



## Kaleidoscope Coloring Book: Geometric Designs and Patterns for You to Color (Paperback)

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By Alina Niemi

Alina s Pencil Publishing, United States, 2015. Paperback. Book Condition: New. Alina Niemi (illustrator). 279 x 216 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Relax as You Focus on Coloring These Geometric Patterns Your life is stressful enough. You have work, family, yoga, flossing your teeth.all to take care of, daily. Plus social media, posting photos, and caring for your parents too. At the end of the day, you just want to zone out and do something mindless and relaxing, that does not require any thinking. Art is nice. But you don t know how to draw! (Or you don t want to.) No problem. Open your coloring book for adults, pull out your color pencils, stick a piece of cardstock behind the page you want to color, and watch time and stress melt away. You re focusing on color combinations, textures, and staying inside the lines, not on all that other stuff. Ahh.peace. Adult coloring books are often used in therapy with patients who have dementia. The pictures and coloring remind them of their childhoods, and anyone can color. What makes this just for adults? Well, it s not just for adults, actually. Anyone can...



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