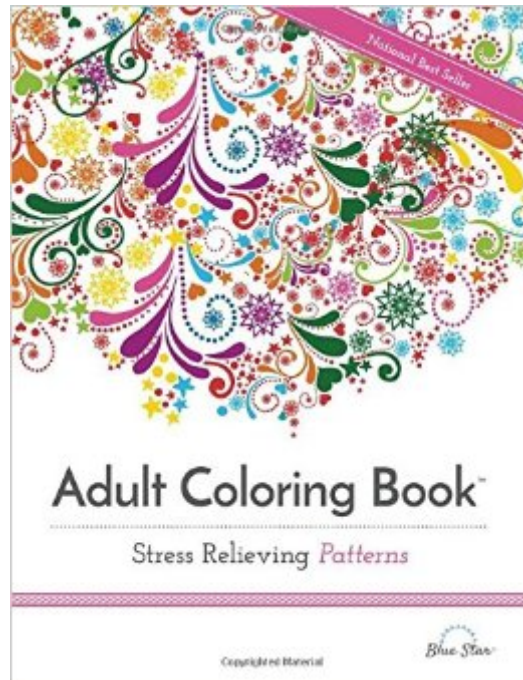


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# Adult Coloring Book: Stress Relieving Patterns



## Synopsis

• “ Our favorite coloring book company. • “ The Skimm As featured in Time, the New York Times, USA Today and publications around the world! A #1 National Bestseller on ! This adult coloring book features over 45 lovingly detailed patterns. Designs range in complexity from beginner to expert-level. Provides hours and hours of stress relief, mindful calm, and fun, creative expression. Join millions of adults all around the world who are rediscovering the simple relaxation and joy of coloring! Rediscover and celebrate the artist within, with Blue Star Coloring 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 • See all reviews (1,715 customer reviews)

Best Sellers Rank: #2,394 in Books (See Top 100 in Books) #7 in Books > Arts & Photography > Graphic Design > Techniques > Use of Color #38 in Books > Arts & Photography > Drawing > Coloring Books for Grown-Ups #49 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 .

I just received mine and the patterns are off set. They are cut off on the top. Very beautiful patterns but the top to the pictures are gone. I'm rather disappointed in the quality of the book itself.

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.

This is a lovely book. However, it is geared towards adults but yet the spaces in which to color are

teeny-tiny. Even with my strong readers, it's really hard to see, and stay, within the lines. So, it actually creates more stress than it's relieving.

I purchased the Stress Relieving Patterns Adult Coloring Book based on the plethora of positive reviews - I haven't been disappointed. It has a generous number of images (46), all on super bright white paper ranging from intermediate to advanced patterns. Every image was centered just right on their pages. It's not exactly for beginners, which you can see from the first image I have posted (I'm semi-new to adult coloring books), but with patience and practice, this book is well worth the investment. The paper is a bit thin compared to others I have, however each page is one-sided so either tearing out the page or placing a blank piece of paper between the pages prevents the dreaded ink bleed-through. I have had great success using my Sharpie Ultra-Fine Point markers and Crayola colored pencils in this book. Two improvements I would like to see are thicker paper and perforated pages. Most importantly of all, it has been an integral part of keeping my anxiety and depression at bay. As a matter of fact, I took this book with me on a visit to see my in-laws, and the next thing I knew, four family members came to the table and asked if they, too, could color. It was nice to see everyone enjoying themselves and having pleasant conversation at the same time. I left the book on the table the whole week so everyone could use it whenever they felt the need.

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