to help you travel vicariously. And if you don't have them in your house already, we suggest stocking up on **colored pencils** and a **sharpener**—nothing beats a good ol' fashioned box of Crayola.

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## Nature's Portraits: A Coloring Book of Scales, Tails, Furs, and Wings

Missing the call of the wild? This book by longtime wildlife artist Peggy McNamara turns nature into your canvas, inviting you to bring color to America's diverse flora and fauna. McNamara is renowned for her accurate and detailed depictions of wildlife, having served as the artist-in-residence for **Chicago's Field Museum**. From the earth-colored shell of a tortoise to the vivid feathers of a cardinal, there's plenty here for those who want to learn about and observe animals while coloring.

Buy now: **\$15**, [fieldmuseum.org](https://fieldmuseum.org)