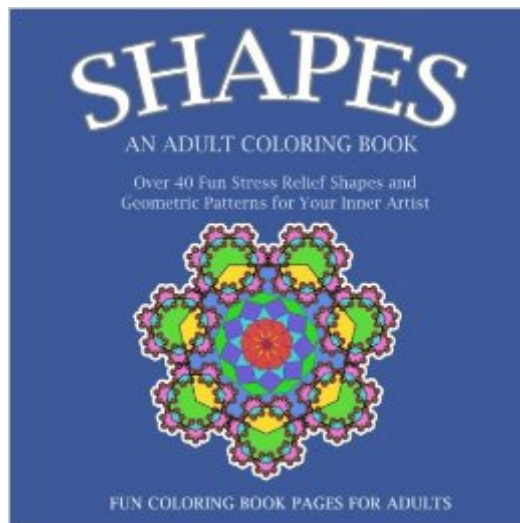


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# Shapes: An Adult Coloring Book: Over 40 Fun Stress Relief Shapes And Geometric Patterns For Your Inner Artist



## Synopsis

Shapes: An Adult Coloring Book featuring A new collection of over 40 Stress Relieving Patterns and Geometric Shapes. This book is for all levels with Shape patterns ranging from minimal to very detailed. The paper is perfect for fine tip pens, colored pencils and markers. The completed adult coloring pages are an excellent Gift to give to friends, family and other loved ones for holidays and special occasions. Join the millions of Adults who are using coloring books to conquer stress while at the same time relaxing and creating beautiful artwork. The paper is perfect for fine tip pens, colored pencils and markers. The completed adult coloring book pages are an excellent Gift to give to friends, family and other loved ones for holidays and special occasions. The Benefits of Coloring for Adults Coloring is the perfect way to relax after a tough day and great for enhancing your creativity. For many, coloring a beautiful image can be a form of meditation. It allows you to enter the flow state in which you are in the moment, actively focusing on what you are doing and blocking out all distractions around you. Stressful thoughts and future worries can be simply pushed aside as you take time to enjoy the present moment. We live in an incredibly busy world. Our pace of living is often full speed and our minds are continually jumping from one thing to the next. It is very beneficial to disconnect and give yourself a break. Your mind needs time to sort out all the information it receives and your body needs time to simply unwind. Coloring can provide that calming break. Coloring is such a simple relaxing leisure activity and best of all you get to create beautiful artwork too! Here are some other benefits of the art of coloring: Color on your own or with friends and family. Coloring can improve performance at work through enhanced focus. You can display your finished artwork in the Home or Office. You can give your finished artwork away to friends and family for special occasions. Coloring strengthens the creative side of your brain. Coloring helps to build fine motor skills. Coloring is an amazing form of self expression. Grab your supplies, find a quiet space and enjoy this peaceful activity! For Fans of: Mandalas and Henna Inspired Flowers, Animals, and Paisley Patterns, Calm the F\*ck Down: An Irreverent Adult Coloring Book, Enchanted Forest: An Inky Quest & Coloring Book Tags: mandala coloring books for adults, coloring books for adults, adult coloring books, adult coloring books flowers, adult coloring books fantasy, coloring book adult, swear word adult coloring book, adult color books, color books adult, color books for adults, adult coloring books animals, color book for adults, fairy coloring books for adults, adult fantasy coloring books, dragon coloring books for adults, coloring book for adults, adult coloring book cats, naughty adult coloring books, adult coloring books floral, adult coloring pattern books, zentangle adult coloring book, horse butterfly elephant coloring books for adults, adult coloring books for adults, geometric adult coloring book, adult coloring books meditation, adult coloring

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## Book Information

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Photography > Other Media > Mixed Media #395 inÂ Books > Arts & Photography > Drawing >

Coloring Books for Grown-Ups > Mandalas & Patterns

## Customer Reviews

Love this book! Exactly what I was looking for. It has a lot of coloring pages with geometric designs. Coloring in the detailed parts really helps me relax. There is one picture on each page, nothing on the back, which I like so I can frame the page or put it on the wall near my desk.

Got this book on the advice of my therapist and I am so glad I did. I am new to the world of coloring and did not know what to expect. He suggested it for my work related stress and I have noticed a difference. Especially right after I finish a page. I feel good. If you have stress this might help you too.

I bought this for my mom she is loving it, after my dad died she really hit a rough patch. This book has help her to relieve stress and help her to be more creative. I highly recommend you get this for a person that you love.

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Penguin Designs in a Variety of Intricate Patterns (Animal Coloring Books for Adults) (Volume 10)

Adult Coloring Book: Floral Patterns. 35 Unique Floral Patterns for Meditation and Stress Relief

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