The Anatomy Coloring Book by Wynn Kapit

<https://www.amazon.com/Anatomy-Coloring-Book-Wynn-Kapit/dp/0321832019>

In terms of adult coloring books, most of them are very casual and lighthearted. You will see a lot of gardens, landscapes, patterns, and animals. However, some of them not only provide a great way to distract your mind from anxiety or stress, but also teach you a little something. That is what the Anatomy Coloring Book by Wynn Kapit is going to provide you.

This is much different than any other adult coloring book you have used before. It shows full illustrations of different parts of the anatomy, that you will then color in according to the color-key given. This allows you to learn terminology as you get other benefits from using the coloring book.

**About the Anatomy Coloring Book**

The Anatomy Coloring Book is exactly what it sounds like – a coloring book of different parts of the human anatomy. This combines educational material with something fun to do when you just want to color. It is great for people of all ages, no matter what your interests are.

This is also a larger coloring book than most with 162 two-page spreads of human anatomy. There is a color key system that lets you see the different terminology for what you are actually coloring. As you color, you are making associations between the part of the body, the name, and the color.

Another thing you will notice in the coloring pages is that they are hand-drawn, so that makes it a little more enjoyable and much less like a school project.

**Why Choose This Coloring Book?**

There are a few reasons why you might want to choose the Anatomy Coloring Book as your next adult coloring book. First, it can help you learn the human anatomy. Whether you need to know this for college, or you are just curious, it is great to combine activities that are creative and educational. This is also great to share with your kids or teenagers who might benefit from knowing this for their own school work.

Another reason is simply because it is something a little different. A lot of adult coloring books out there have similar patterns and images of flowers, animals, gardens, and sometimes curse words. Why not use a coloring book that is a little different and unique?

Pick up the Anatomy Coloring Book and you will be busy for a while, as you focus on what you are coloring instead of your own stress or anxiety.