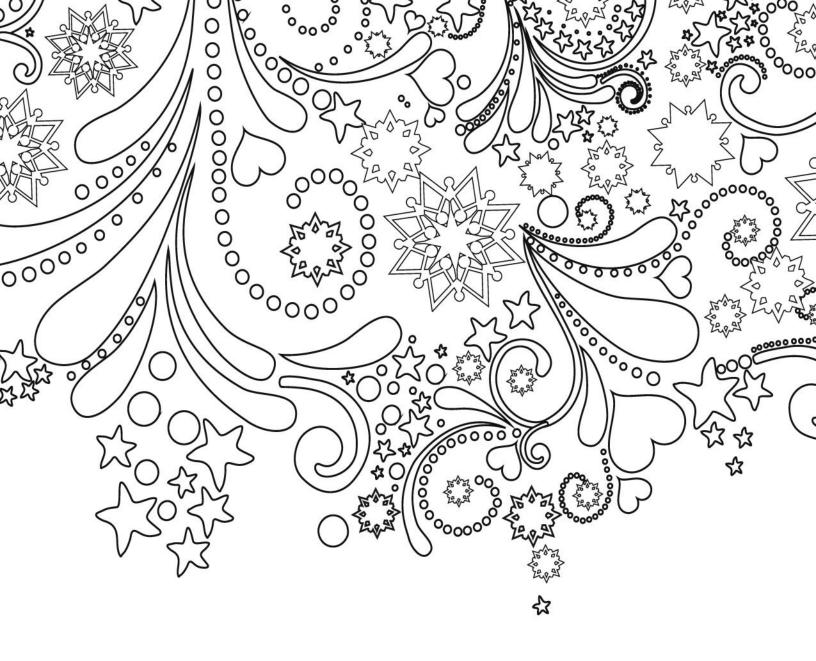


Adult Coloring Book

Stress Relieving Patterns





Adult Coloring Book

Stress Relieving Patterns







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How to Use This Book



Break out your crayons or colored pencils.



Turn off your phone, tablet, computer, whatever.



Find your favorite page in the book. That is the beginning.



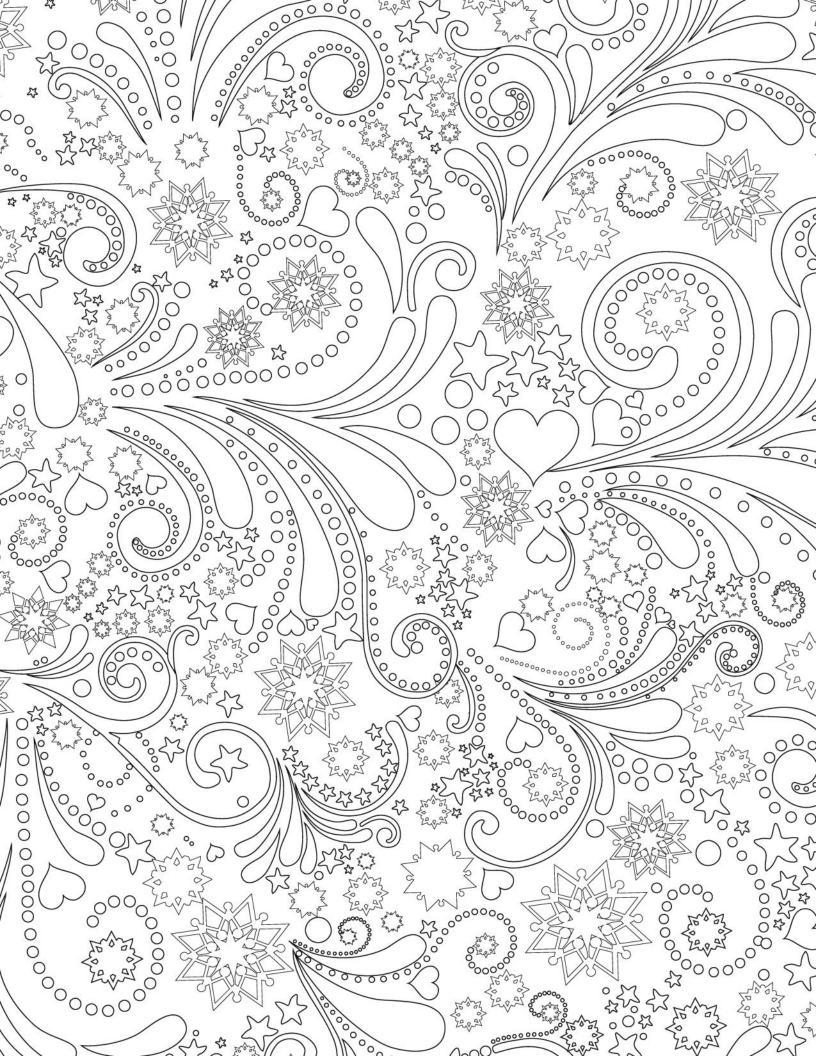
Start coloring.

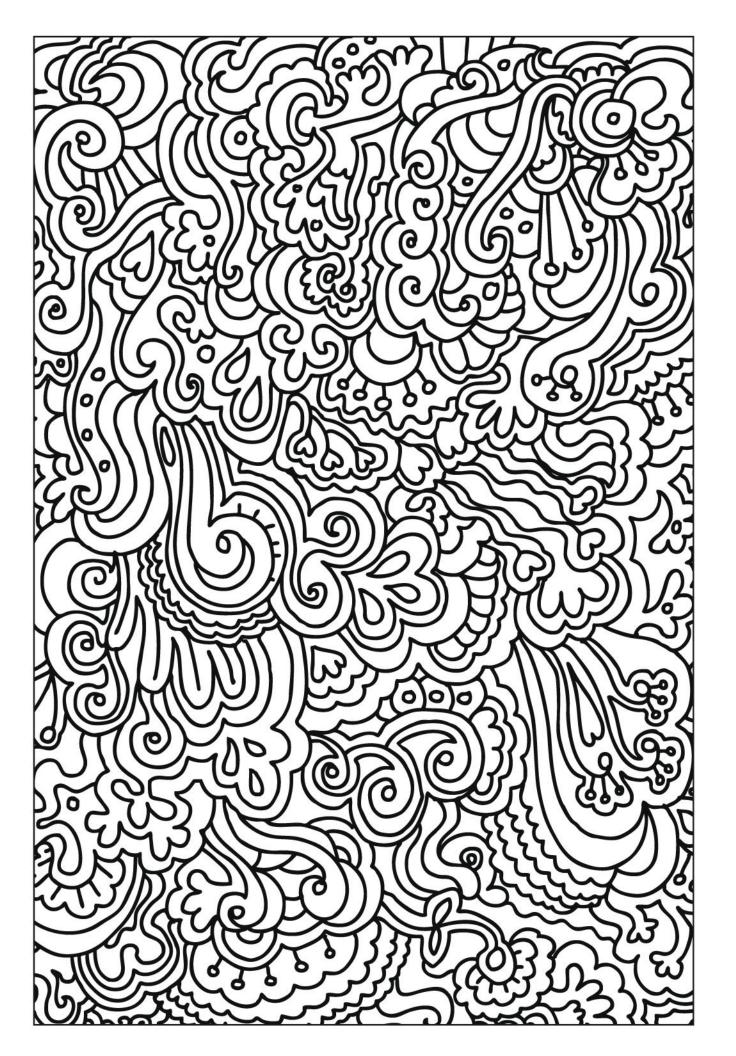


If you notice at any point that you are forgetting your worries, daydreaming freely or feeling more creative, curious, excitable, delighted, relaxed or any combination thereof, take a deep breath and enjoy it. Remind yourself that coloring, like dancing or falling in love, does not have a point. It is the point.

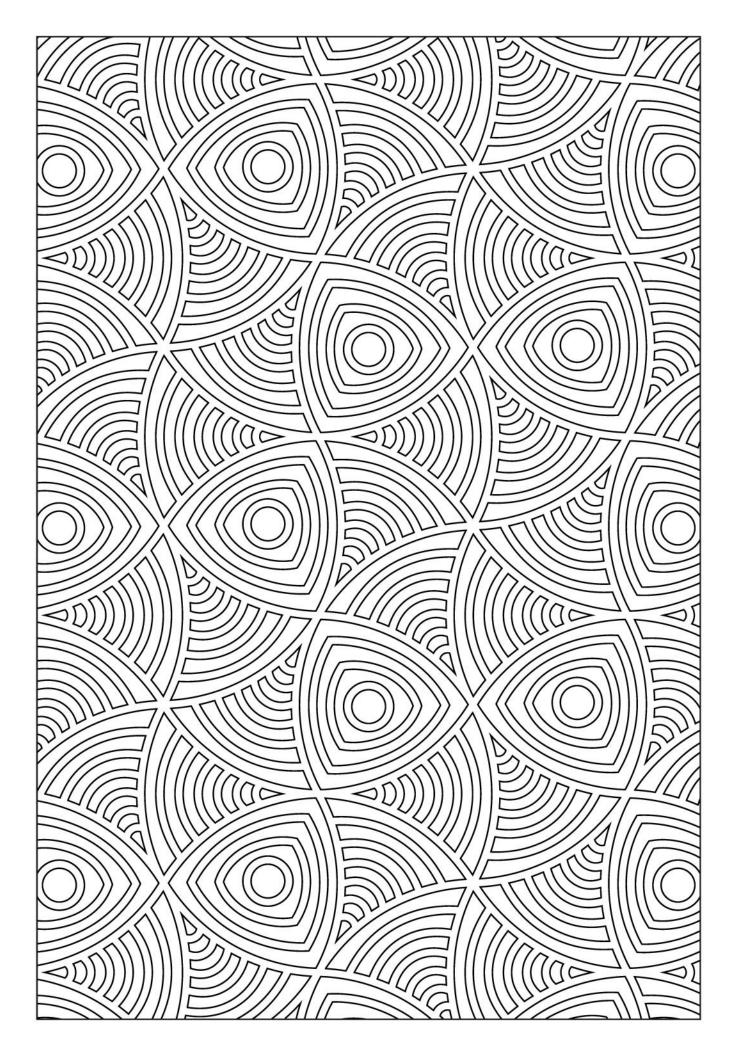


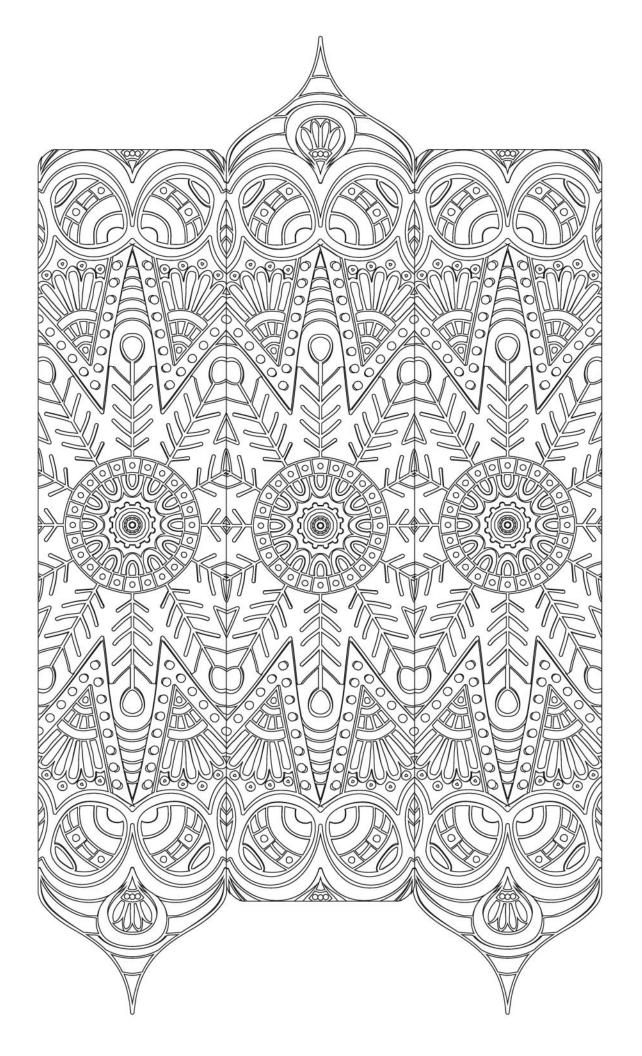
When you don't feel like it anymore, stop.

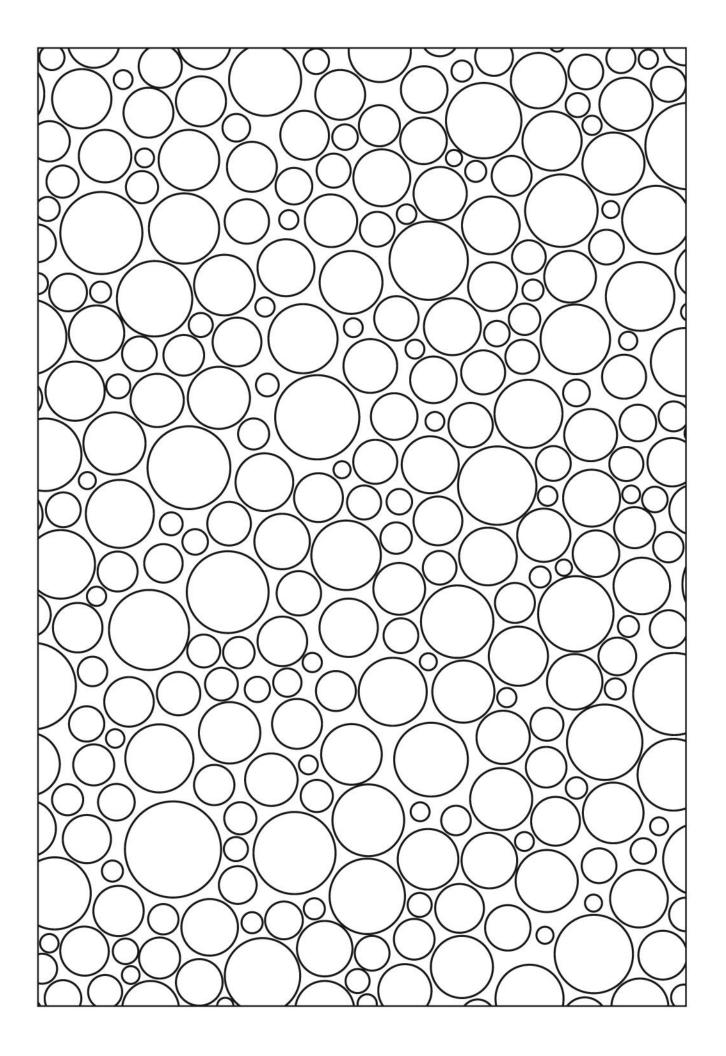




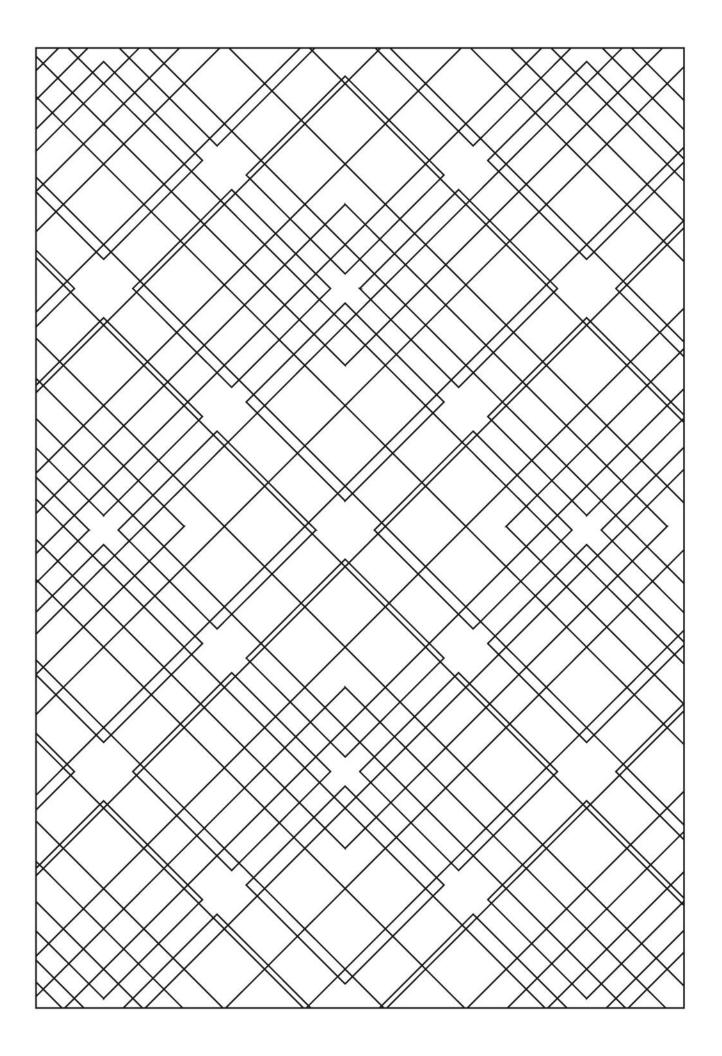


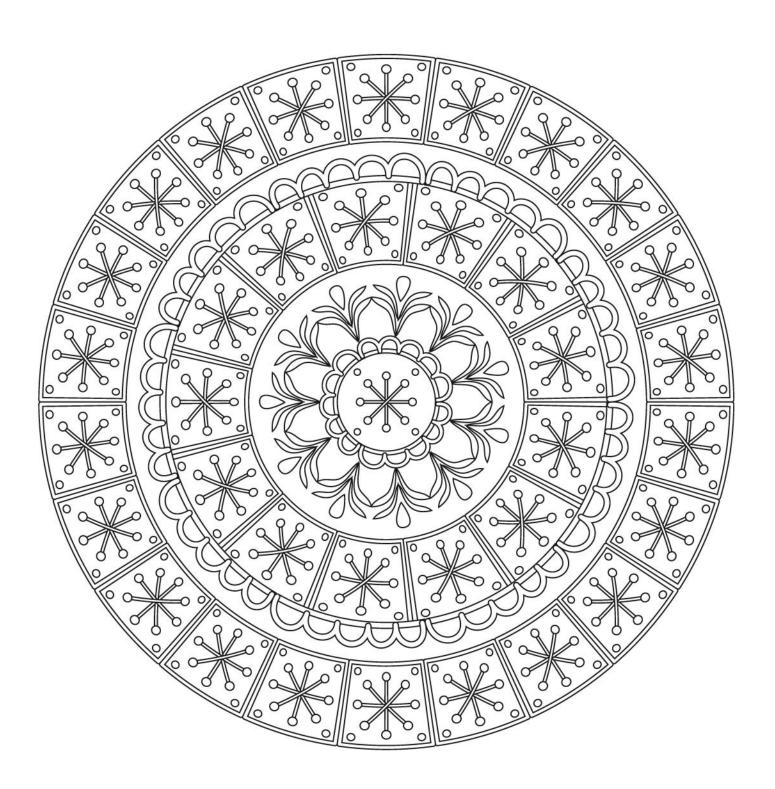


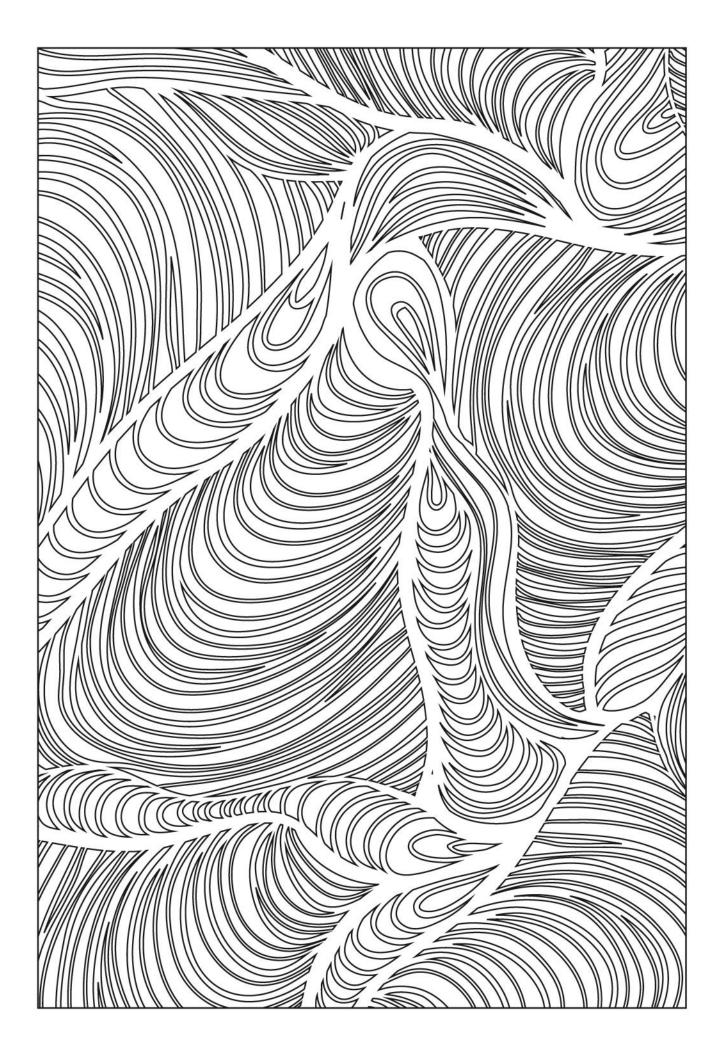


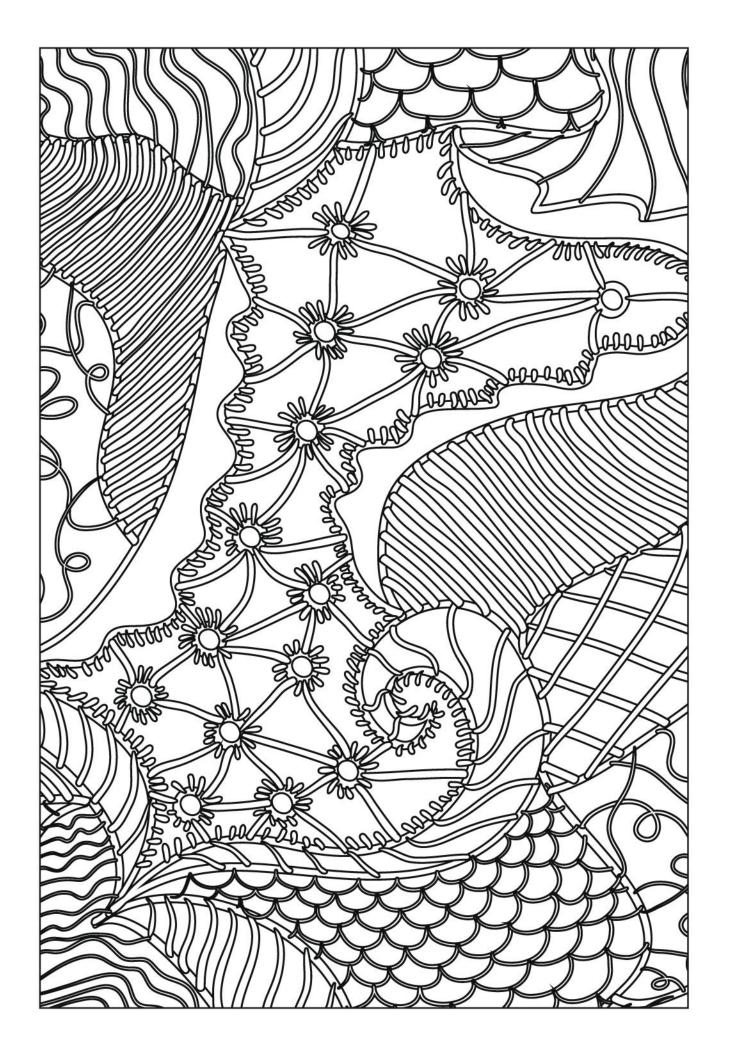


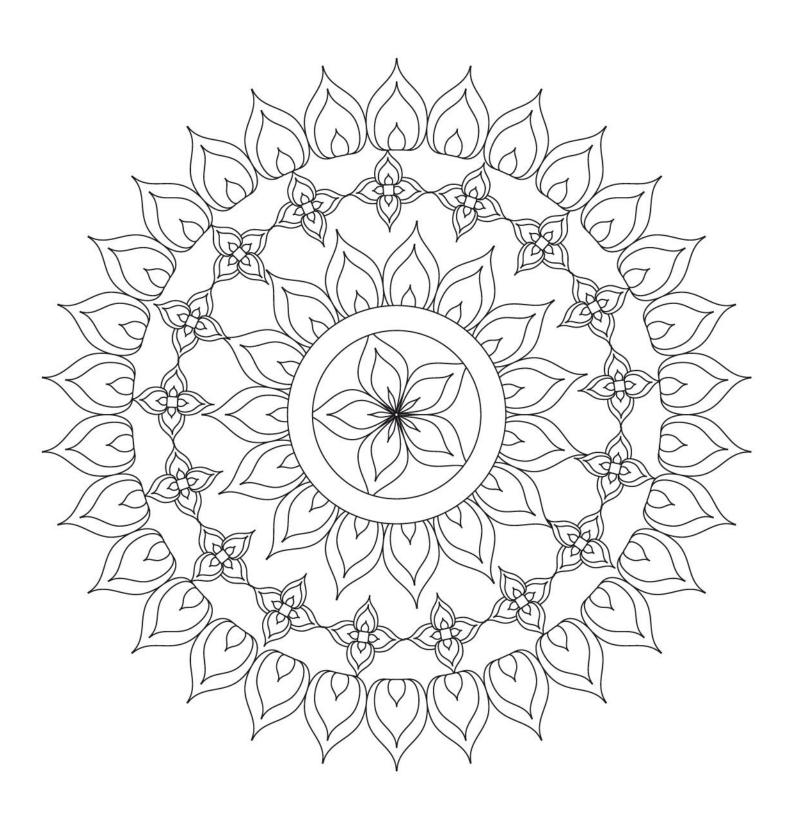


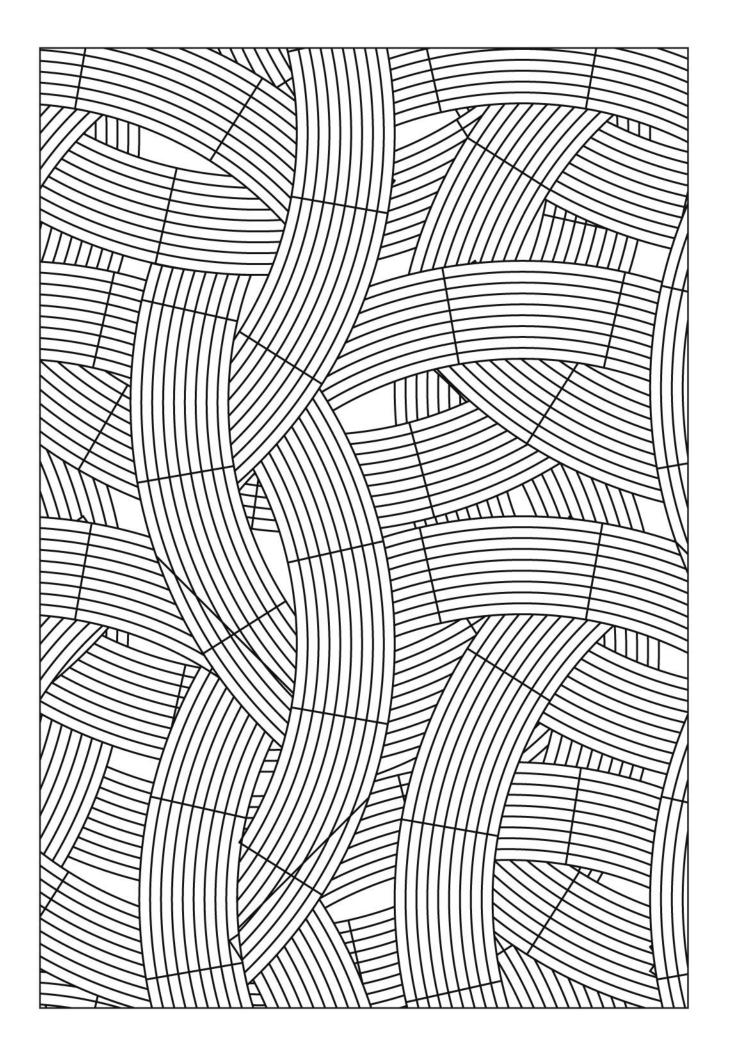


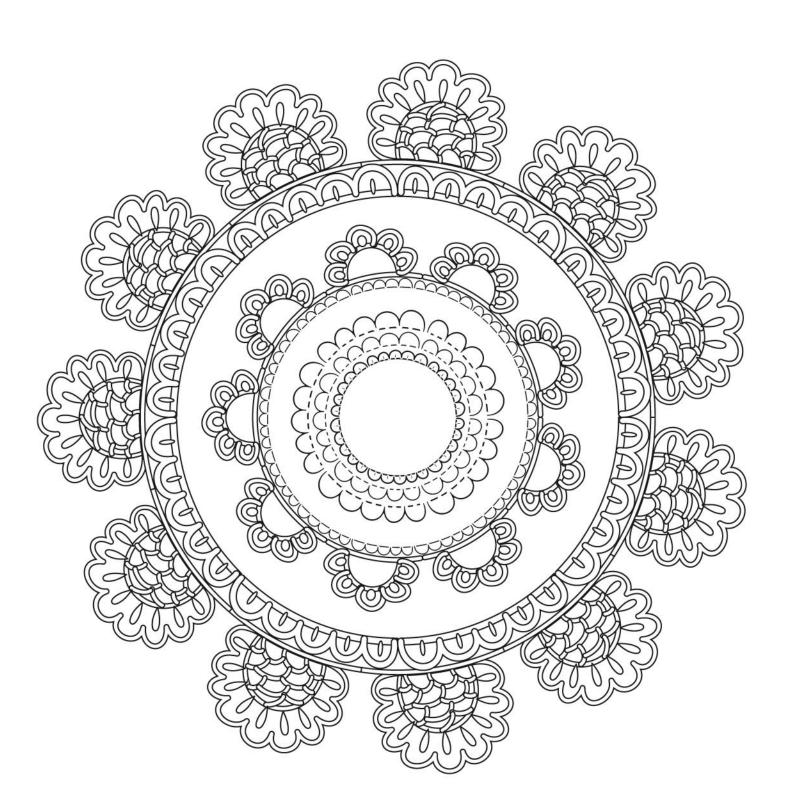


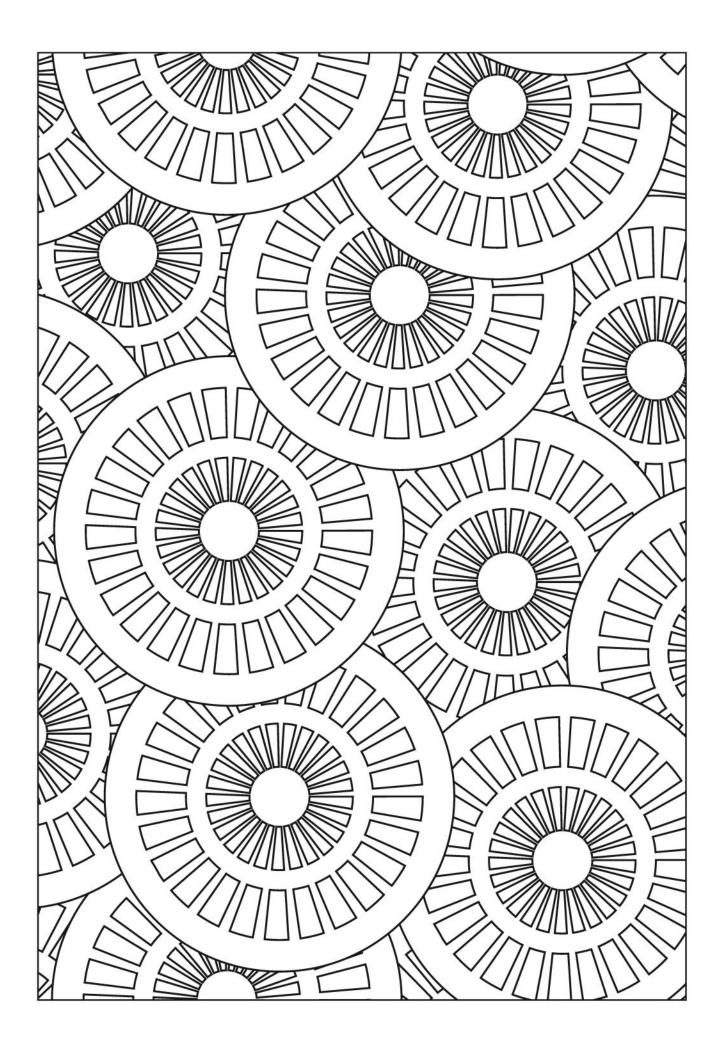


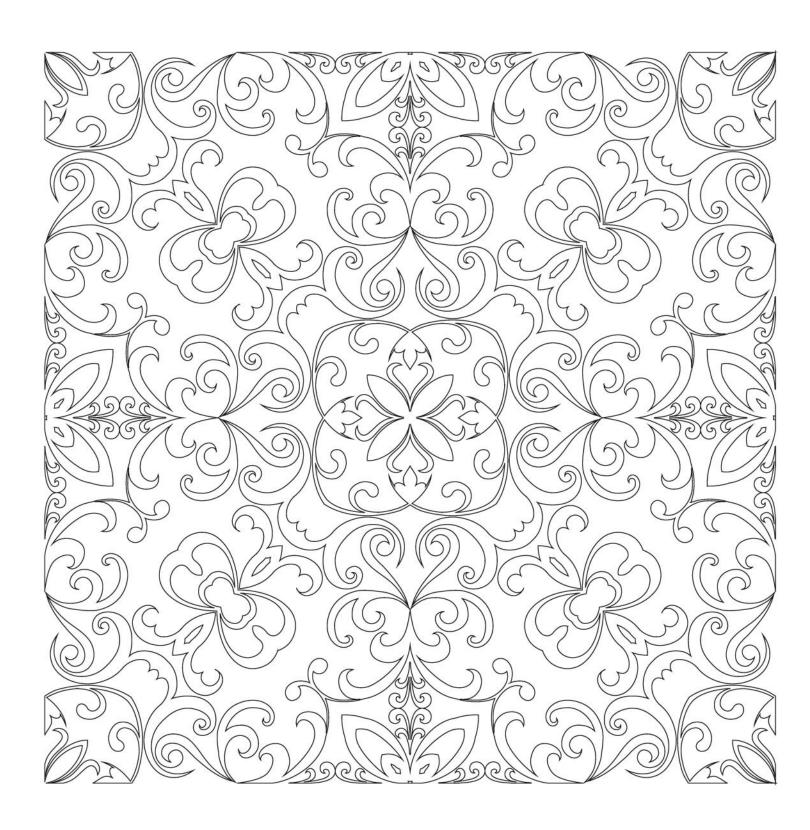


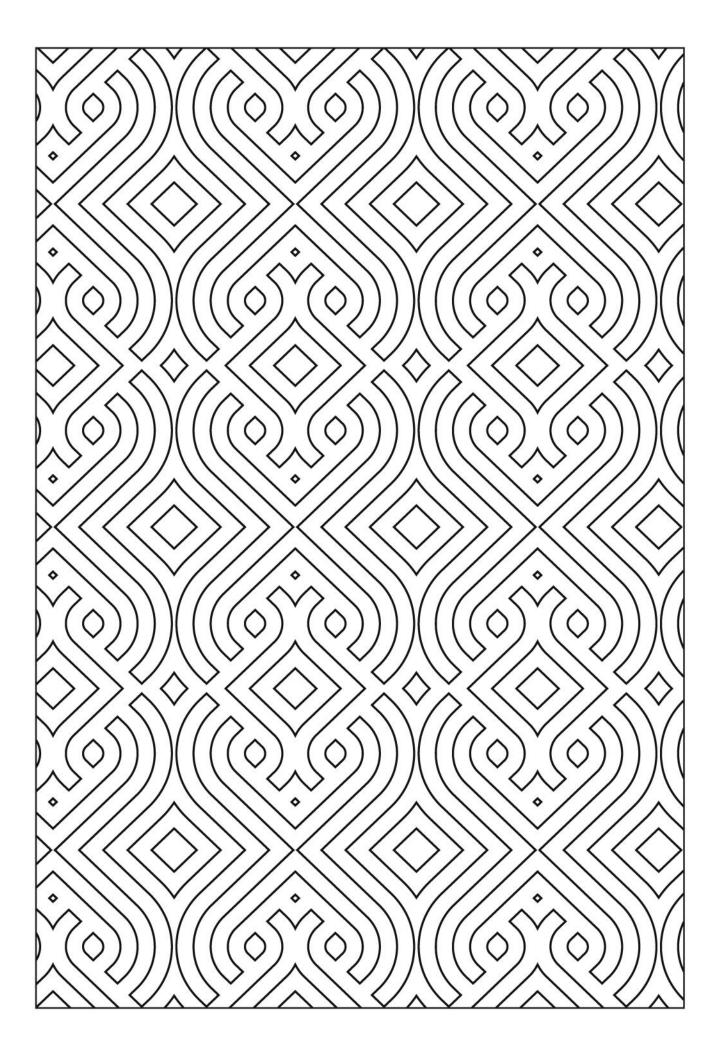


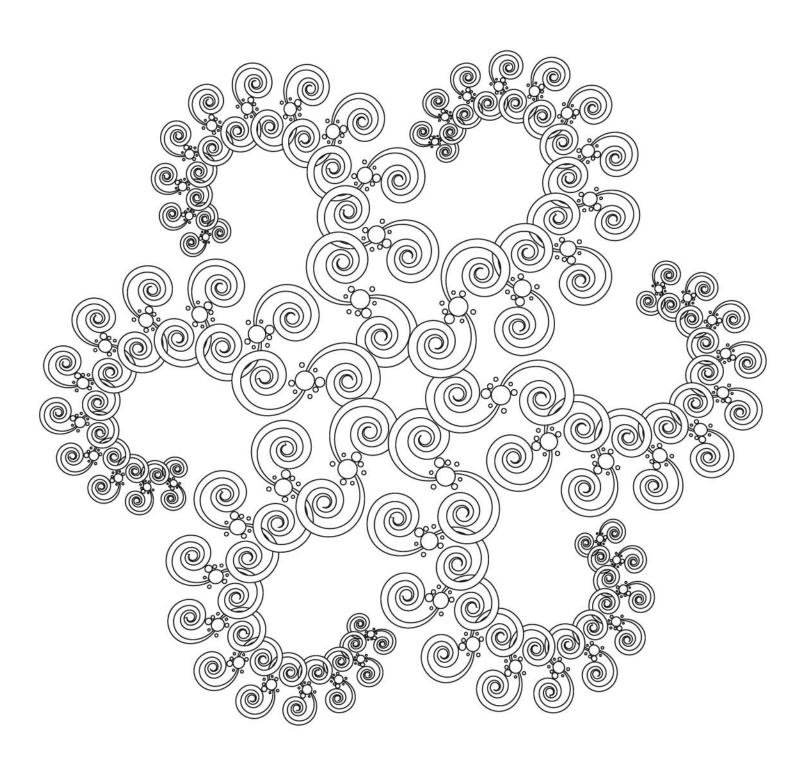


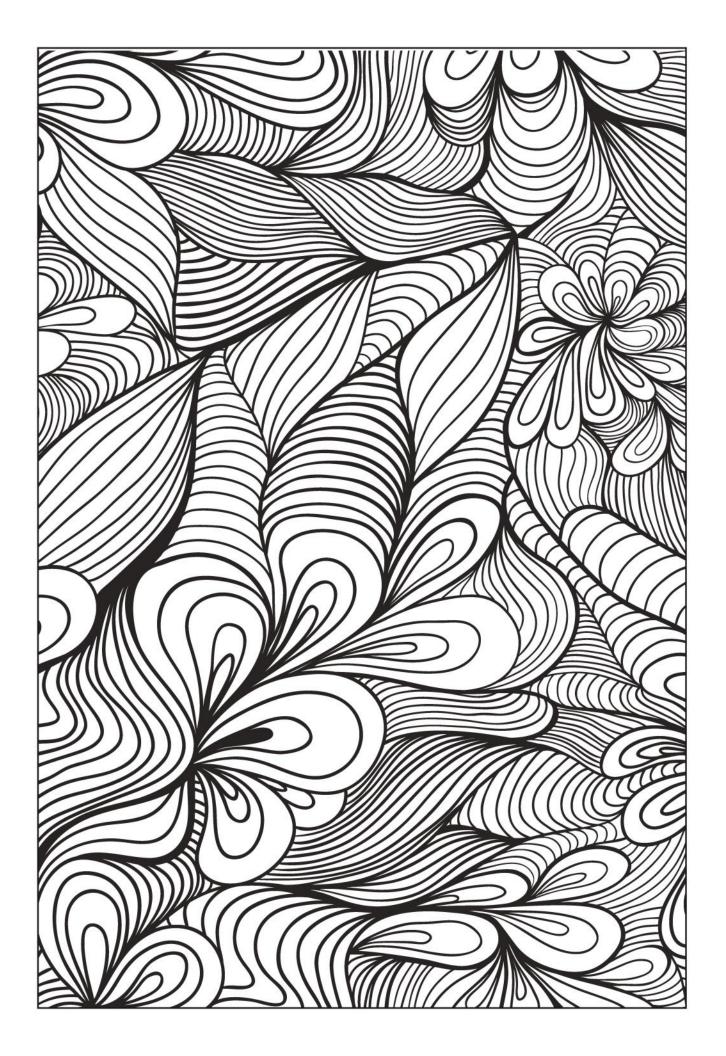


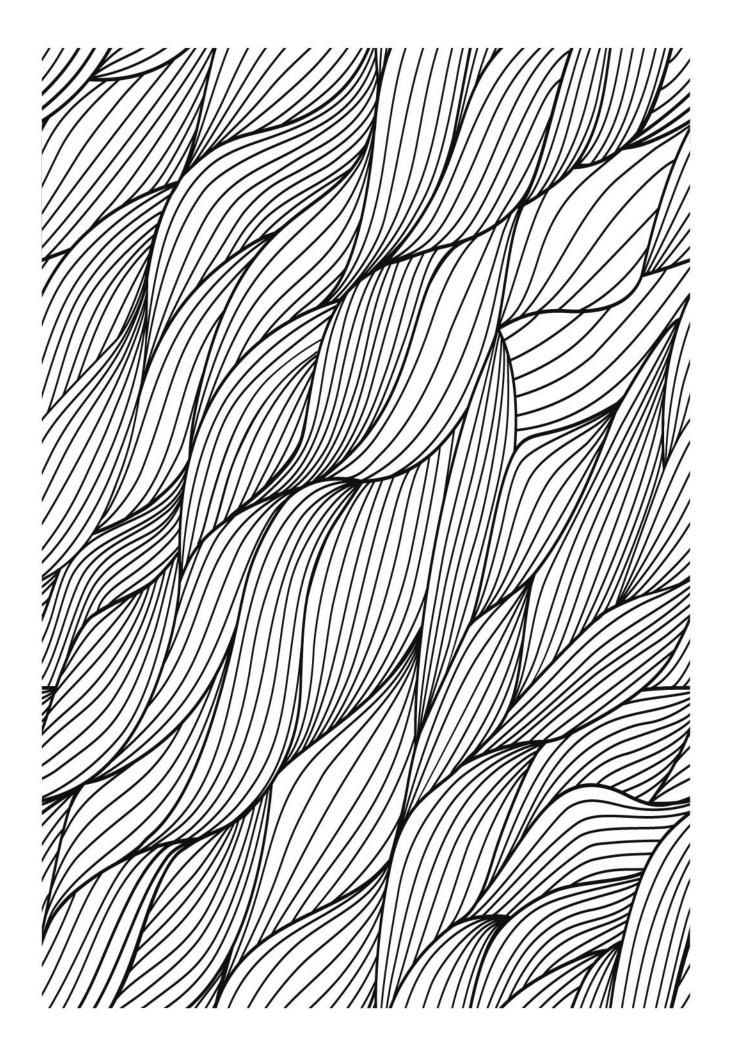


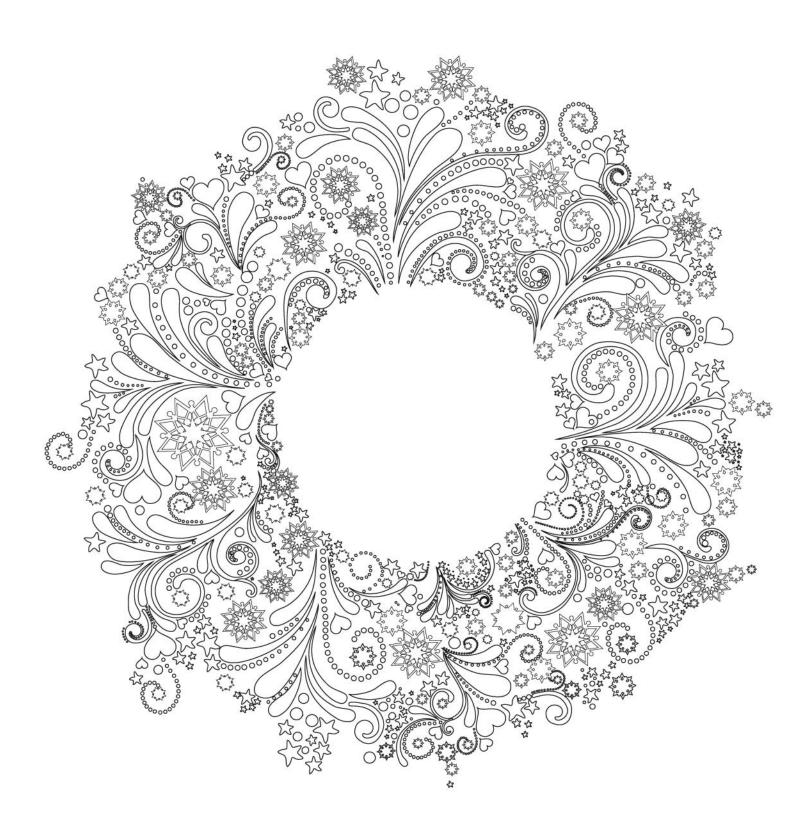


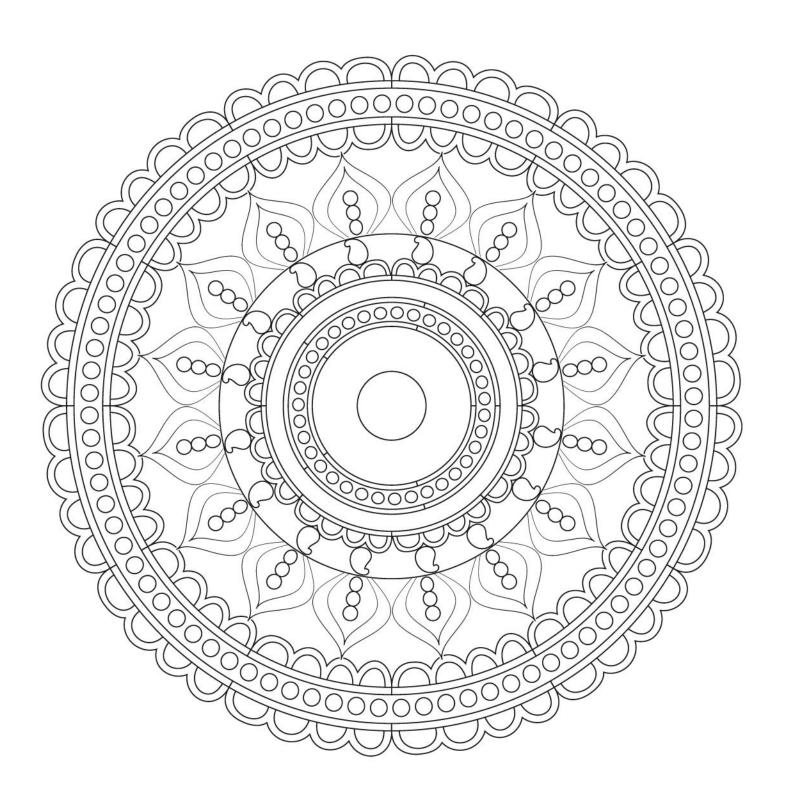


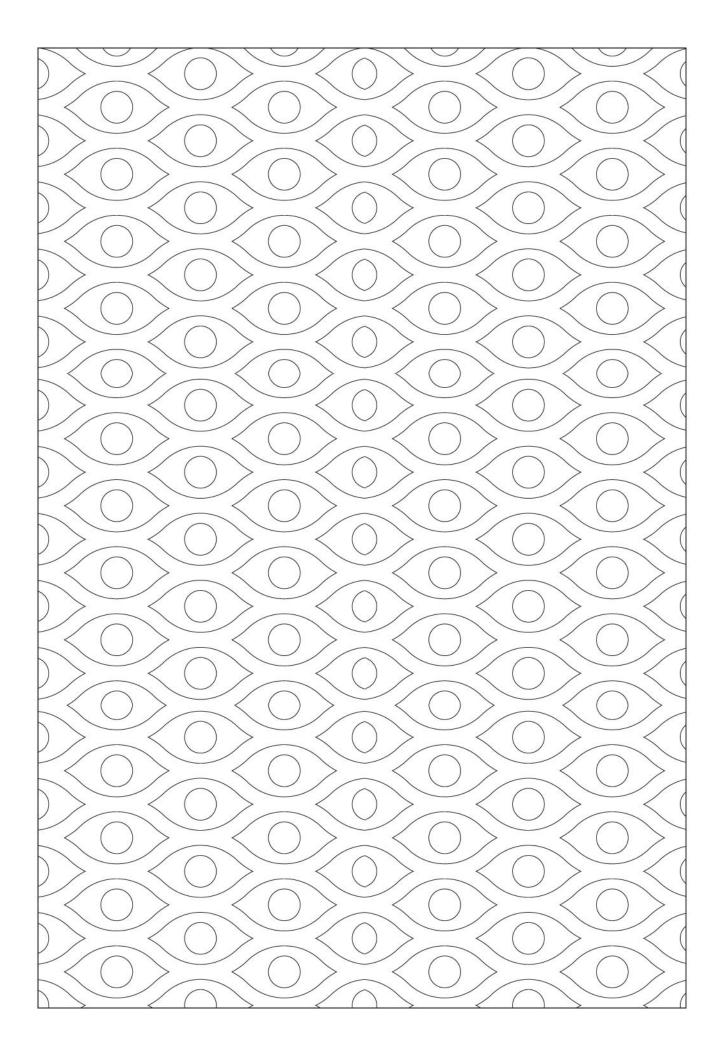


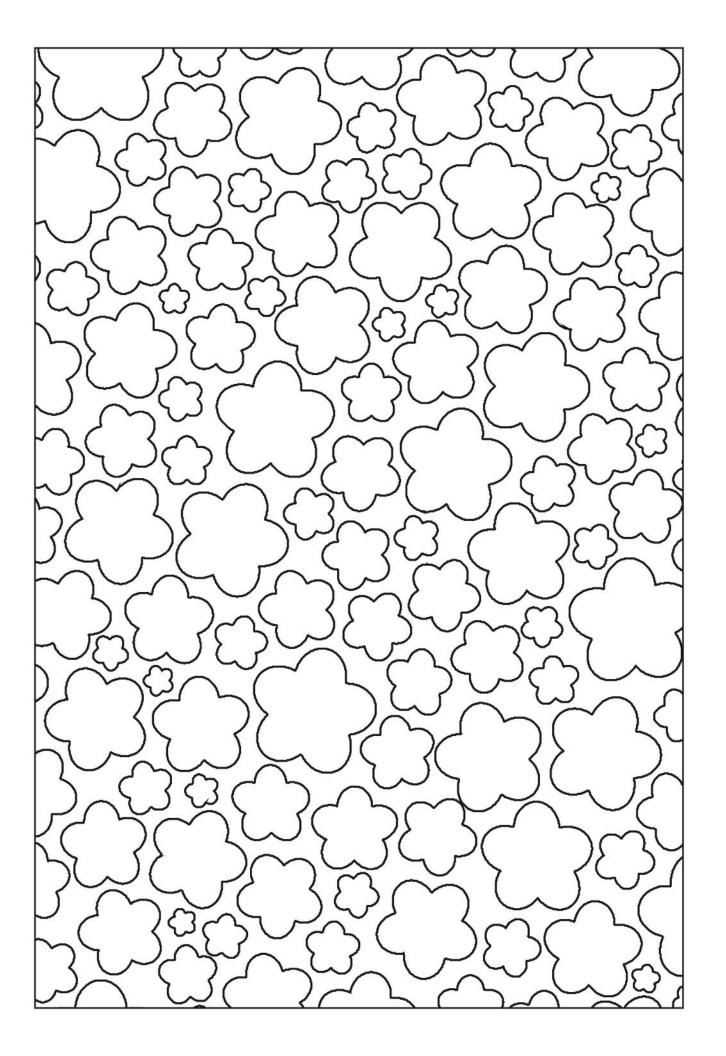


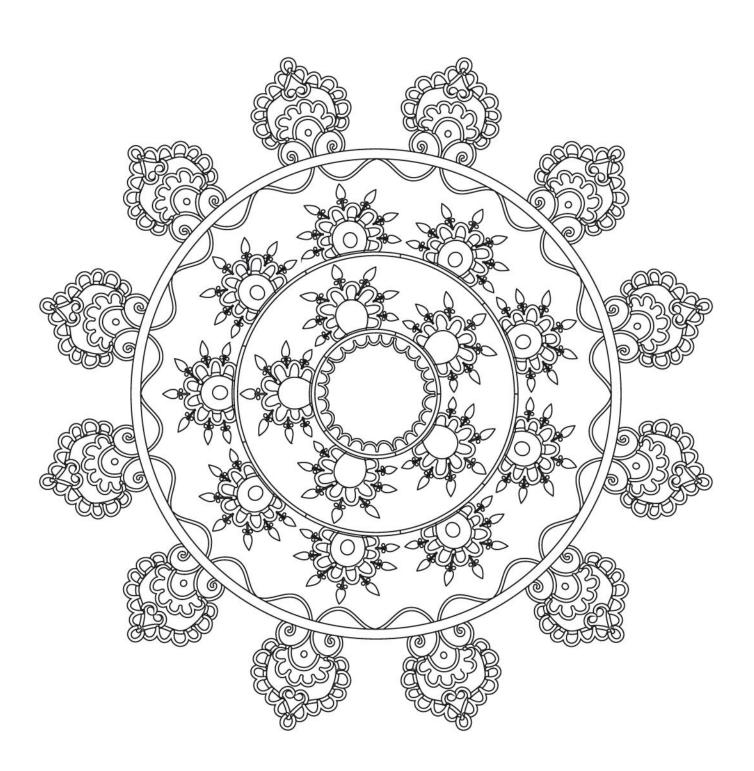


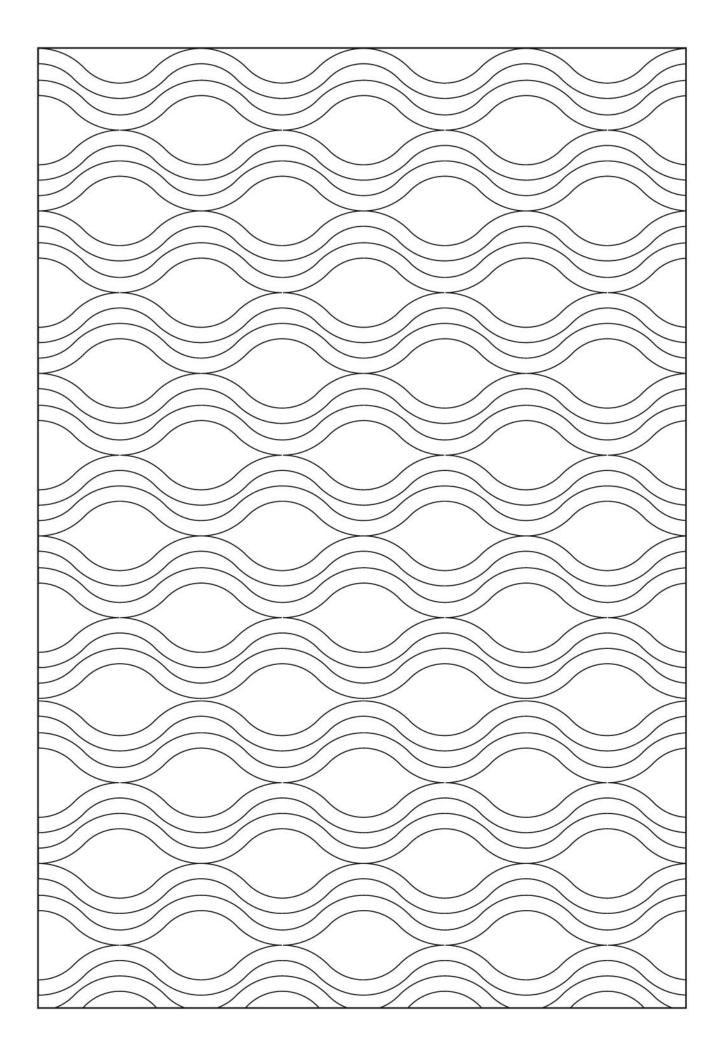


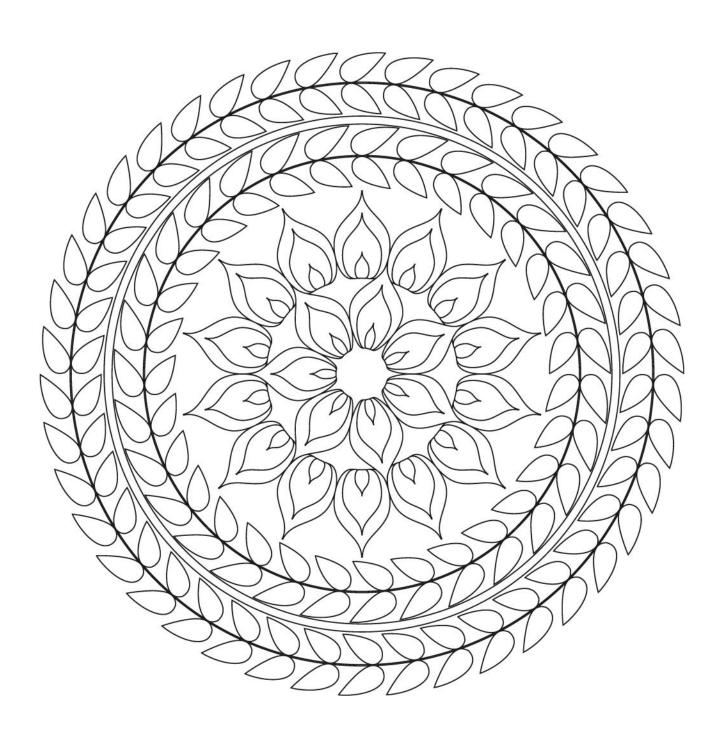


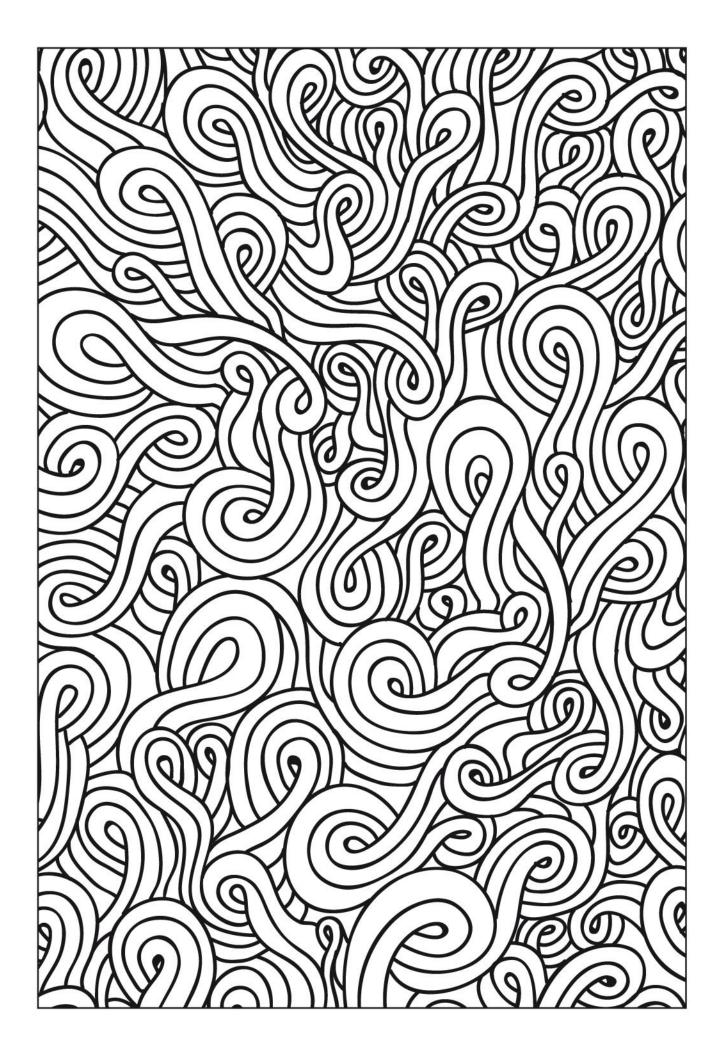


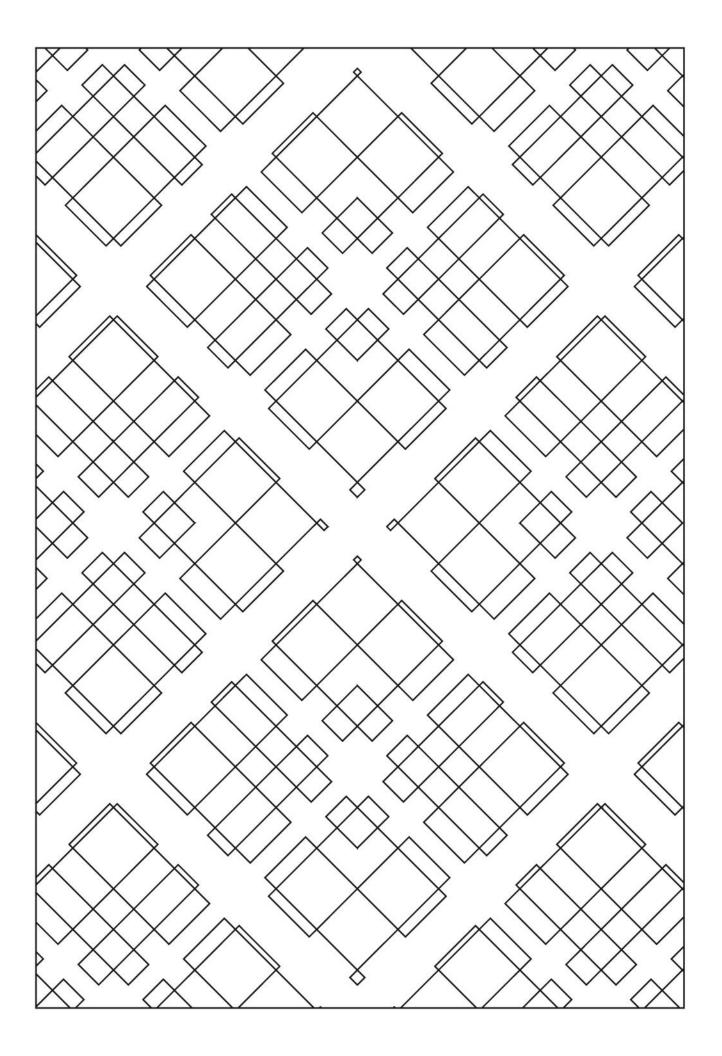


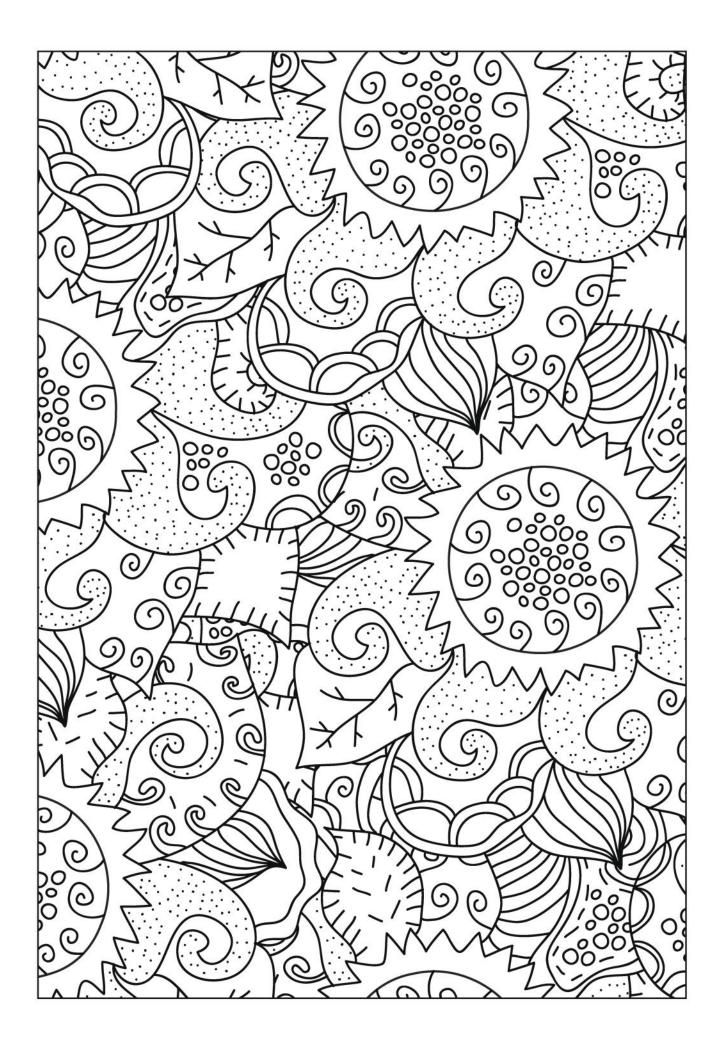


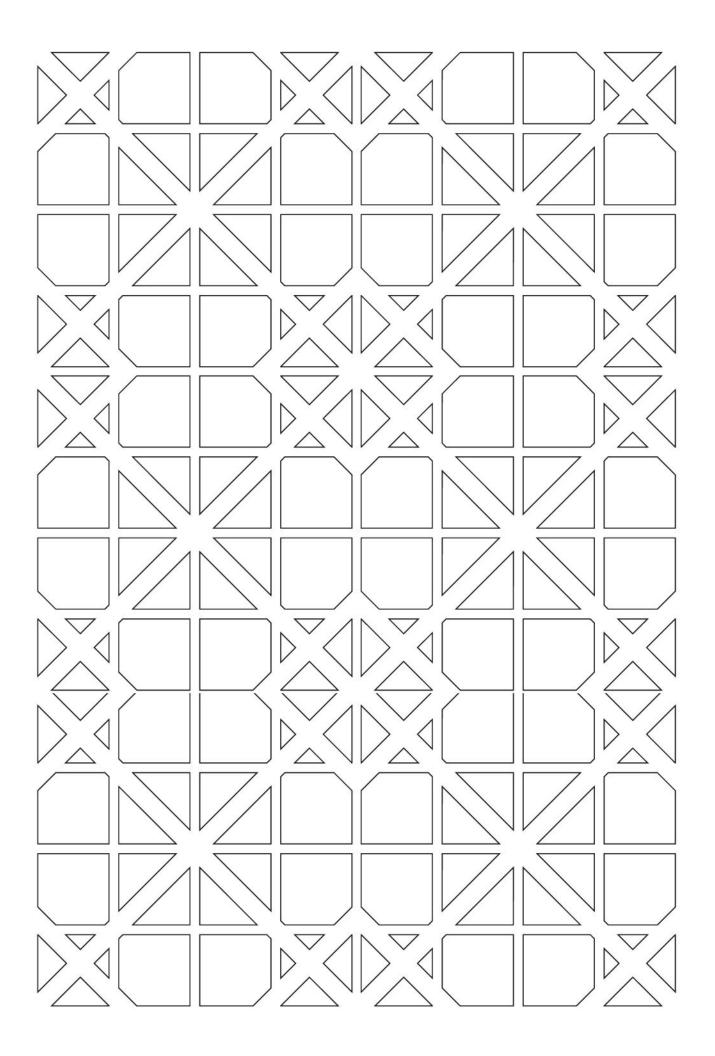


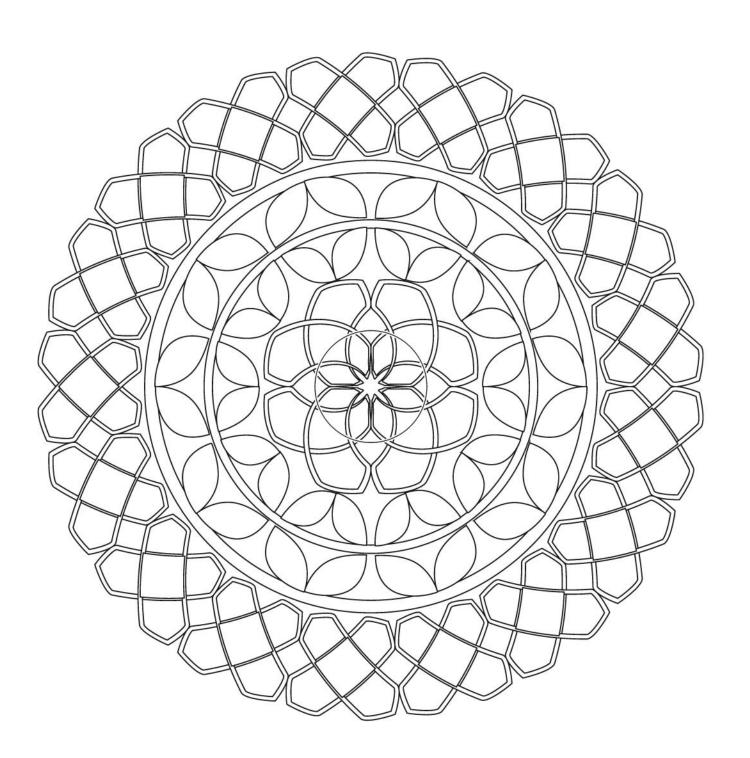


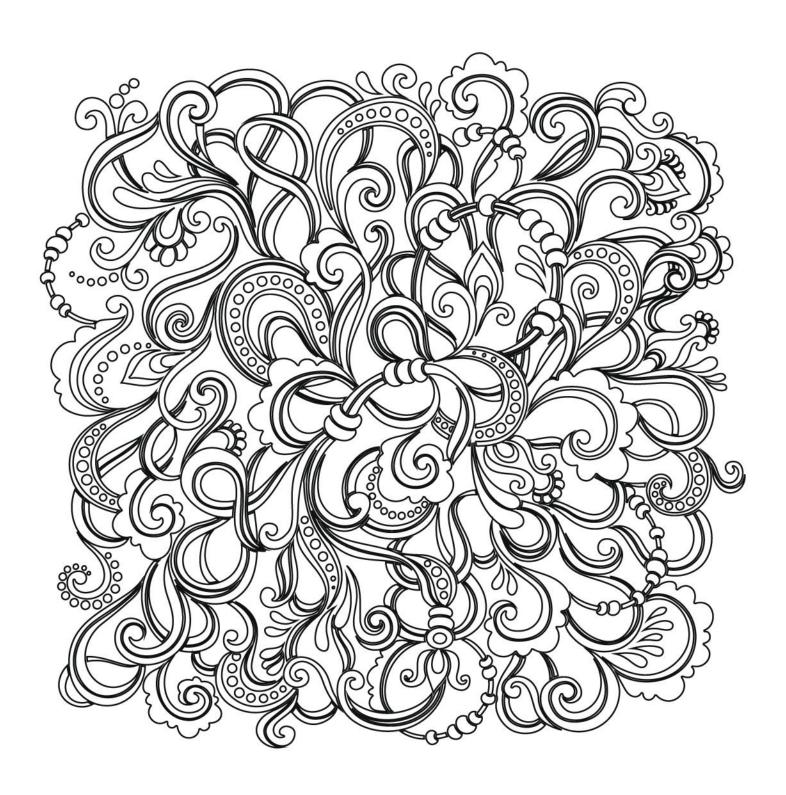


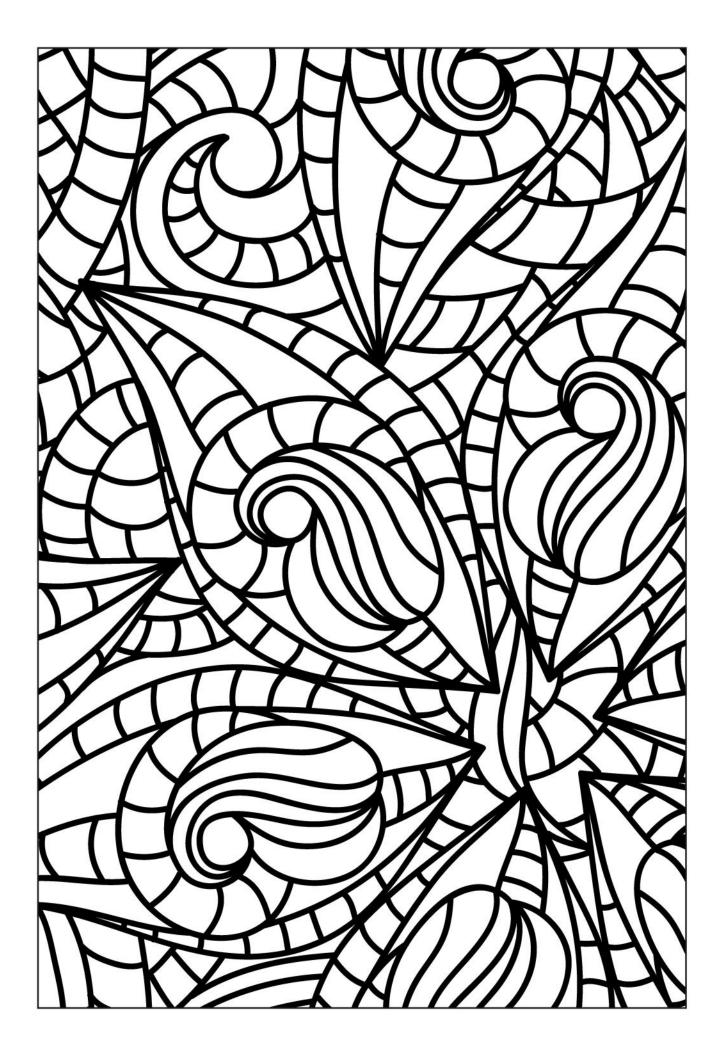


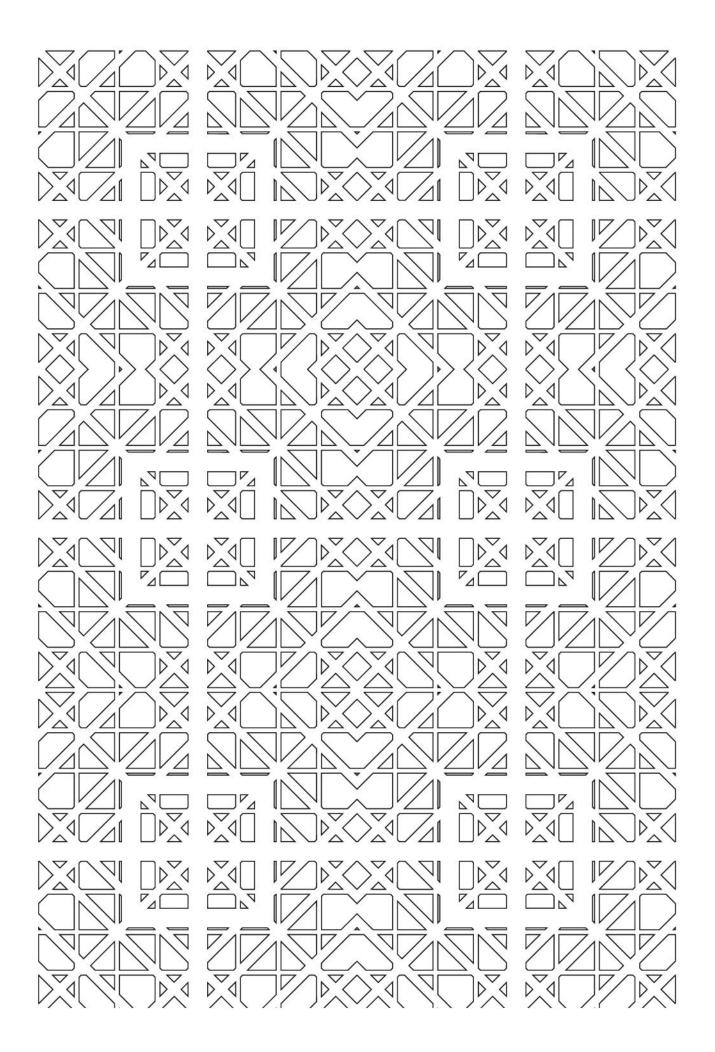


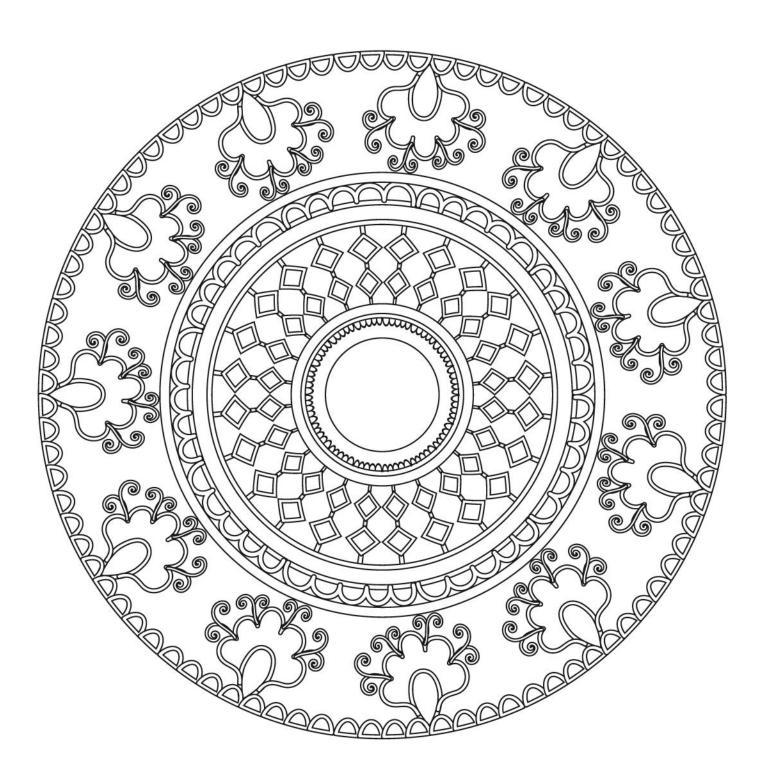


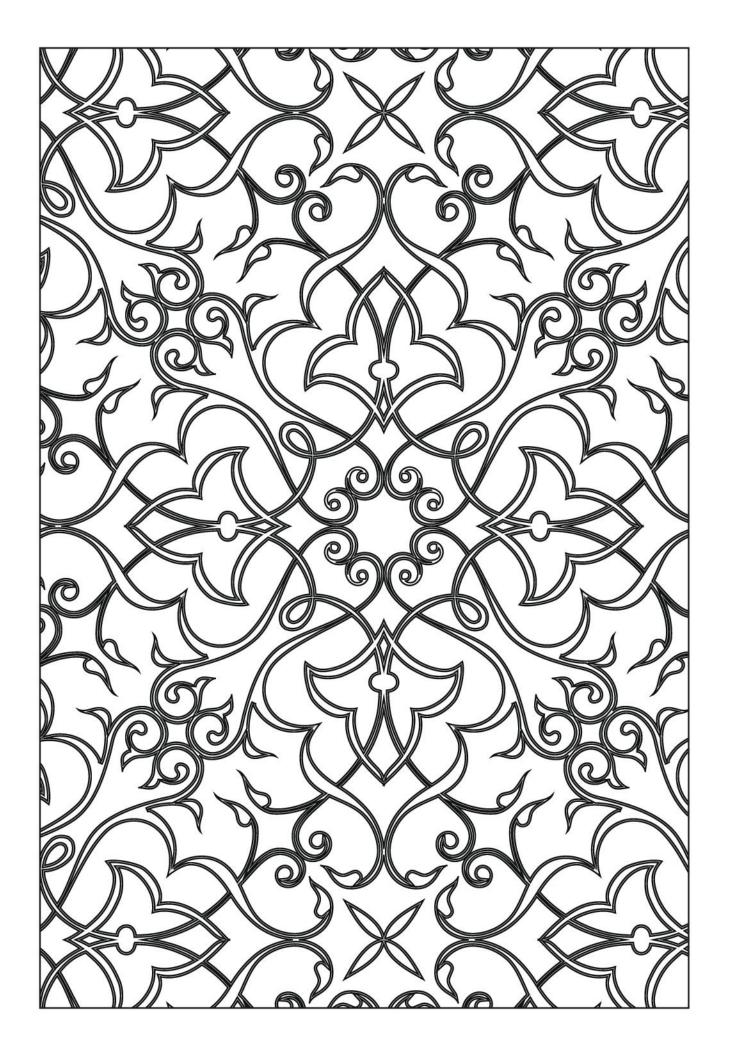


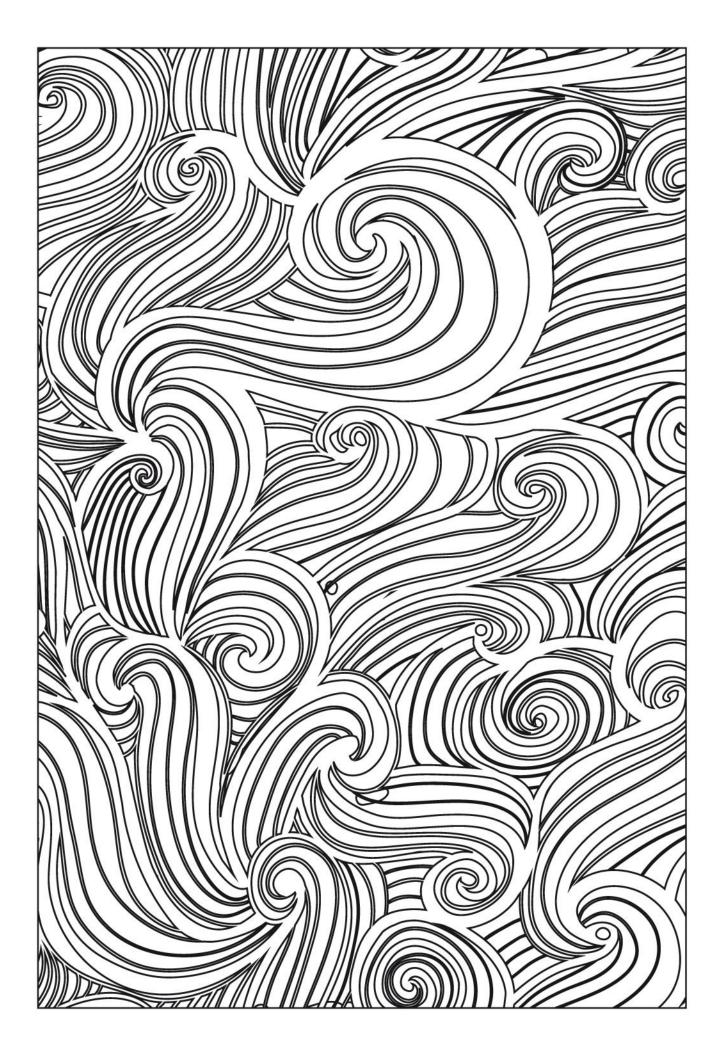


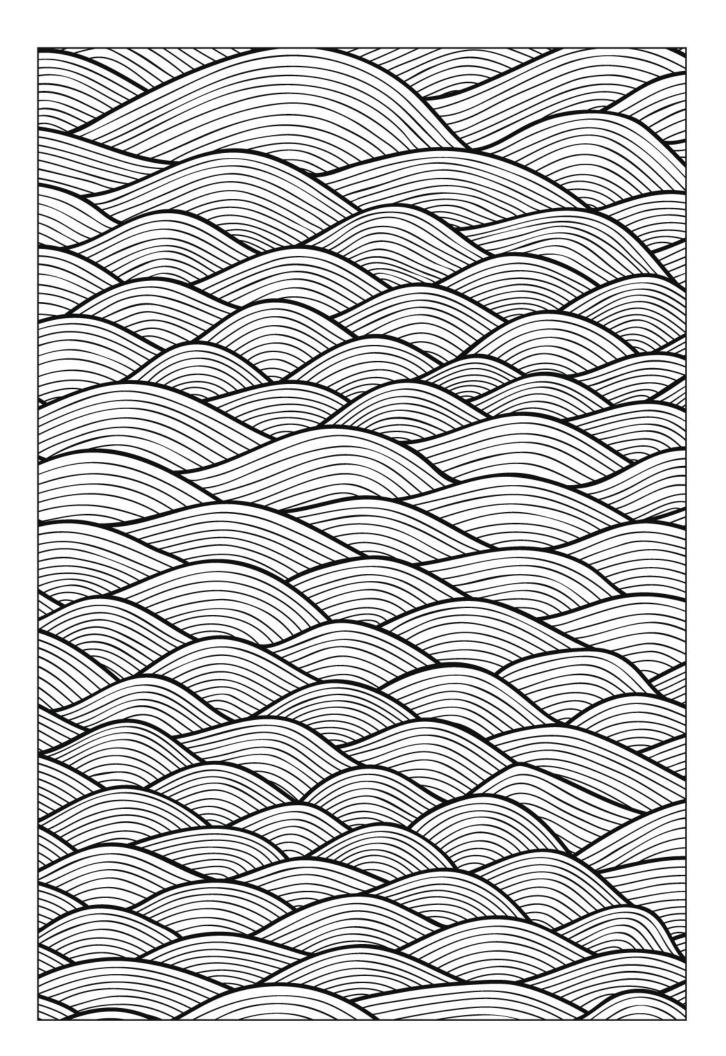


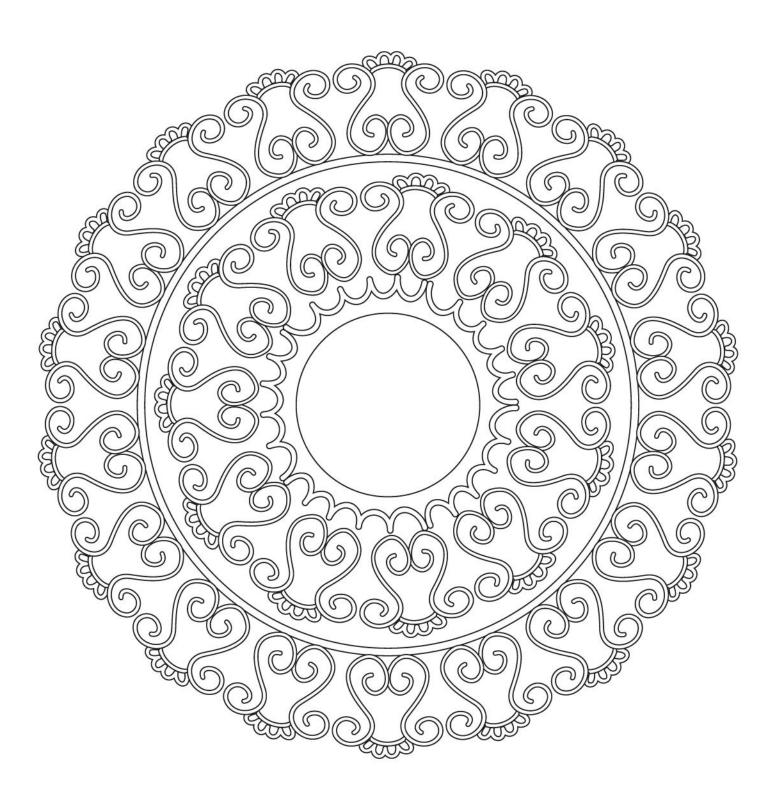


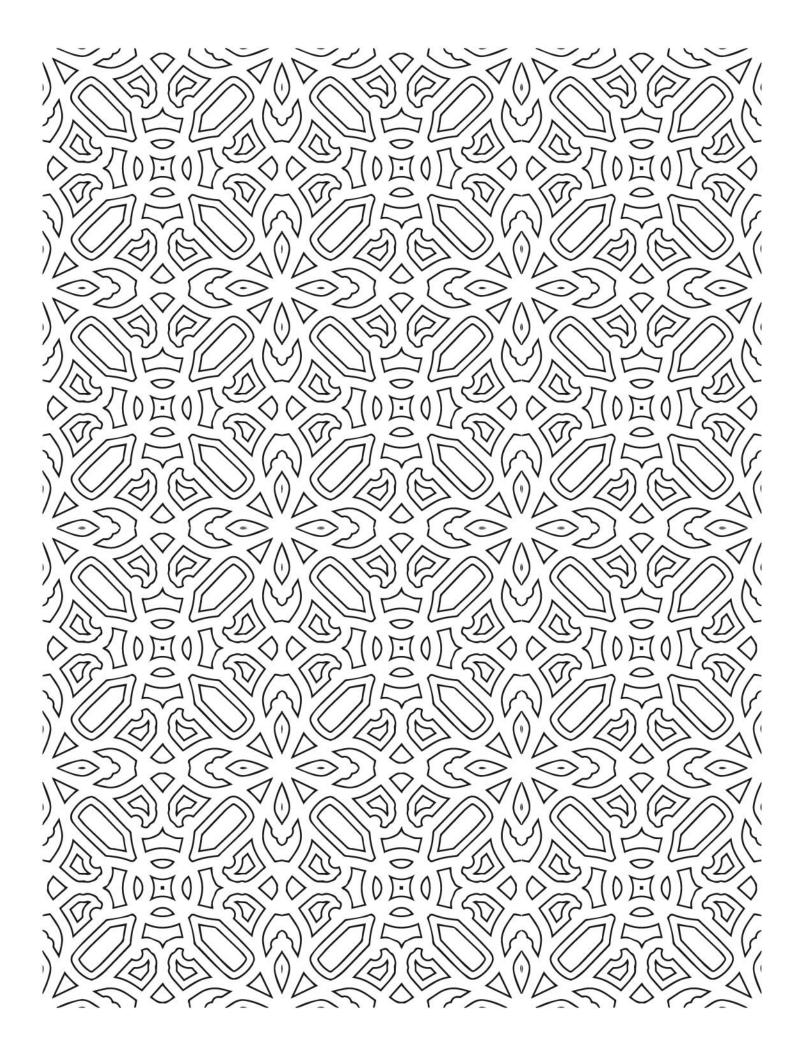


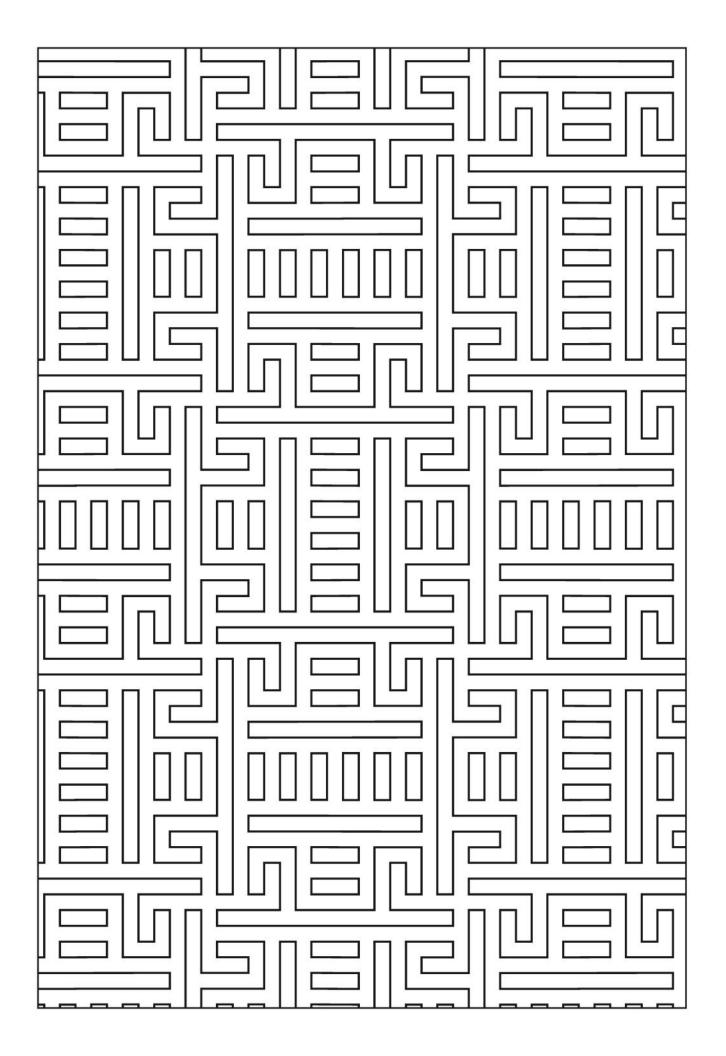


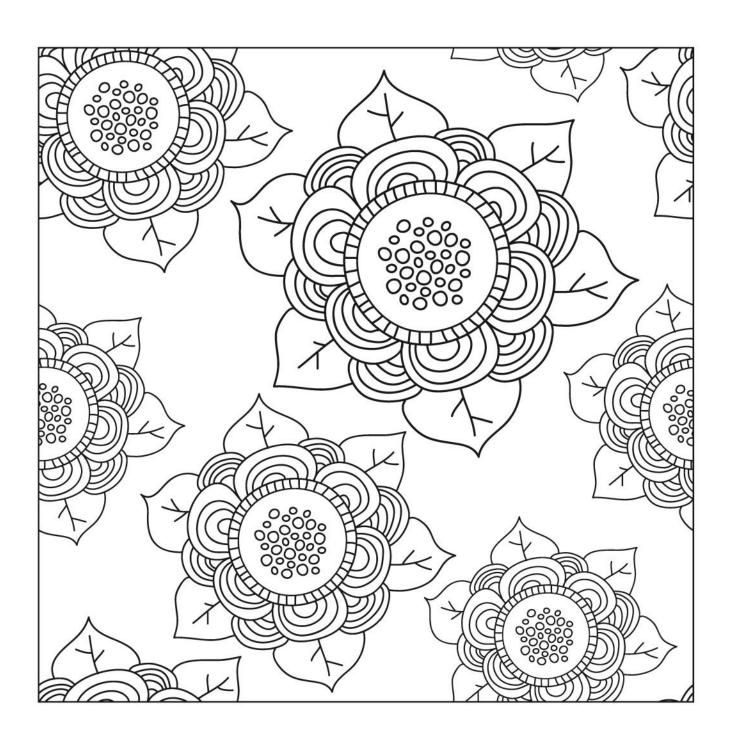


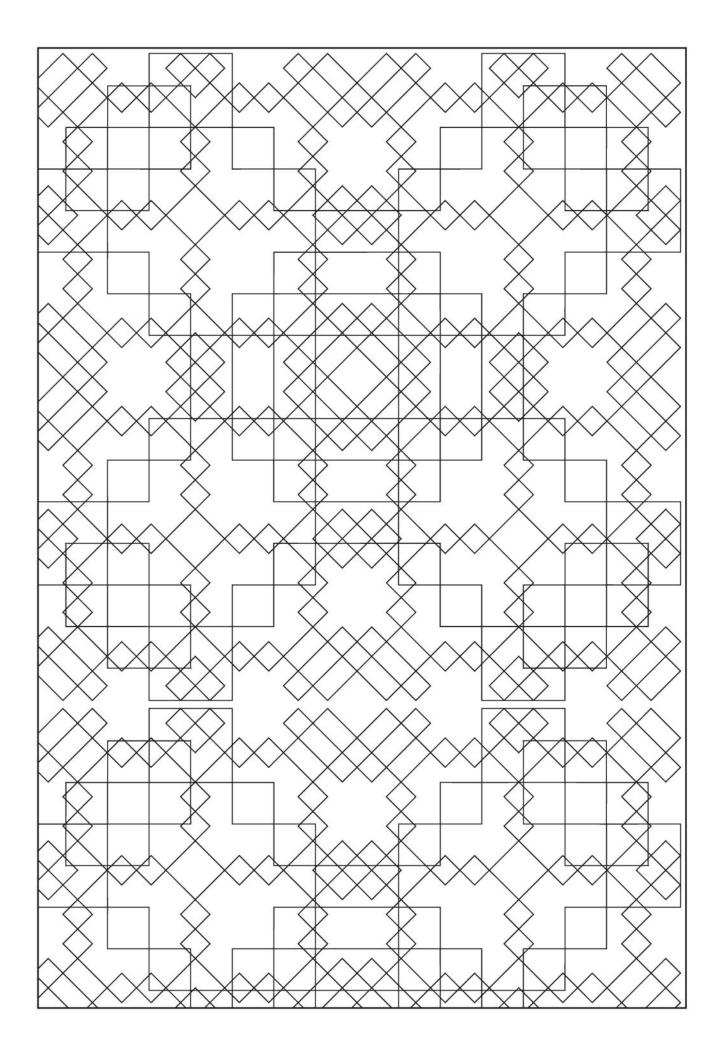


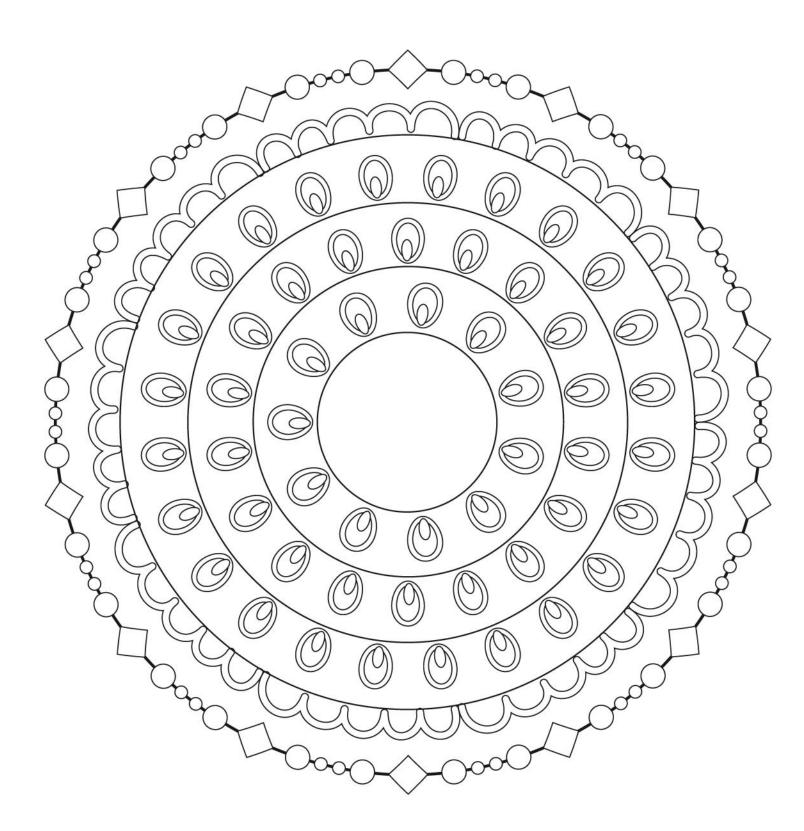


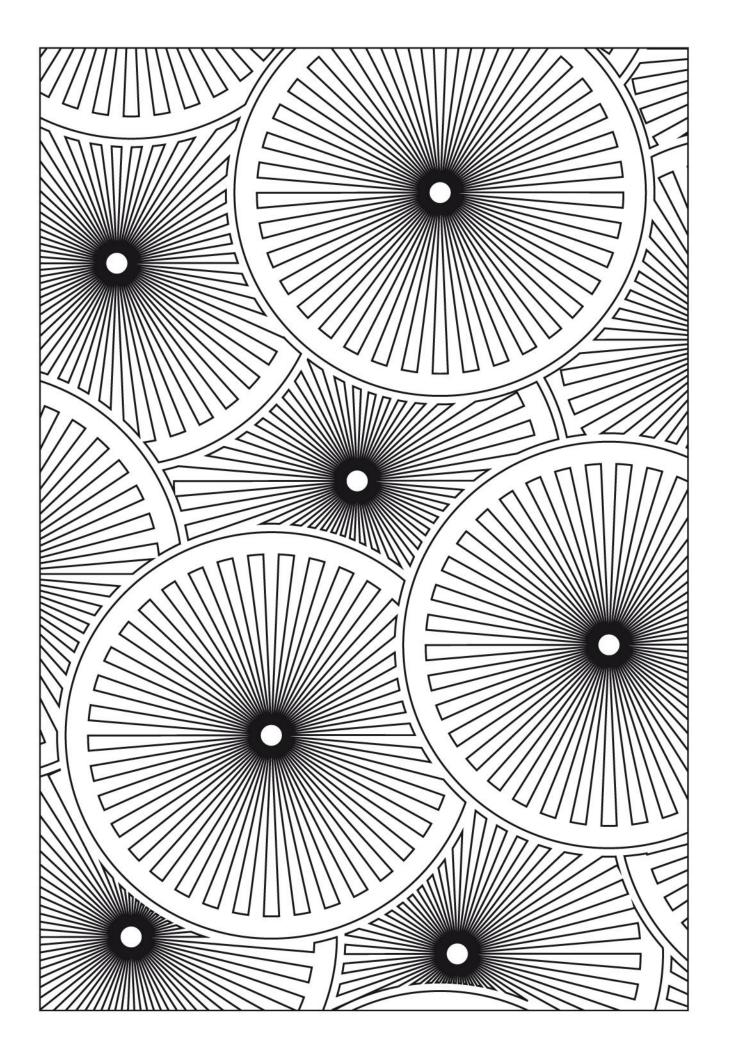


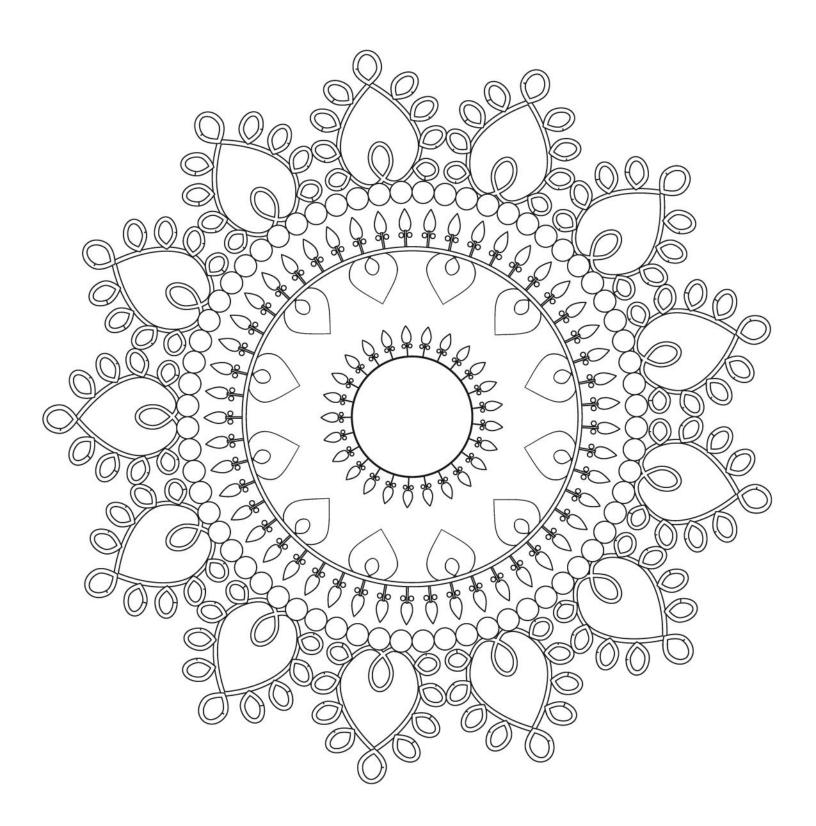


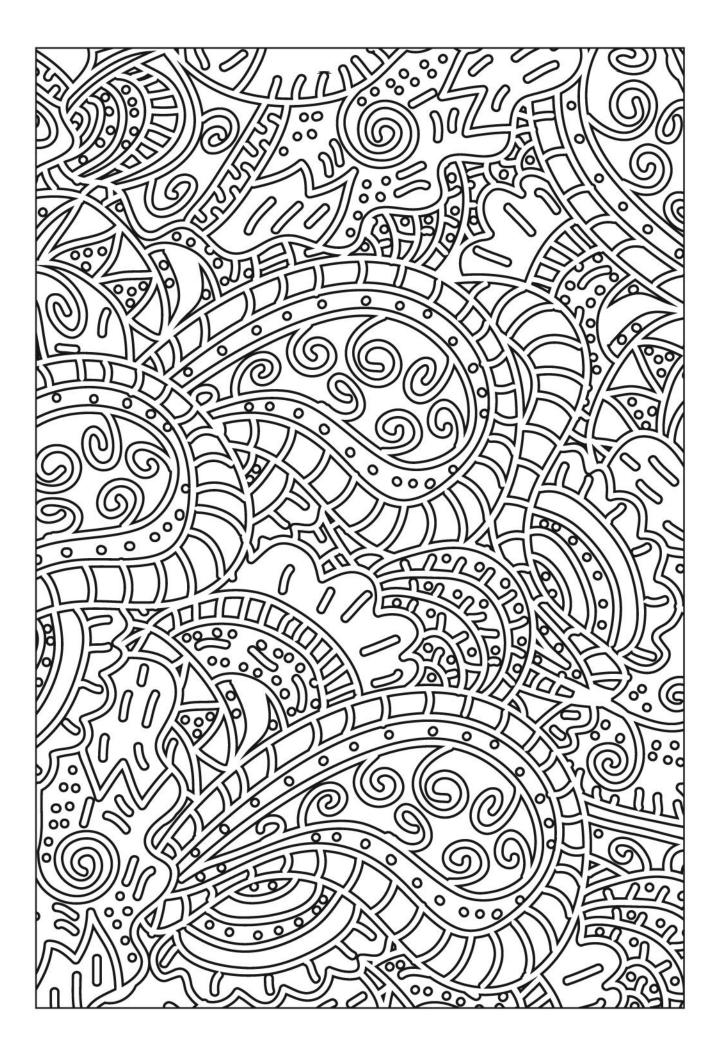




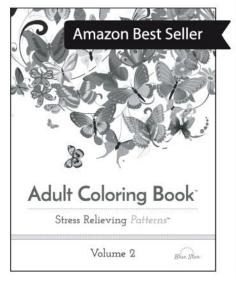


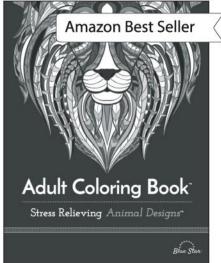


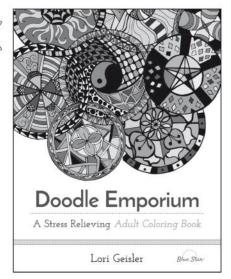


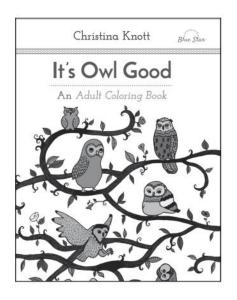


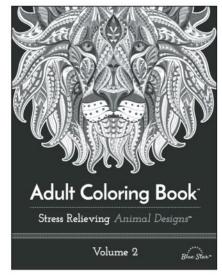
READY FOR THE NEXT ONE?

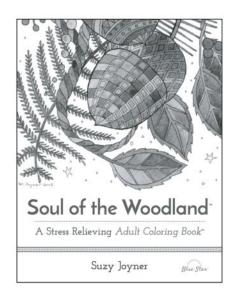


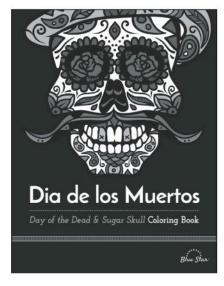


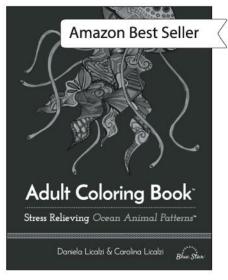


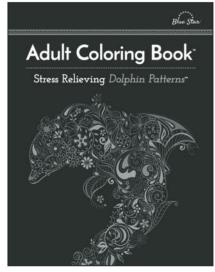


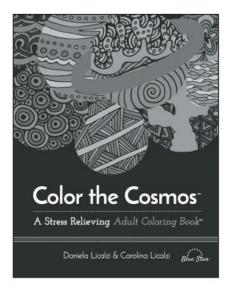


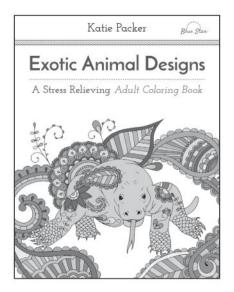


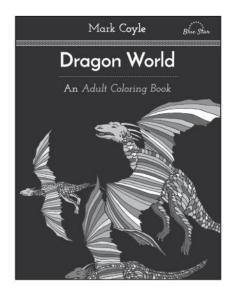


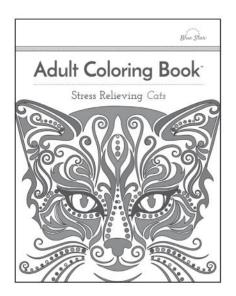


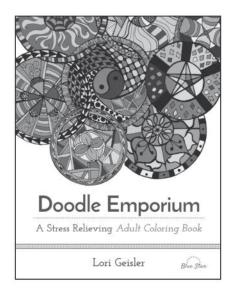


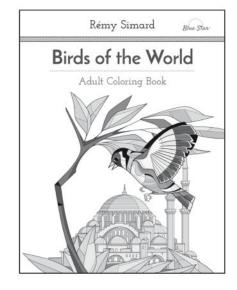


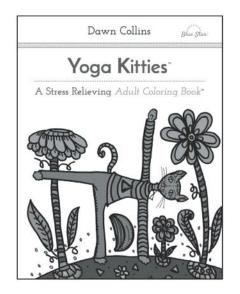


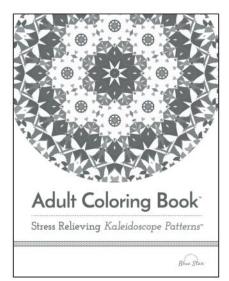


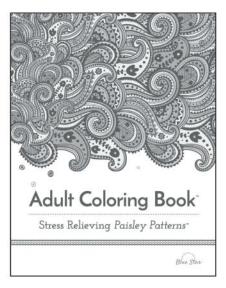


















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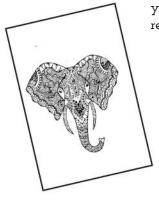


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48 Patterns to COLOR

- 1. Break out your crayons or colored pencils.
- 2. Turn off your phone, tablet, computer, whatever.
- 3. Find your favorite page in the book. That is the beginning.
- 4. Start coloring.
- 5. If you notice at any point that you are forgetting your worries, daydreaming freely or feeling more creative, curious, excitable, delighted, relaxed or any combination thereof, take a deep breath and enjoy it. Remind yourself that coloring, like dancing or falling in love, does not have a point. It is the point.
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