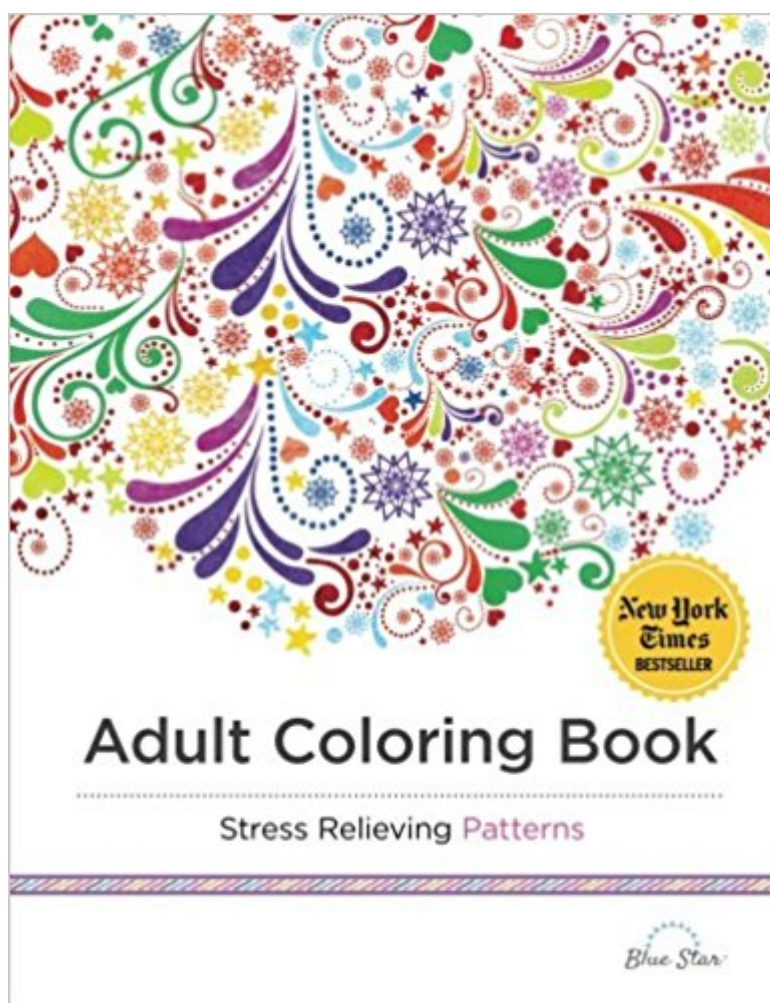


The book was found

Adult Coloring Book: Stress Relieving Patterns



Synopsis

A #1 National Best Seller on ! Stress Relieving Patterns contains over 30 colorable patterns for novice and advanced color artists alike! A New York Times Best Seller, Stress Relieving Patterns provides for hours upon hours of stress relief, fun and creative expression. Join millions of adults all around the world who are rediscovering the simple relaxation and joy of coloring! Features pattern coloring pages and mandala coloring pages Heavyweight 60# paper Published by Blue Star Coloring, the team behind multiple national bestselling adult coloring books.

Book Information

Series: Adult Coloring Books

Paperback: 106 pages

Publisher: Blue Star Coloring; Csm edition (March 28, 2015)

Language: English

ISBN-10: 1941325122

ISBN-13: 978-1941325124

Product Dimensions: 8.5 x 0.2 x 11 inches

Shipping Weight: 4 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars 1,880 customer reviews

Best Sellers Rank: #7,999 in Books (See Top 100 in Books) #2 in Books > Arts & Photography > Drawing > Coloring Books for Grown-Ups > Comics & Manga #14 in Books > Arts & Photography > Graphic Design > Techniques > Use of Color #119 in Books > Crafts, Hobbies & Home > Crafts & Hobbies

Customer Reviews

Love it! Bought a handful of books as I'm just now getting into coloring. I almost didn't get this book, thinking I'd like the others better. This has instantly become my favorite! Different levels of detailing from page to page so that you have options to fit your mood. Pages thick enough to use gel pens and not bleed through to the next page. LOTS of pages, so many to choose from. Book has easily 2 to 3 times more pages than other books I've bought. Interesting, different patterns. I'm posting two photos. First photo has more intricate detailing and is the first page I completed in the book (used gel pens). Second photo is of a work in progress with colored pencils.

This is an incredible book with fantastic flowing artwork. My favorite illustrations are the 15 delicate doily type illustrations and out of 46 illustrations I only noticed 3 that I would not want to personally

color .Bring out your imagination, arouse your senses and creativity, and as you become engaged in the pleasurable, soothing activity of Coloring, it calms you and instantaneously starts reducing your stress level.This book is a wonderful addition to your coloring library; a perfect gift school aged children, college students, or adults who enjoy coloring, and a much easier way to reduce stress than going to the gym.1. 46 illustrations printed one per page (the back of each page is blank) on bright white, medium weight paper and the page numbers are listed on the back of the page not on the front where the picture is.2. Illustrations include 15 delicate, circular doily type drawings(my favorites) Most of the rest are bordered full page designs from simple geometric shapes with very little detail to complicated very detailed geometric shape designs. There are a few miscellaneous sprinkled through the book I did see one paisley design.3. The complexity and details vary with the pictures, some you will need sharpened colored pencils or Gel pens for and others crayons or wide markers would work. Place a piece of scrap paper under the page you are coloring in case your pens or markers bleed through the page. My Fiskars Gel Pens did not .

We place adult coloring books in the waiting room of the hospital area in which I work. We've just added this one to our library and I'm a huge fan of the designs. Patients and their families can color in the books while waiting and easily rip out the pages if they want to take their artwork home with them, or they can leave it for other people to admire or add to. We've occasionally get people mentioning how much they enjoyed using the books but what really speaks for itself is how quickly they get completely used up!

I have been under a lot of stress and noticed my panic attacks getting worse. A friend of mine told me to try coloring, at first I laughed at the fact of coloring my stress away. She gave me a couple of copy pages of her coloring book and I was desperate not to get back on medications I tried the coloring method. It surprised me and I got myself a book to color my stress away. It may see laughable but these coloring books is not your typical children coloring book, it is more detailed and you lose yourself as you color the details. I am not on any medications, with this coloring book and breathing exercises I am able to handle my stress and my panic attacks are not strong.

The artist has incorporated and combined the fluid rhythmic pulse of the oceans, and the gracefulness of the dolphin into captivating images that will come alive as you add color. Waves pounding, Dolphins frolicking, whitecaps and rainbows all in fluid motion. Each Illustration will inspire you.This book is perfect for Dolphin lovers of all ages, perfect for Crayons, Markers and Perfect for

using Color Pencils and Crayola Water Color pencils plus it is perfect for experimenting with different colored pencil techniques and my choice for these illustrations.1. 30 illustrations printed one per page (the back of each page is blank) on medium weight, bright white paper.2. All markers bleed through this paper so place two pieces of paper under the page you are coloring to prevent damage to the next illustration.3. When I use colored pencils in this book, I place a clip board under the page I am coloring and fold the rest of the book under the clip board, this way I don't leave indented lines in the underlying illustrations.4. The details in the illustrations vary from picture to picture with most being medium sized details, there are no tiny details in this book, to me this book calls out for colored pencils and color pencil techniques but crayons, markers, and pens will also work well on most of the pictures. Some of the simple illustrations would be perfect for adding your own unique patterns to the outlined dolphins.5. 11 of the illustrations are of Dolphins centered on the page and each adorned in a different variety of designs, the rest vary from collages of just dolphins to dolphins incorporated into patterns or swimming among the waves, jumping over the waves or swimming along the ocean floor.

When I first read about this book I knew I wanted to buy it. I always loved coloring as a kid and I wanted to see if I could capture that creative relaxed feeling again. I wasn't disappointed! This book has amazing patterns and after coloring for a just a few minutes I feel focused and ready to meet the rest of my day. I hope this very creative publisher will have more books to offer.

[Download to continue reading...](#)

Coloring Books For Adults Volume 6: 40 Stress Relieving And Relaxing Patterns, Adult Coloring Books Series By ColoringCraze.com (ColoringCraze Adult ... Stress Relieving Coloring Pages For Grownups) Coloring Books For Adults Volume 1: 40 Stress Relieving And Relaxing Patterns, Adult Coloring Books Series By ColoringCraze.com (Adult Coloring Books, ... Anti Stress Coloring Books For Grownups) Flowers, Mandalas and Animals: Adult Coloring Book: Stress Relieving Patterns for Grown-Ups (Stress Relieving Coloring Books for Adults) Coloring Book for Adults & Grown Ups : An Easy & Quick Guide to Mastering Coloring for Stress Relieving Relaxation & Health Today! (The Stress Relieving Adult Coloring Pages) Animals Adult Coloring Book: Stress Relieving Patterns of Elephants, Cats, Dolphins, Owl, Peacock, Panda, Fox, and More (Stress Relieving Designs) (Volume 1) Magical Swear Word. Adult Coloring Books: Relaxation and Stress reduction: 30 Stress Relieving Magical Swear Word Designs : flowers, mandalas, patterns. ... Anxiety and Stress (Swear Word Coloring Book) Dinosaur Adult Coloring Book: Dinosaur Coloring Book, a Adult Coloring Book containing Dinosaur images filled with beautiful and stress relieving patterns Mandala Coloring

Book: 100 IMPRESSIVE MANDALAS Adult Coloring Book (Vol. 1): Stress Relieving Patterns for Adult Relaxation, Meditation (Mandala Coloring Book for Adults) (Volume 1) Coloring Books For Adults Volume 6: 40 Stress Relieving And Relaxing Patterns, Adult Coloring Books Series By ColoringCraze.com (ColoringCraze Adult Coloring Books) Adult Coloring Books: Mandala for a stress relieving experience (mandalas, stress relief, reduce stress, coloring books, relax) 3-Word Stories Coloring Book (Three Word Story Adult Coloring Book): The Adult Coloring Book of Colorist-Created 3-Word Stories (Adult Coloring, ... Adult Coloring Book Series) (Volume 1) Animal Stress Relieving Patterns Color by Number Adult Coloring Book (Beautiful Adult Coloring Books) (Volume 76) The Holiday Coloring Book for Adults: The Adult Coloring Book of 60 Different Stress Relieving Patterns for Christmas, Halloween, Easter, Valentines ? ... & Coloring Books for Children) (Volume 5) Mandala Coloring book: Mandalas. Easy coloring: Simple mandala coloring book, Adult mandala coloring Books,Mandala coloring, Adult Coloring Book: ... coloring books for Adults) (Volume 2) The Craft of Coloring: 35 Mandala Designs: An Adult Coloring Book (Relaxing And Stress Relieving Adult Coloring Books) Adult Coloring Books: Mindfulness Mandalas: A mandala coloring book for adult relaxation featuring stress relieving coloring pages for adults including henna flowers geometric & animal designs Adult Coloring Book Designs: Stress Relieving Patterns, Mandalas, Cats, Flowers, Animals, Henna, and Paisleys for Stress Relief Relaxation and Zen F'k Cancer - Coping & Coloring: The Adult Coloring Book Full of Stress-Relieving Coloring Pages to Support Cancer Survivors & Cancer Awareness ... Books & Swear Word Coloring Books) (Volume 6) Magical Unicorns and Fairies: Adult Coloring Book: Unicorn Coloring Book, Fairy Coloring Book, Fantasy Coloring Book, Fairies Coloring Book, Adult Coloring Book #Mandalas Coloring Book: #Mandalas is Coloring Book No.6 in the Adult Coloring Book # Series Celebrating Mandalas (Coloring Books, Stress Relief, ... Series of Adult Coloring Books) (Volume 6)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)