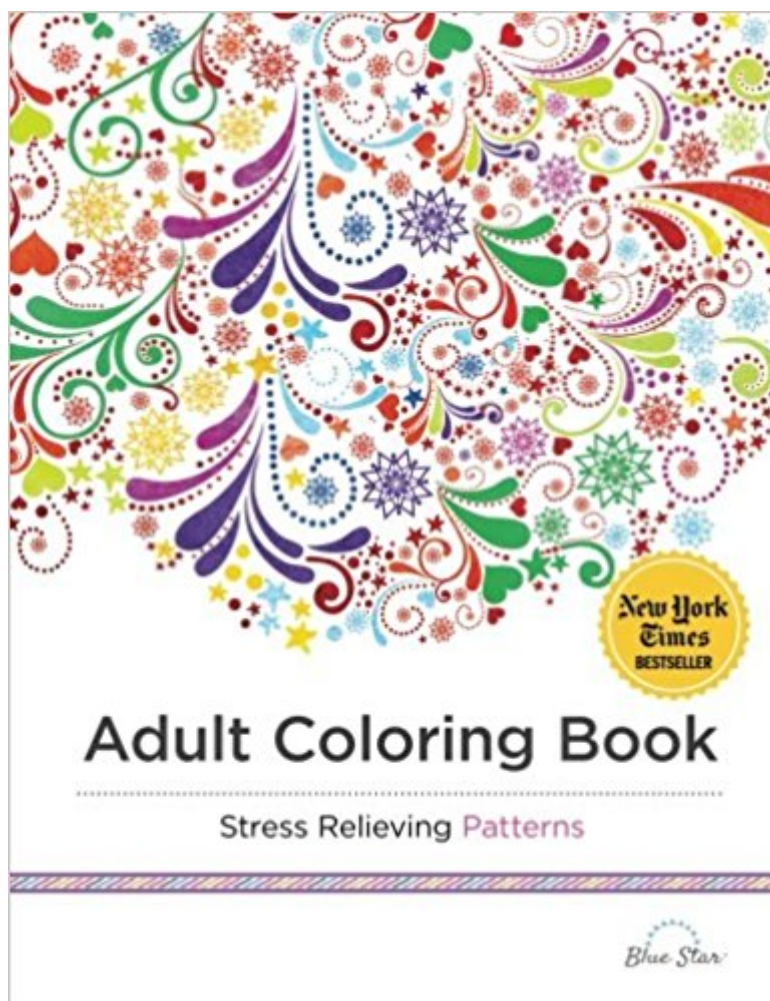


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# Adult Coloring Book: Stress Relieving Patterns



## 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

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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.

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