



# Adult Coloring Book™

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Stress Relieving *Patterns*

Volume 2

  
Blue Star™



# Adult Coloring Book<sup>TM</sup>

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Stress Relieving *Patterns*

Volume 2







Blue Star Coloring Books is in San Antonio, TX and Portland, OR.

Teamwork makes the dream work: This book was designed by Peter, written by Gabe and published by CJ. Adult Coloring Book, Stress Relieving Patterns and Blue Star are trademarks of PCG Publishing Group, LLC. The copyright © belongs to Blue Star as of 2016. We reserve all of our rights.

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# We Love What You Create

And We Want to Shout It From the Rooftops

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*@bluestarcoloring*

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Show Us Your Art

We'll Show The World

We'll never be perfect, but that won't stop us from trying. Your feedback makes us a better company. We want your ideas, criticism, compliments or anything else you think we should hear!

Oh, and if you don't love this coloring book, we'll refund your money immediately. No questions asked.

Send anything and everything to [contact@bluestarcoloring.com](mailto:contact@bluestarcoloring.com)



# How to Use This Book



Break out your crayons or colored pencils.

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Turn off your phone, tablet, computer, whatever.

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

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Start coloring.

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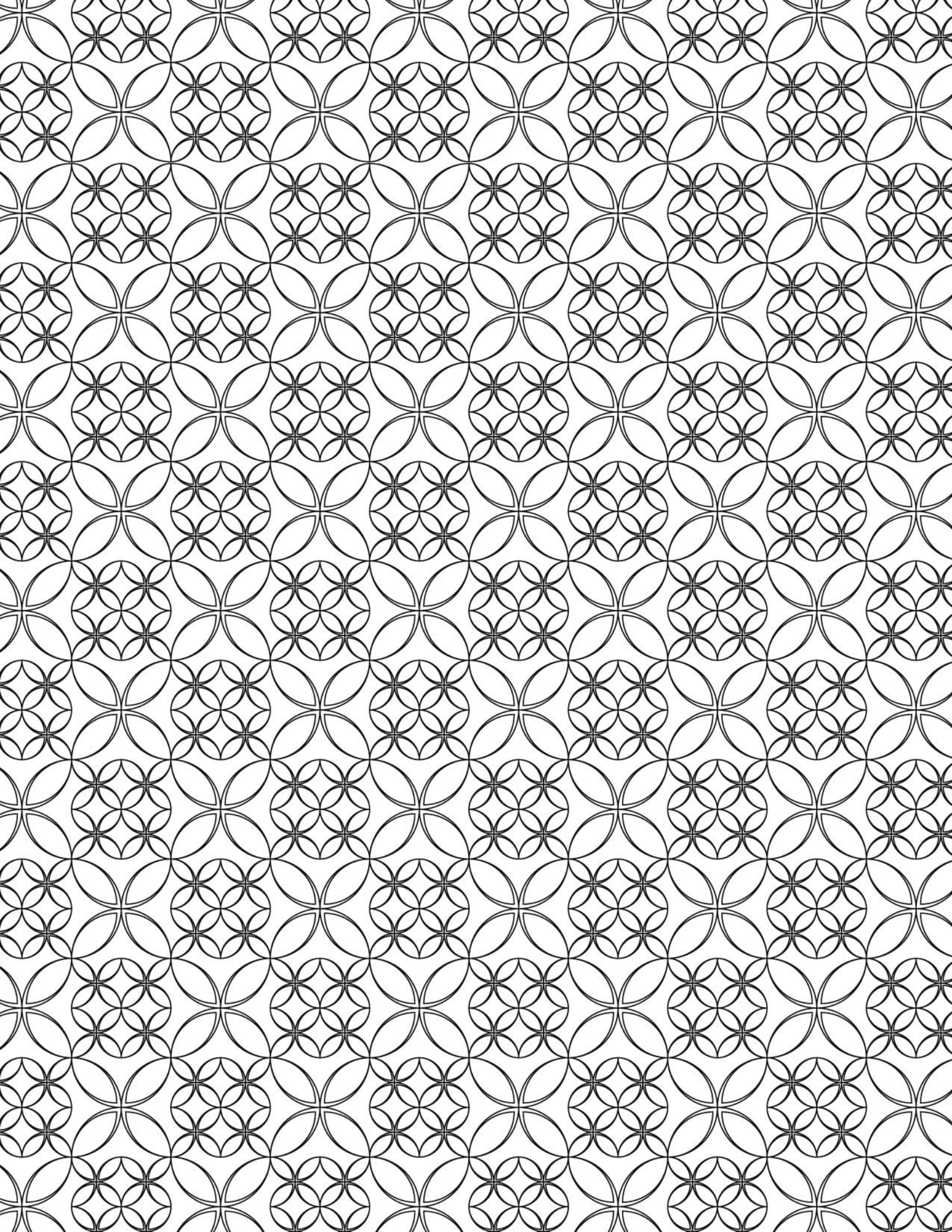
When you don't feel like it anymore, stop.



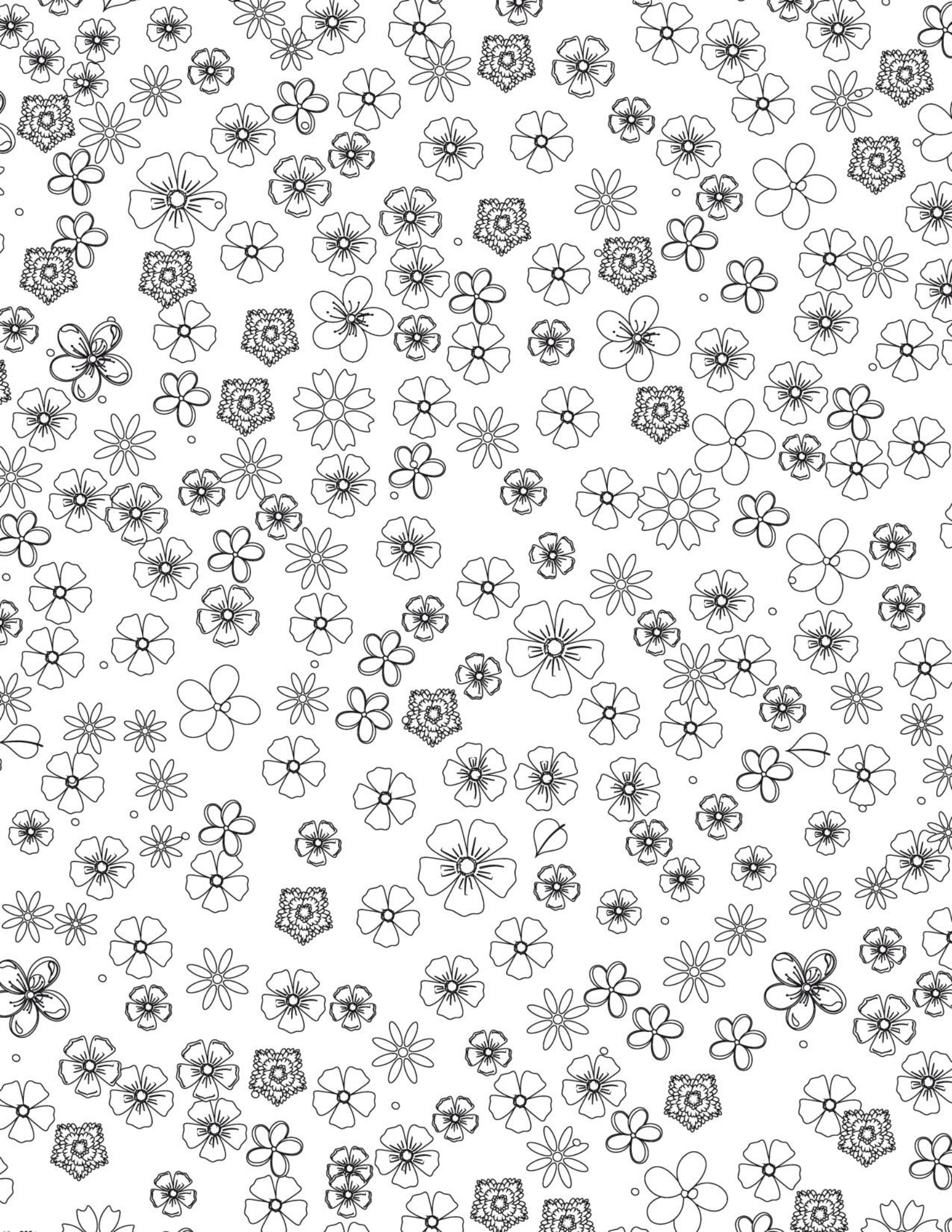




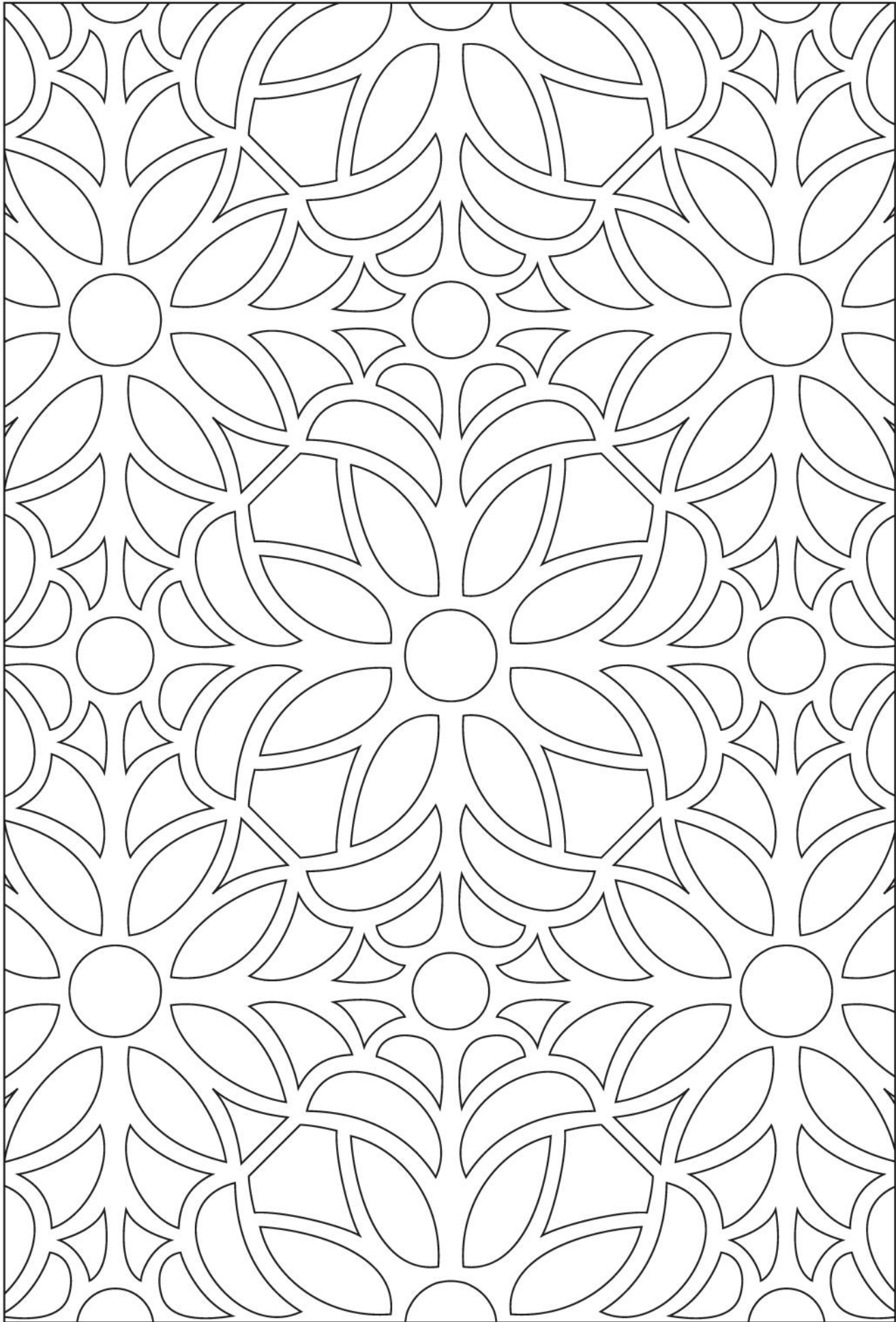






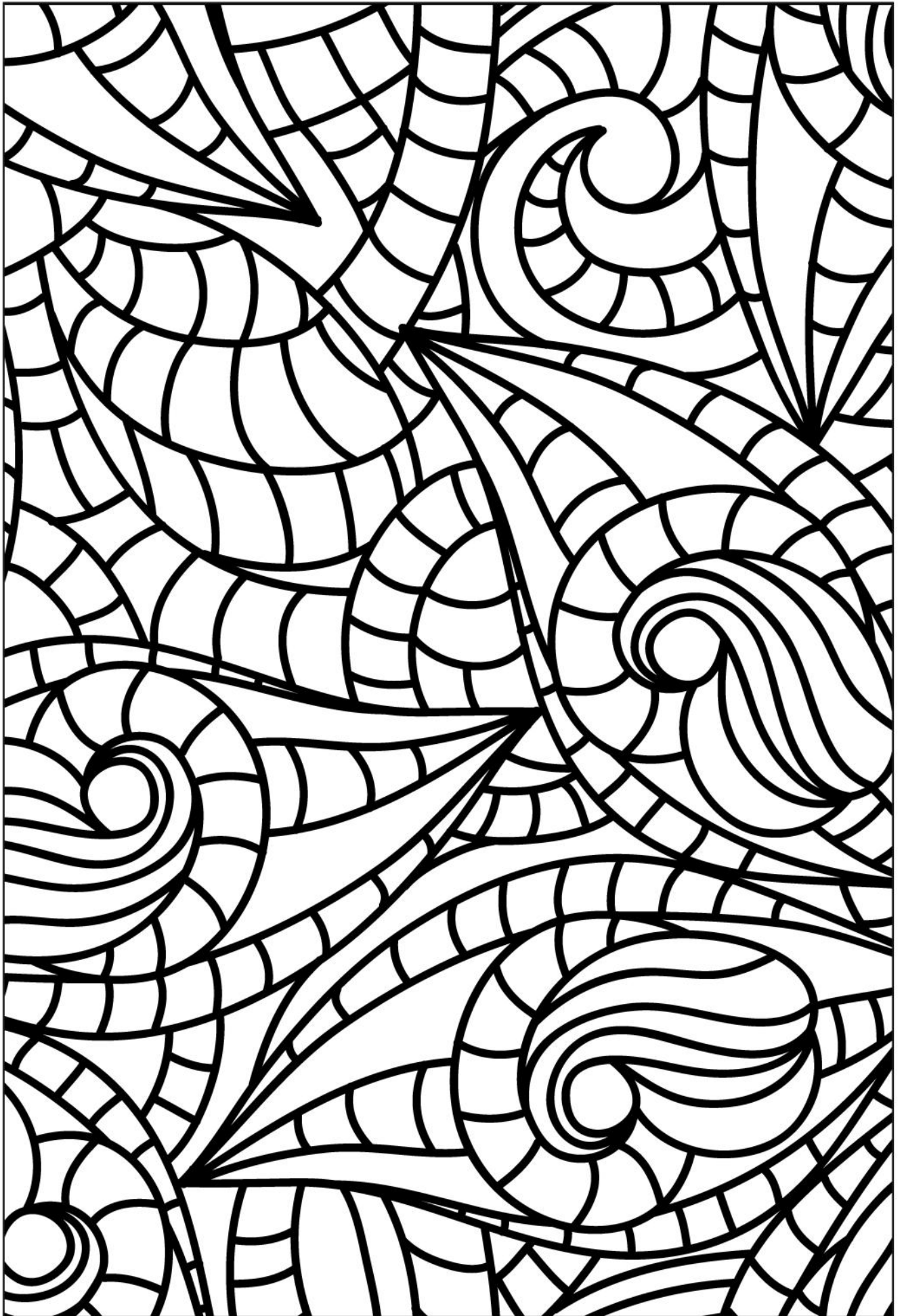




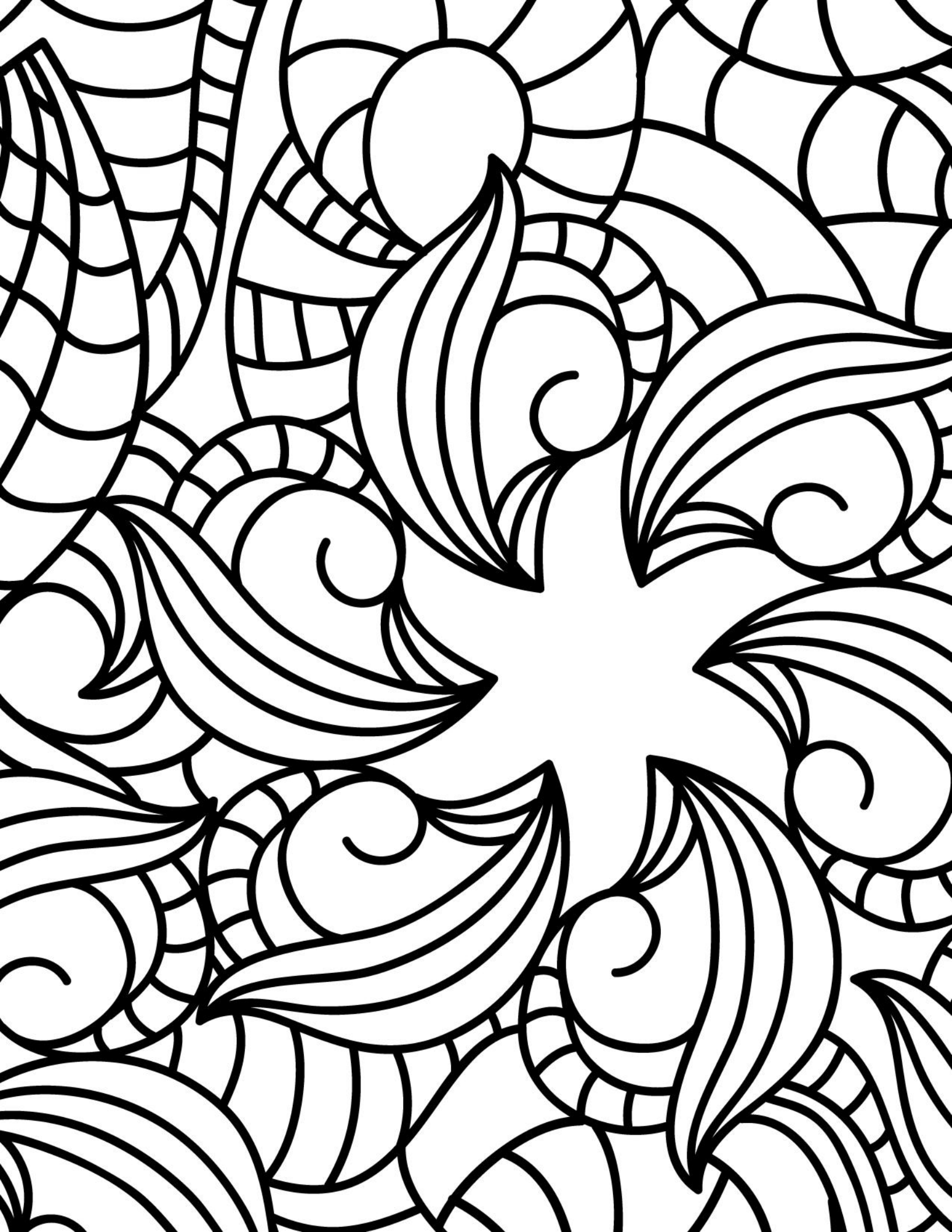




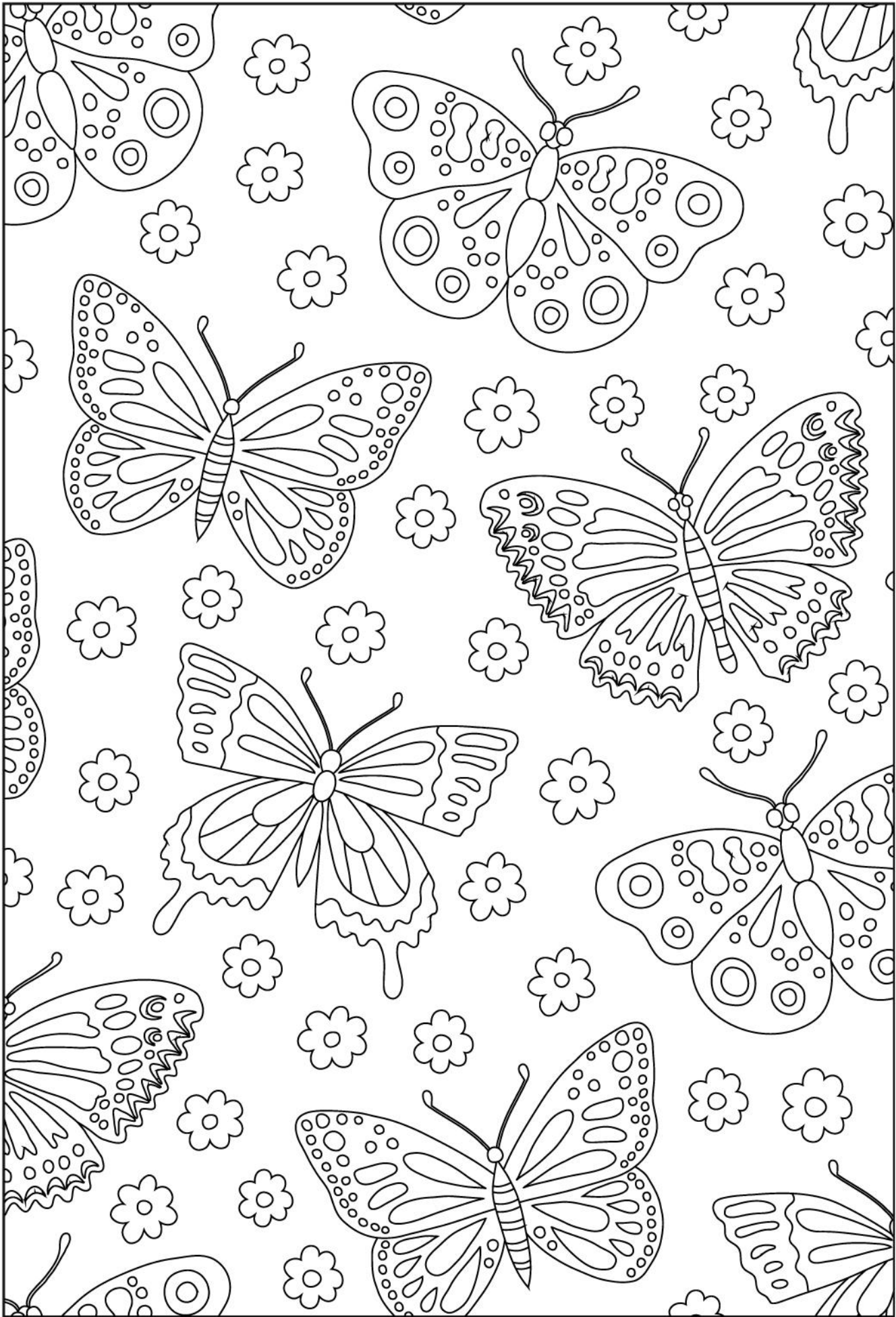










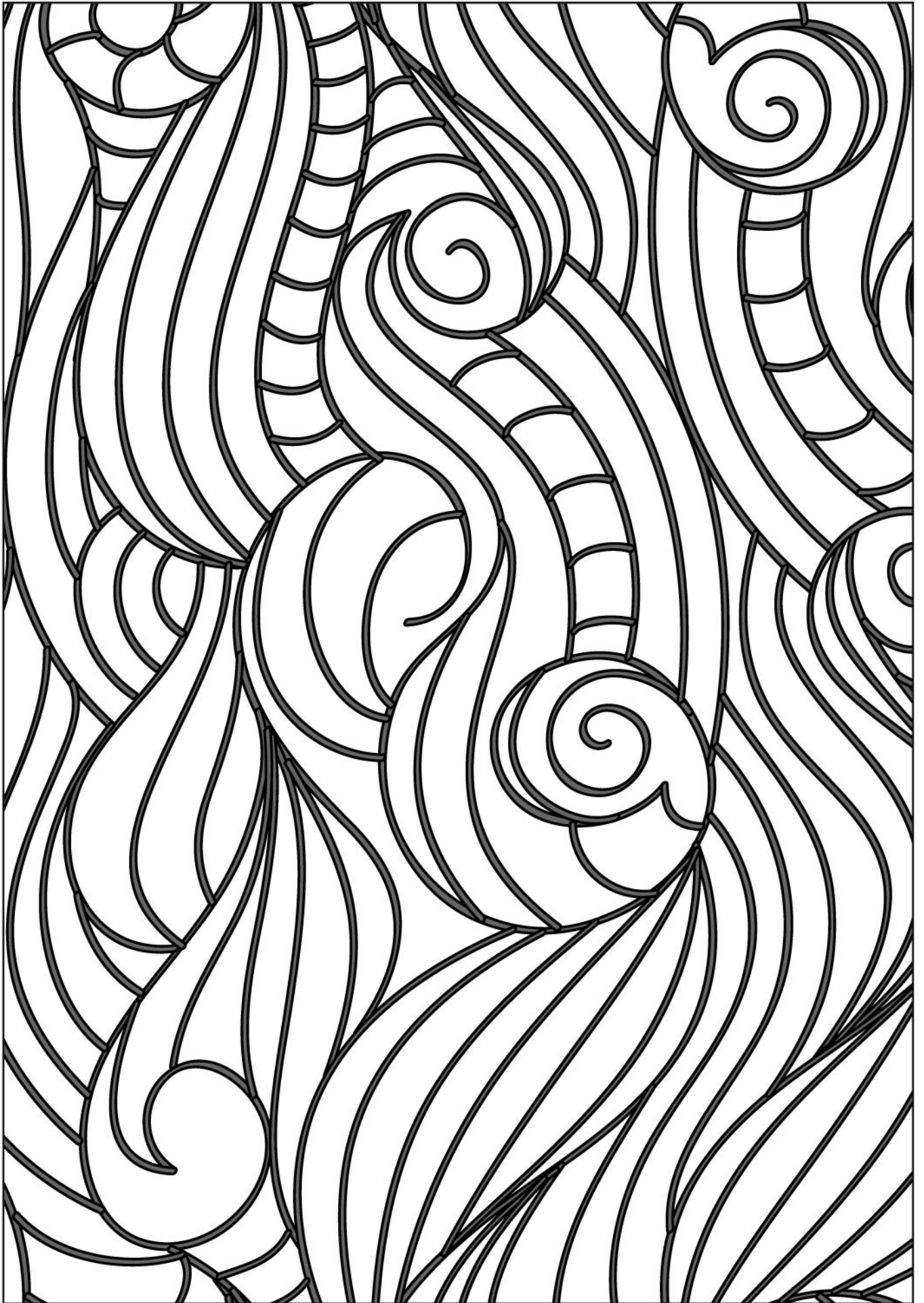




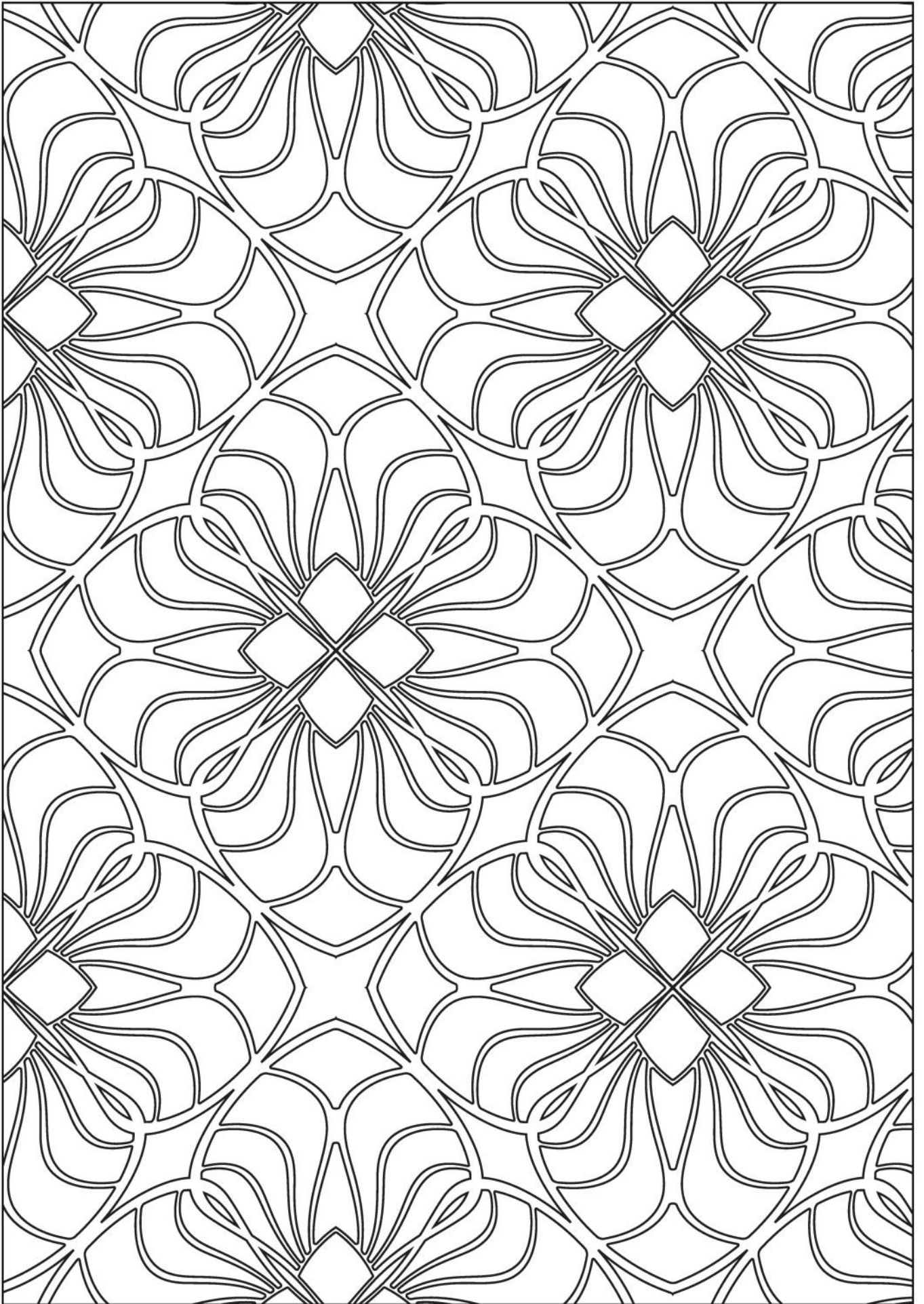




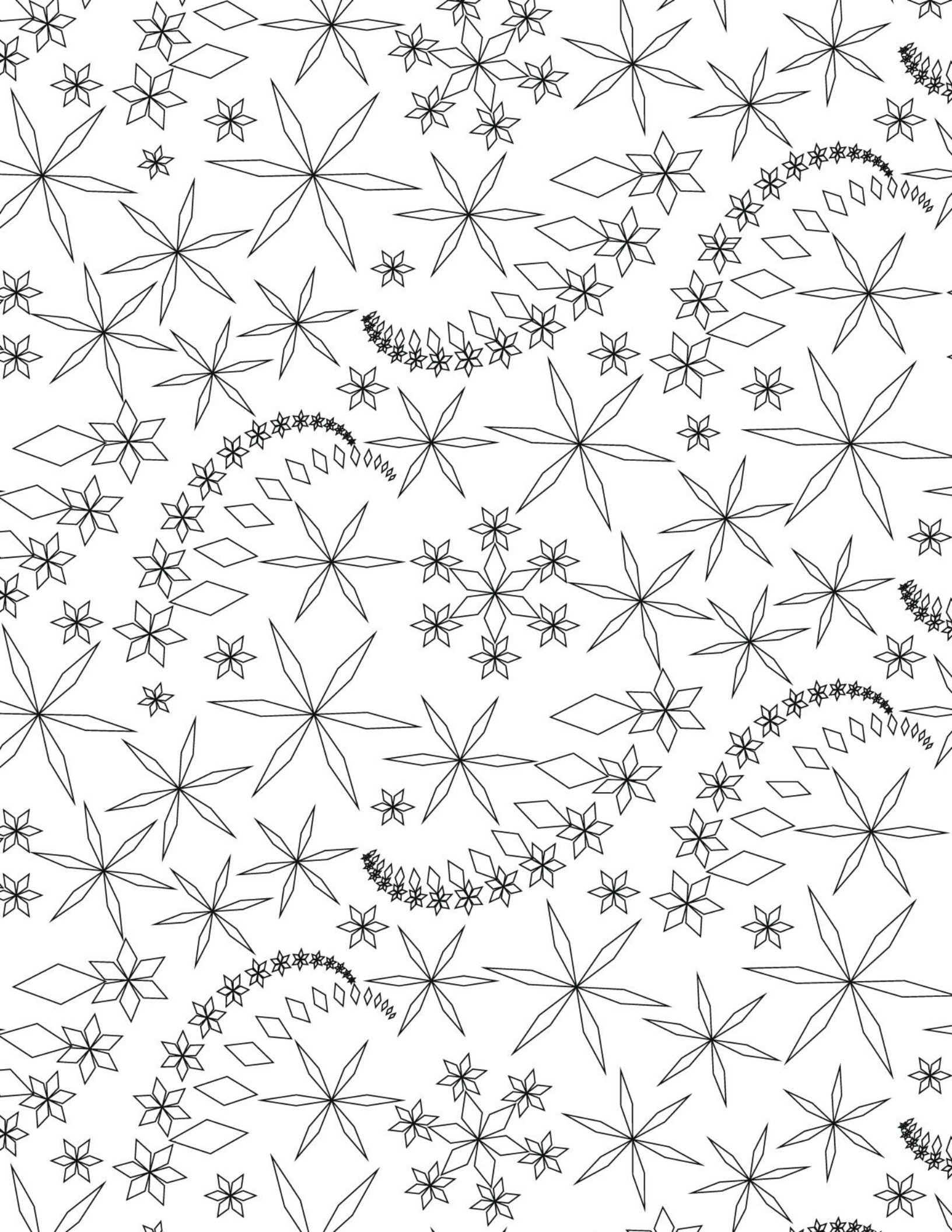




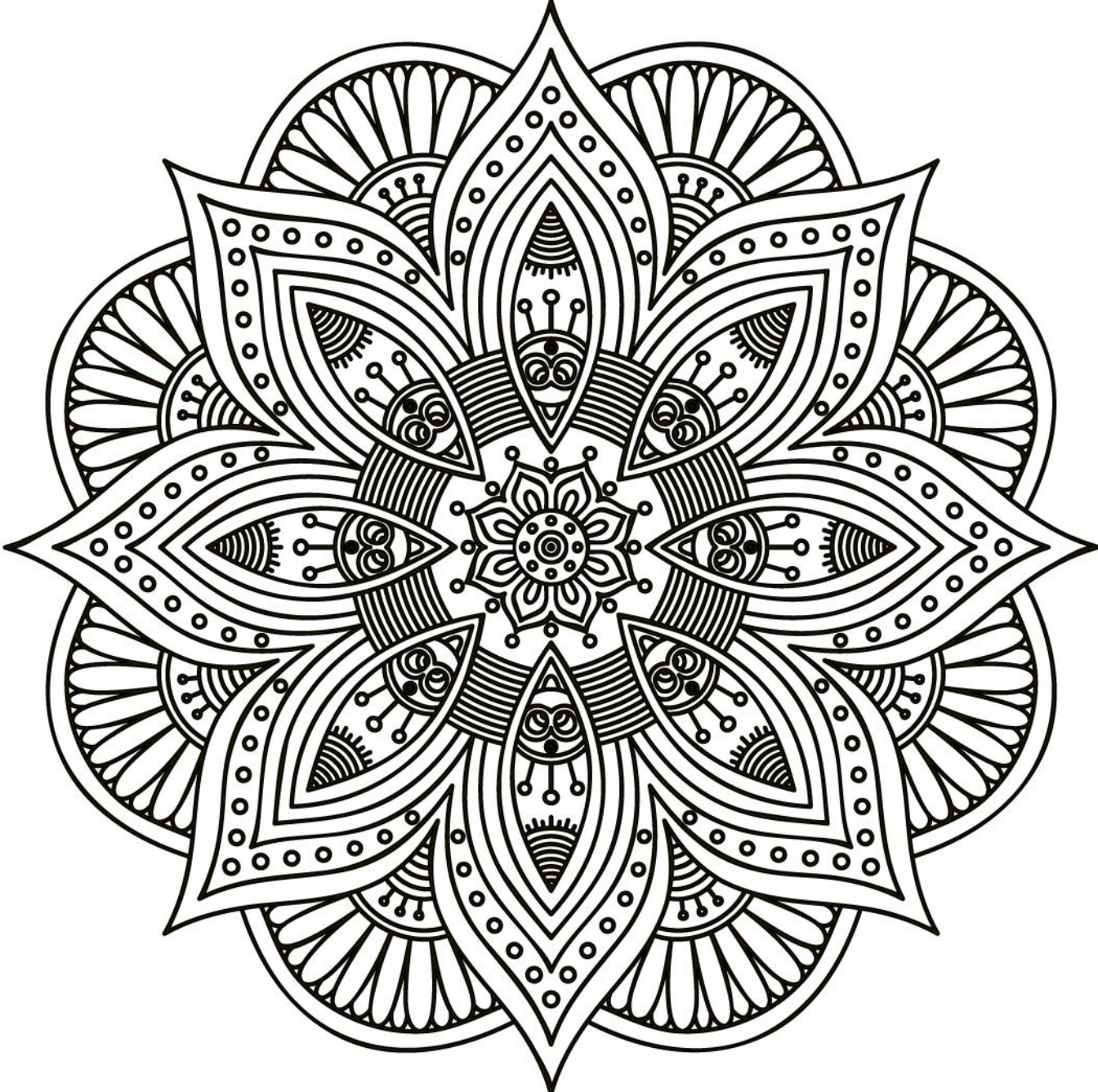






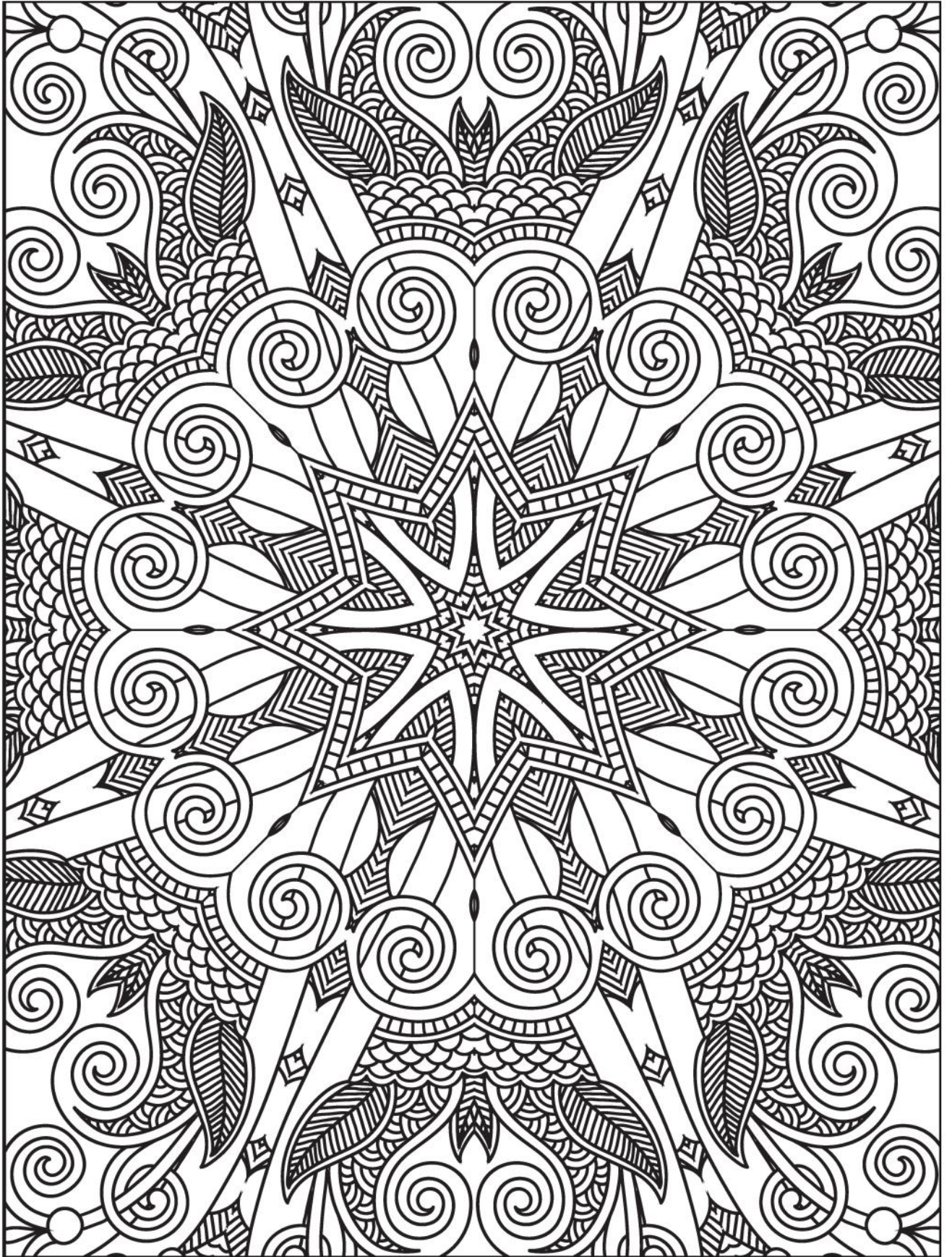




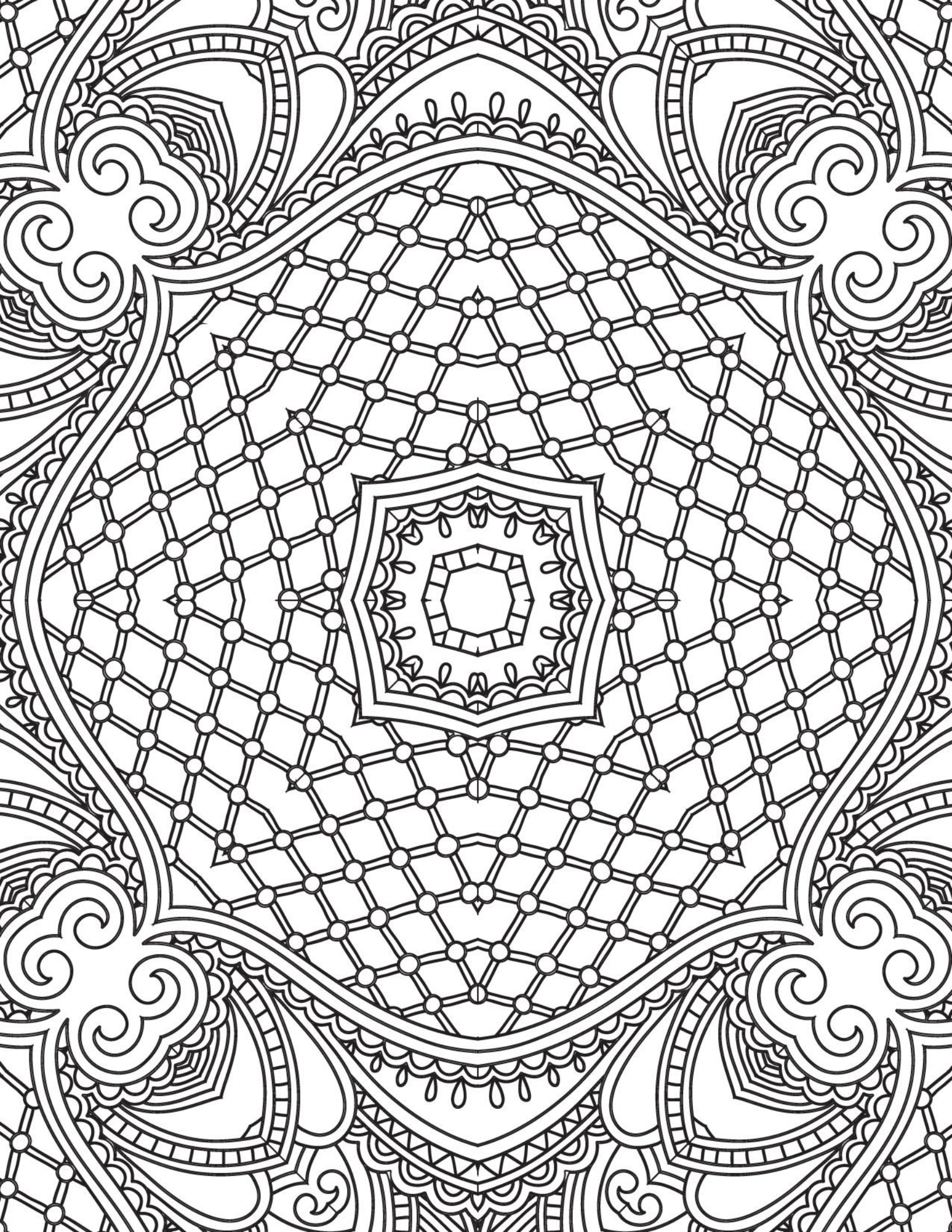








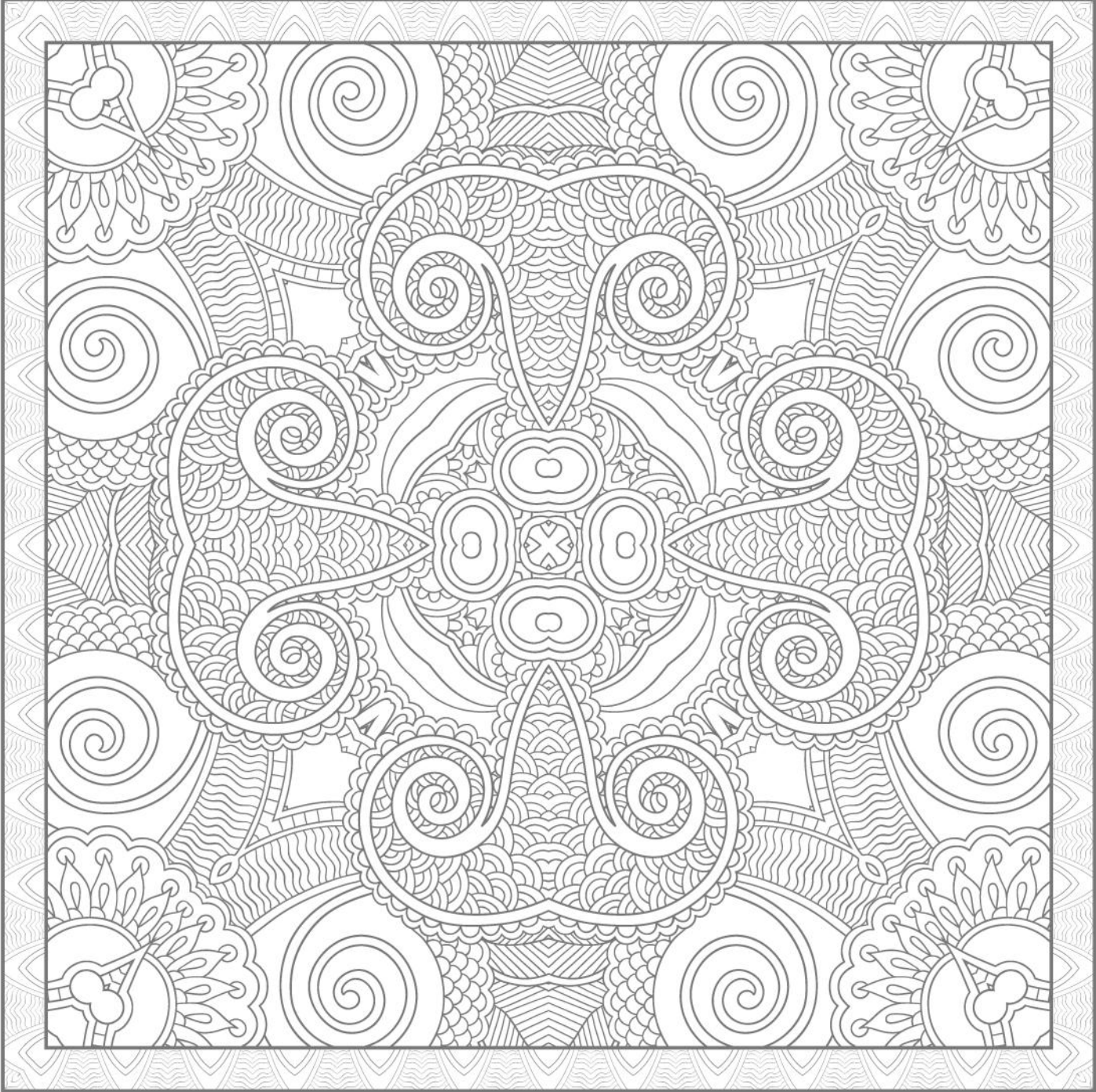






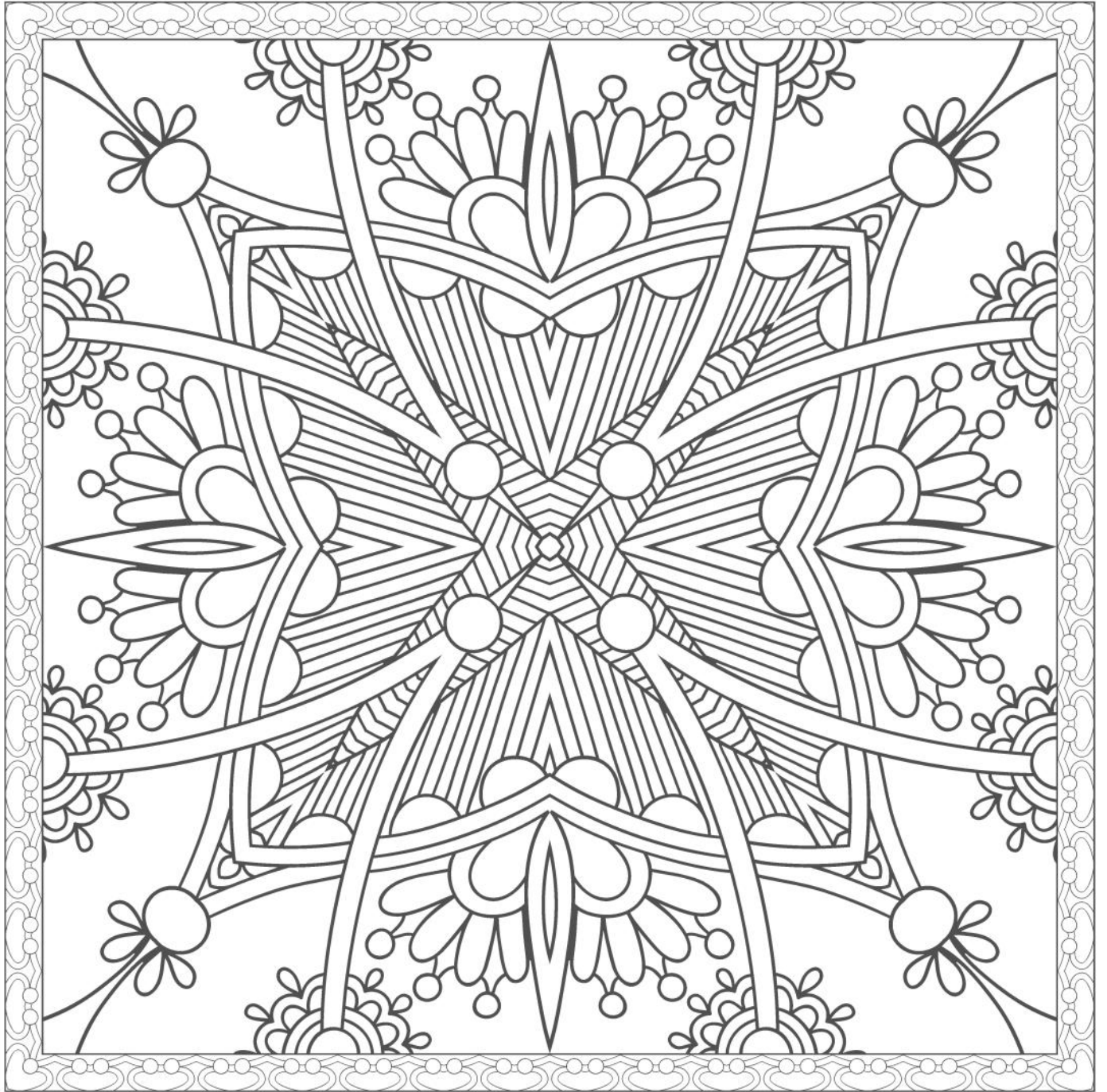












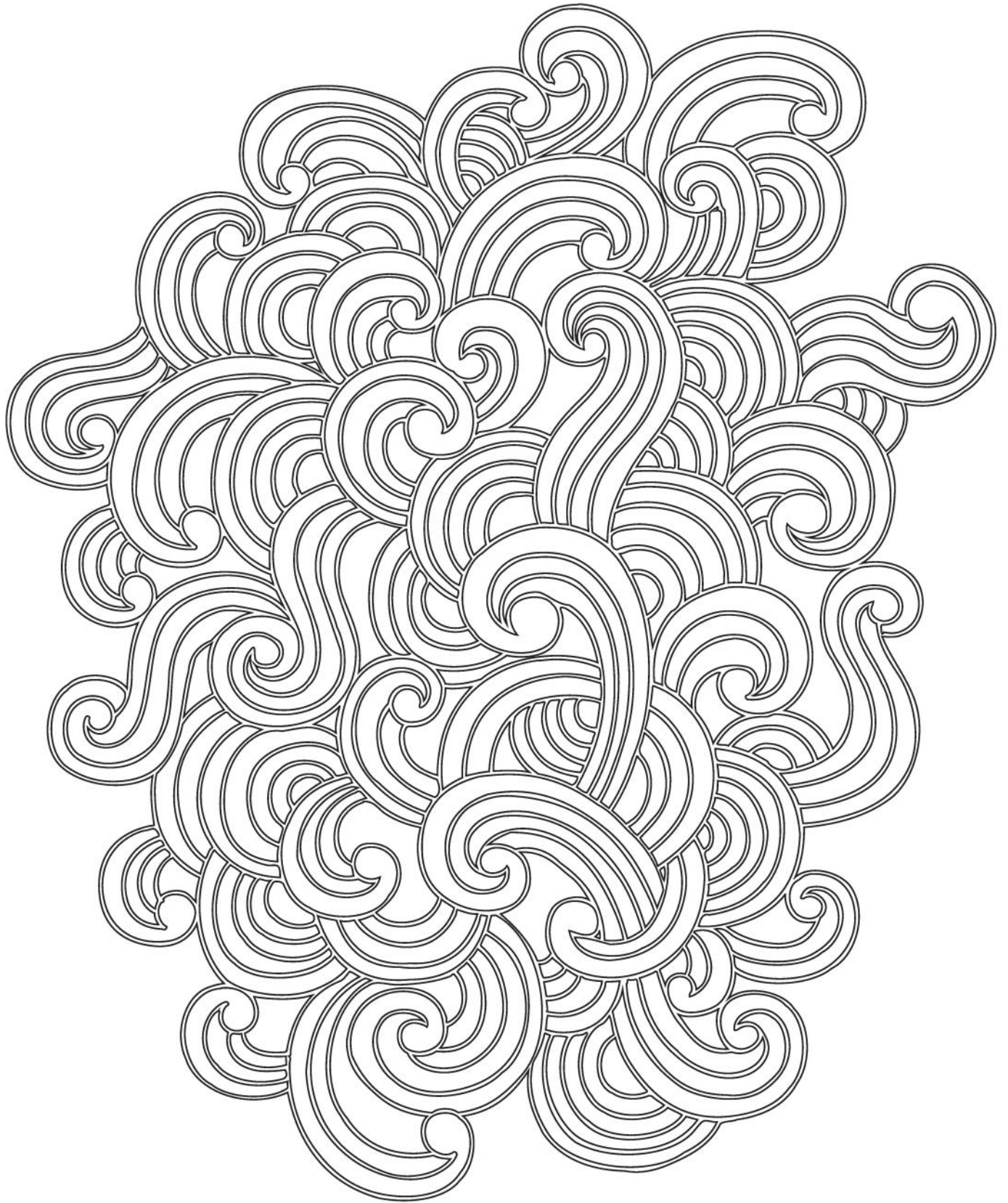










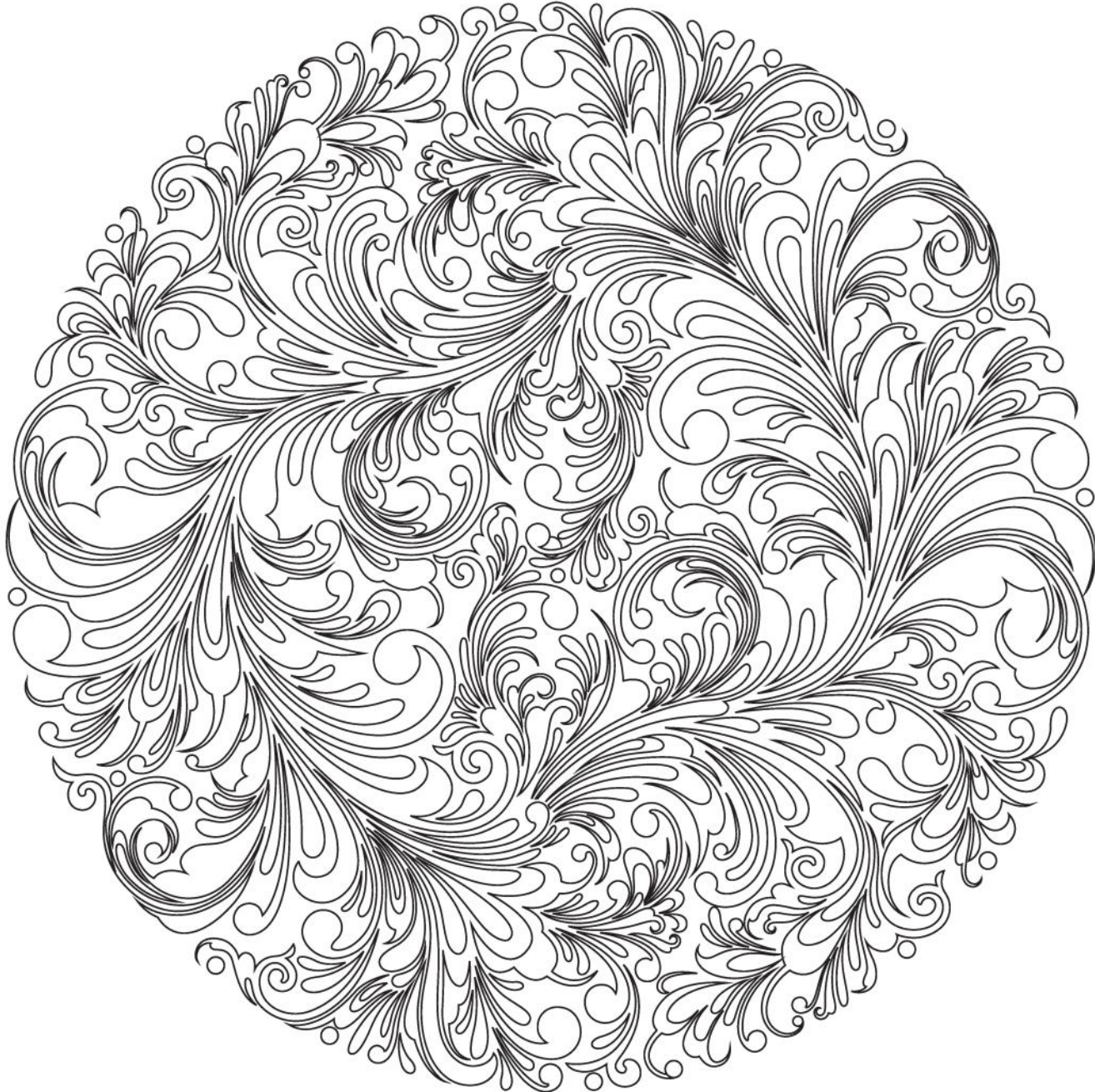




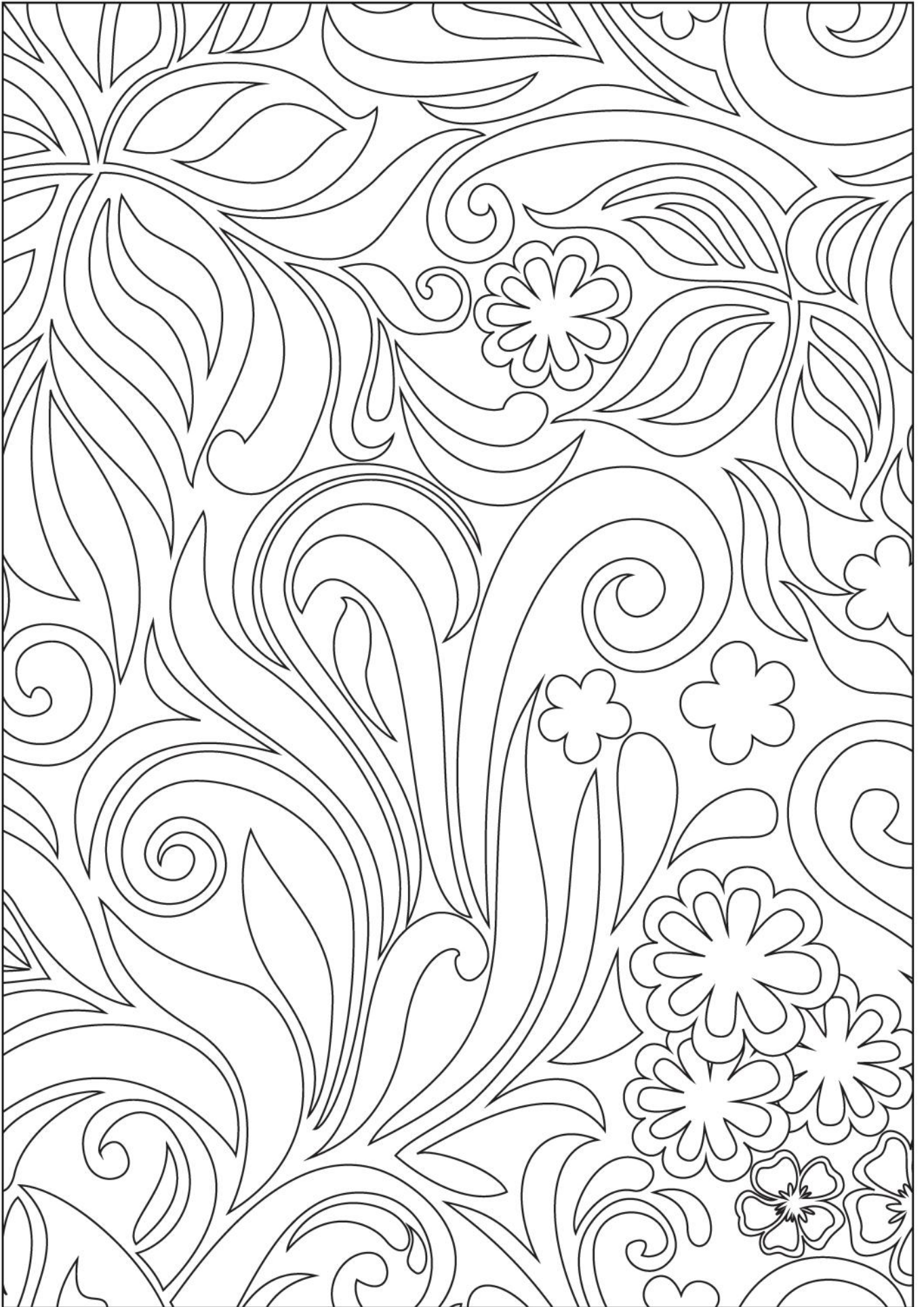










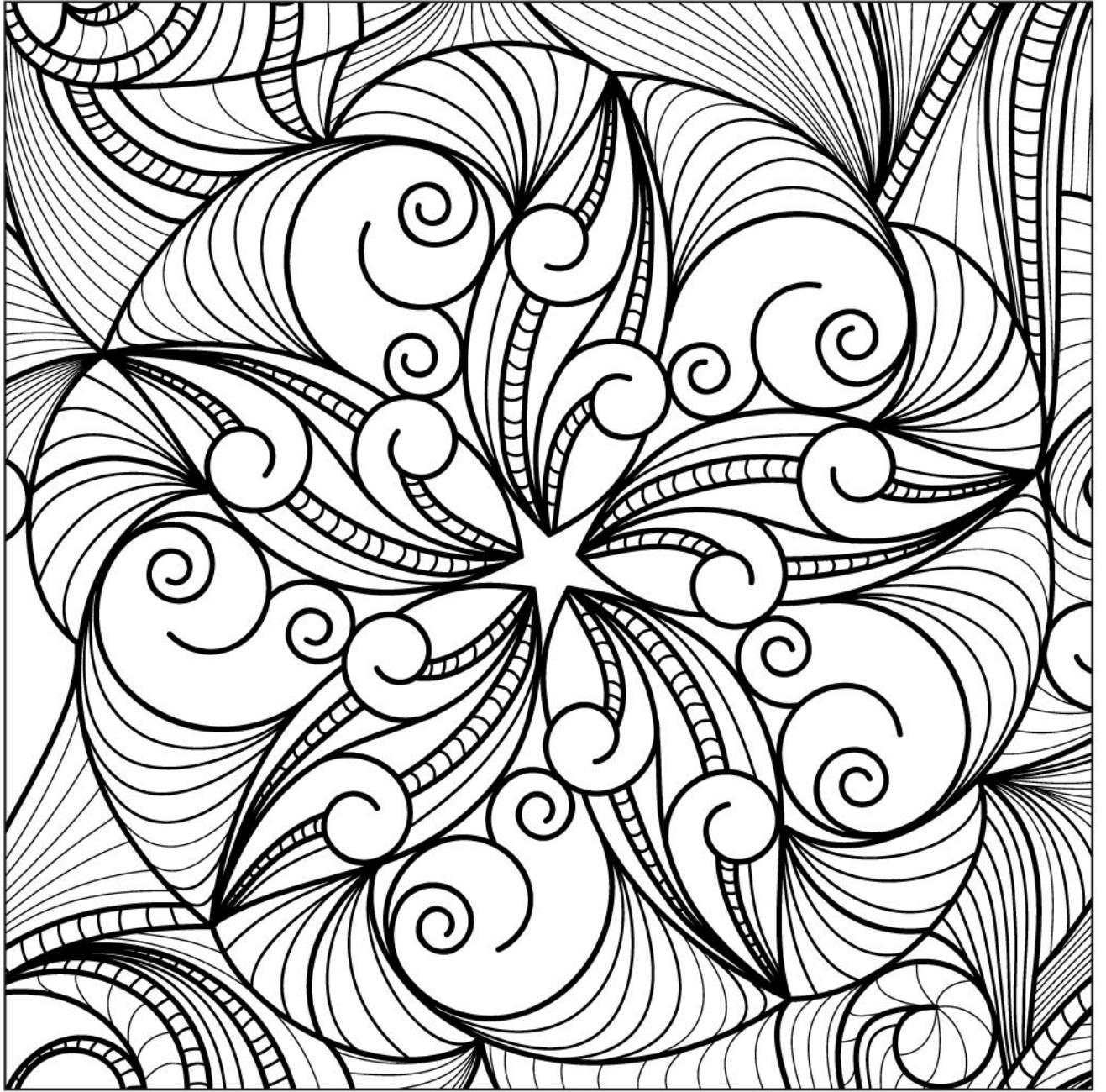












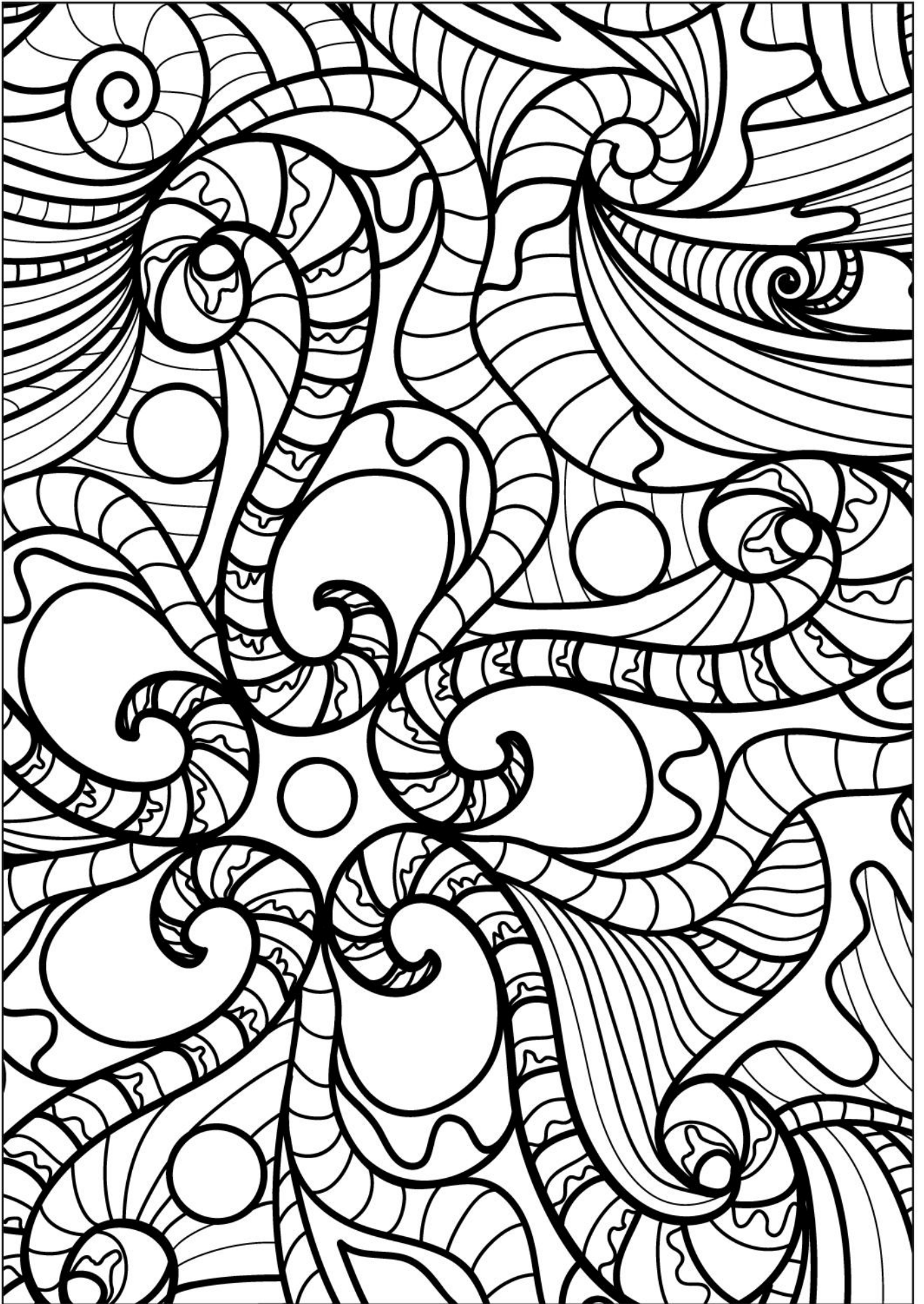






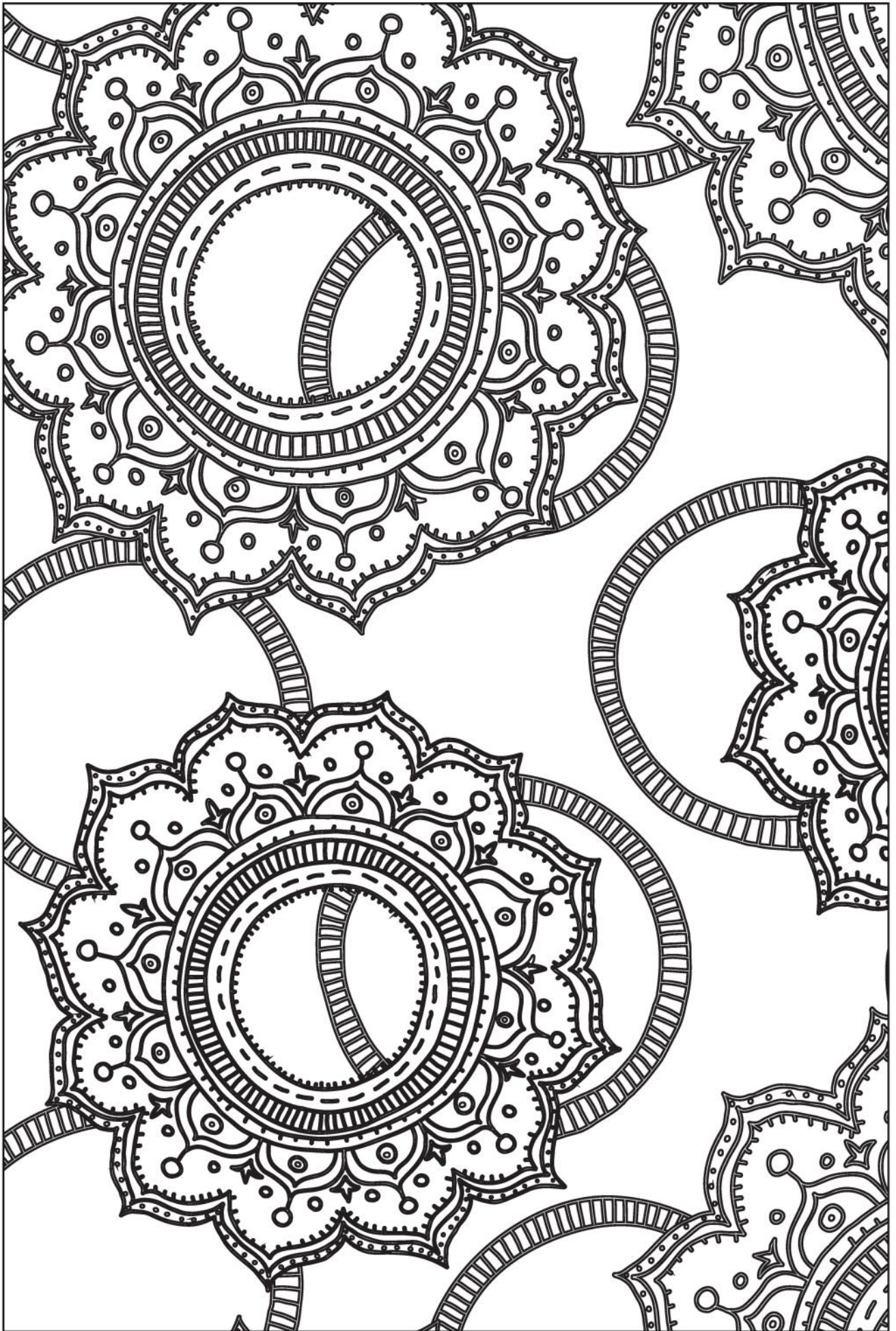








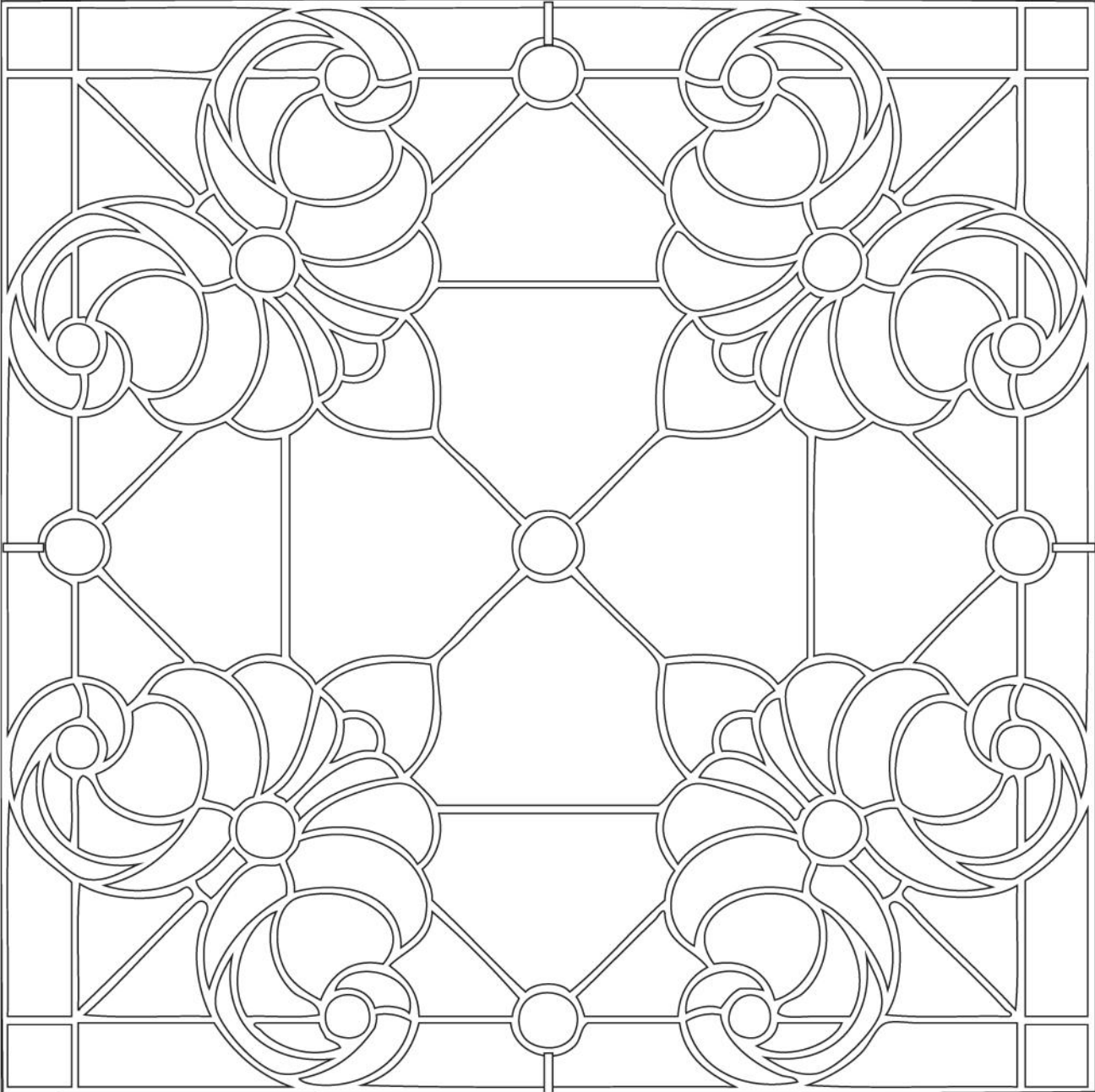




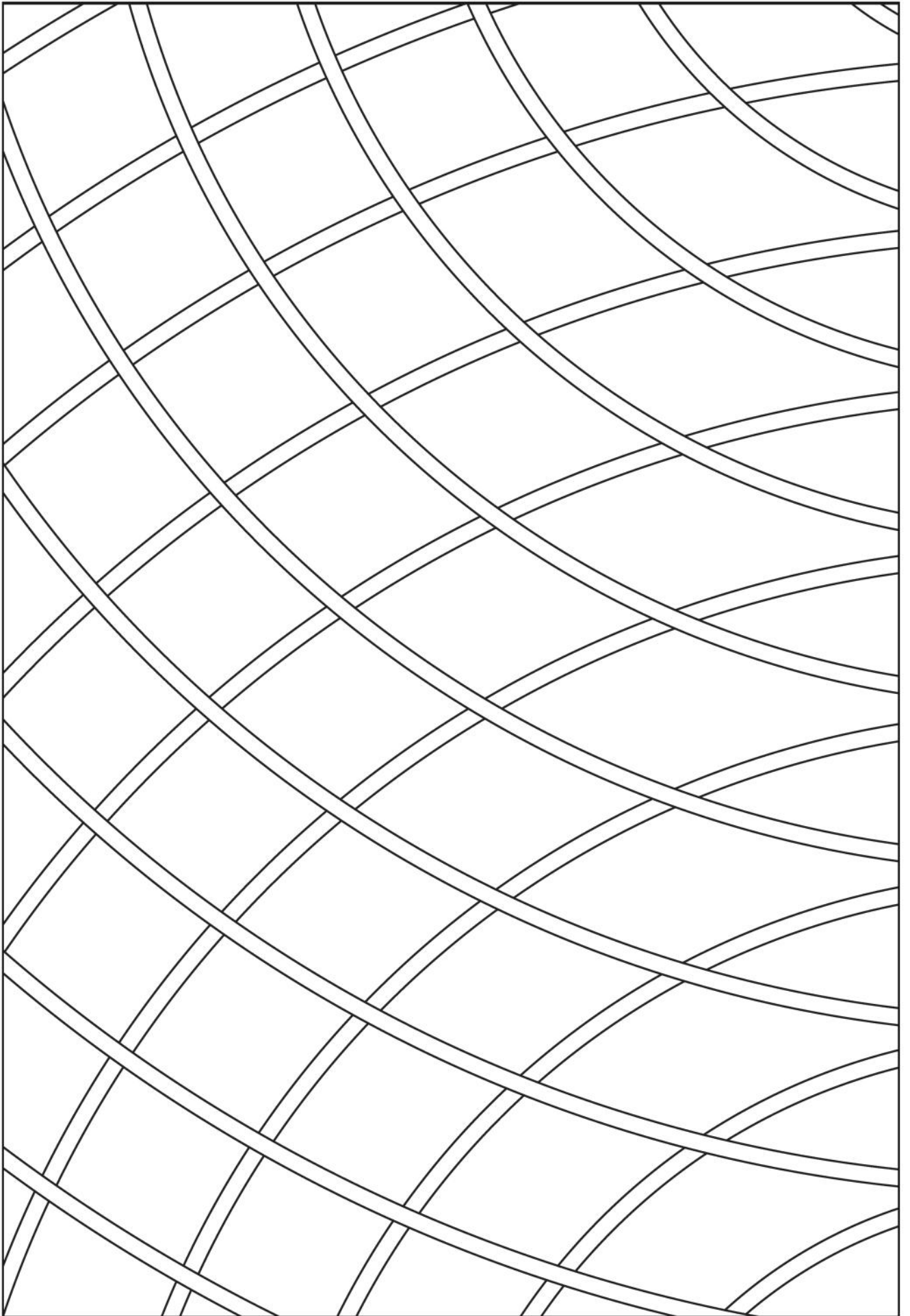






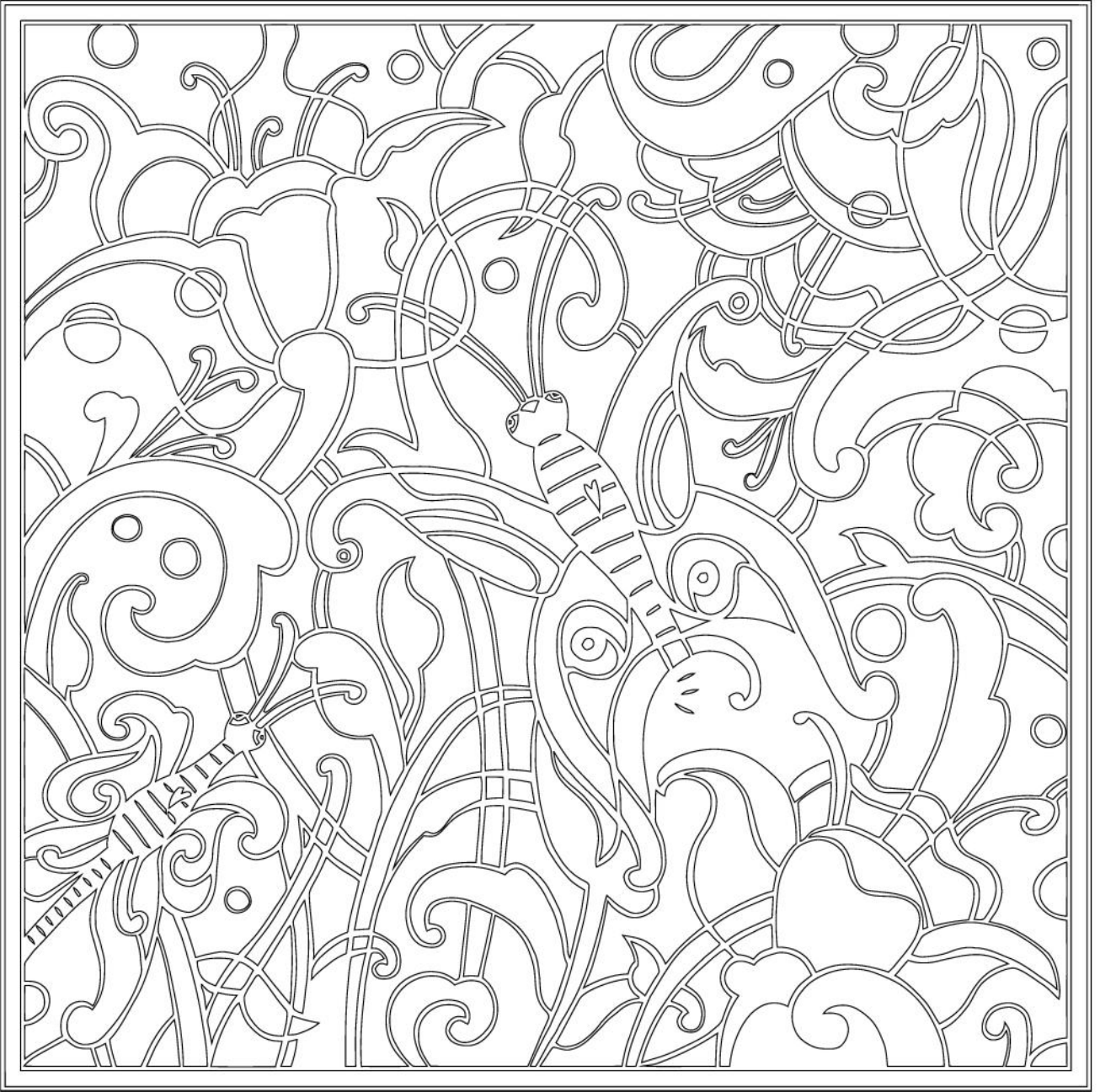




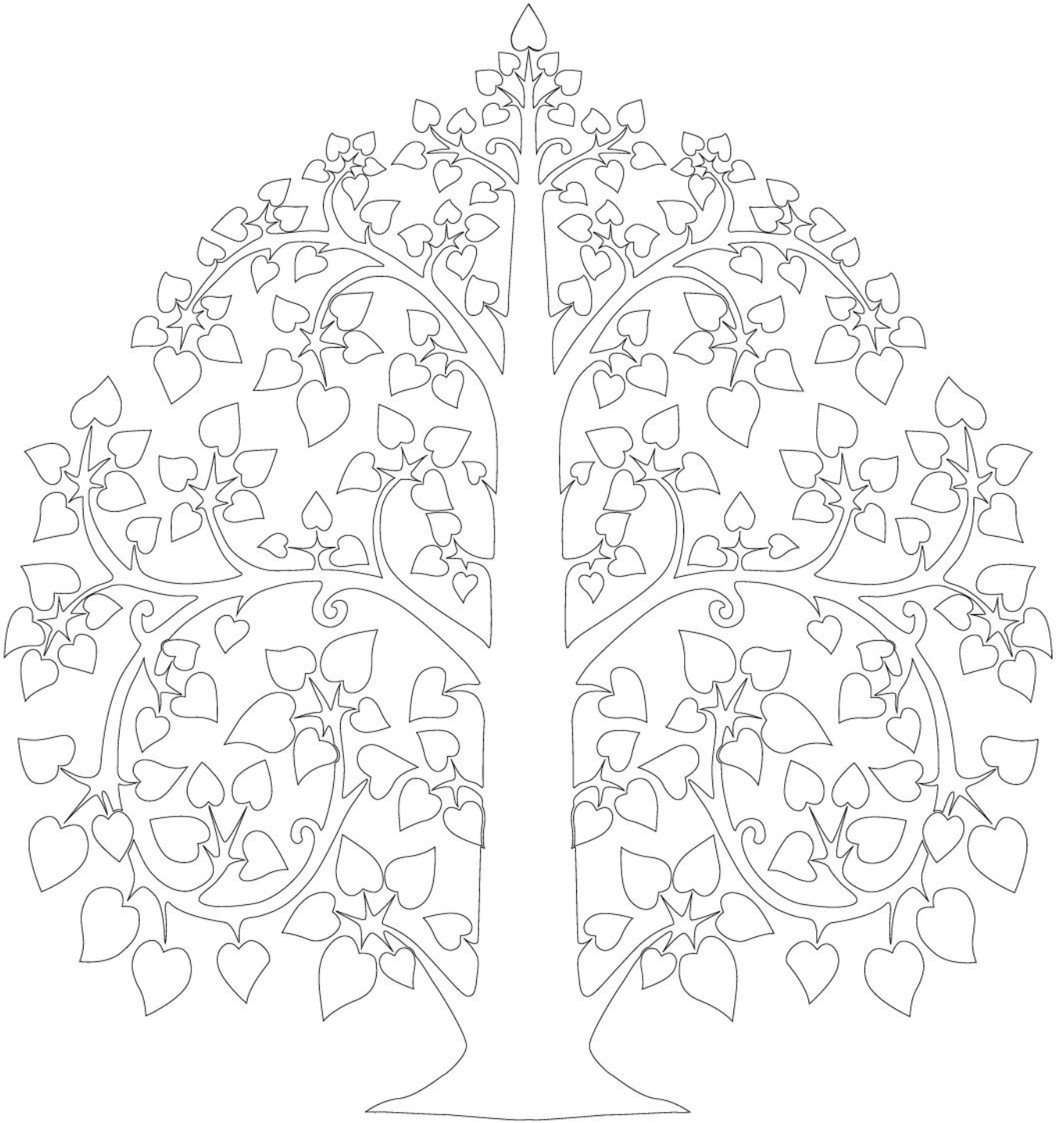




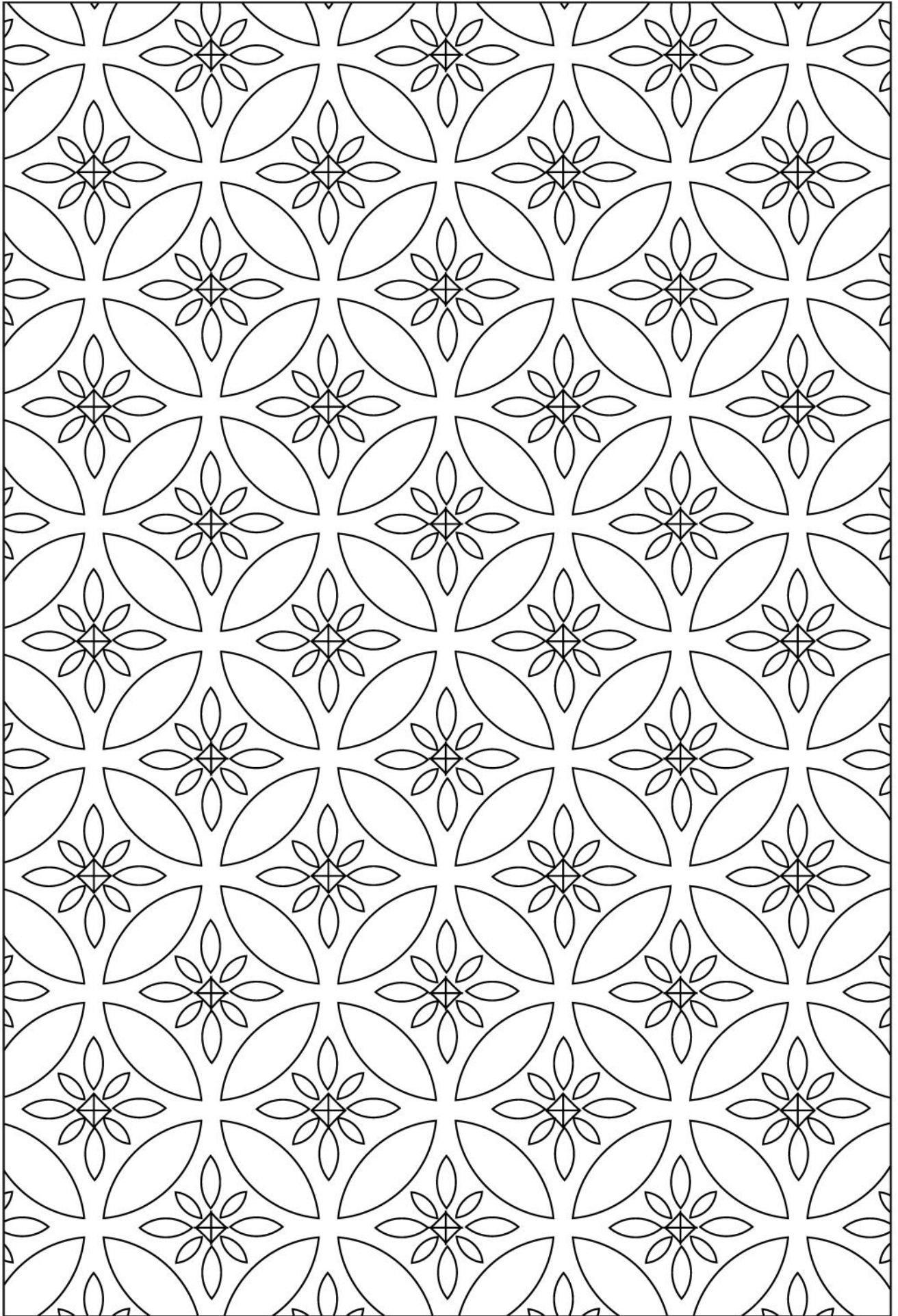




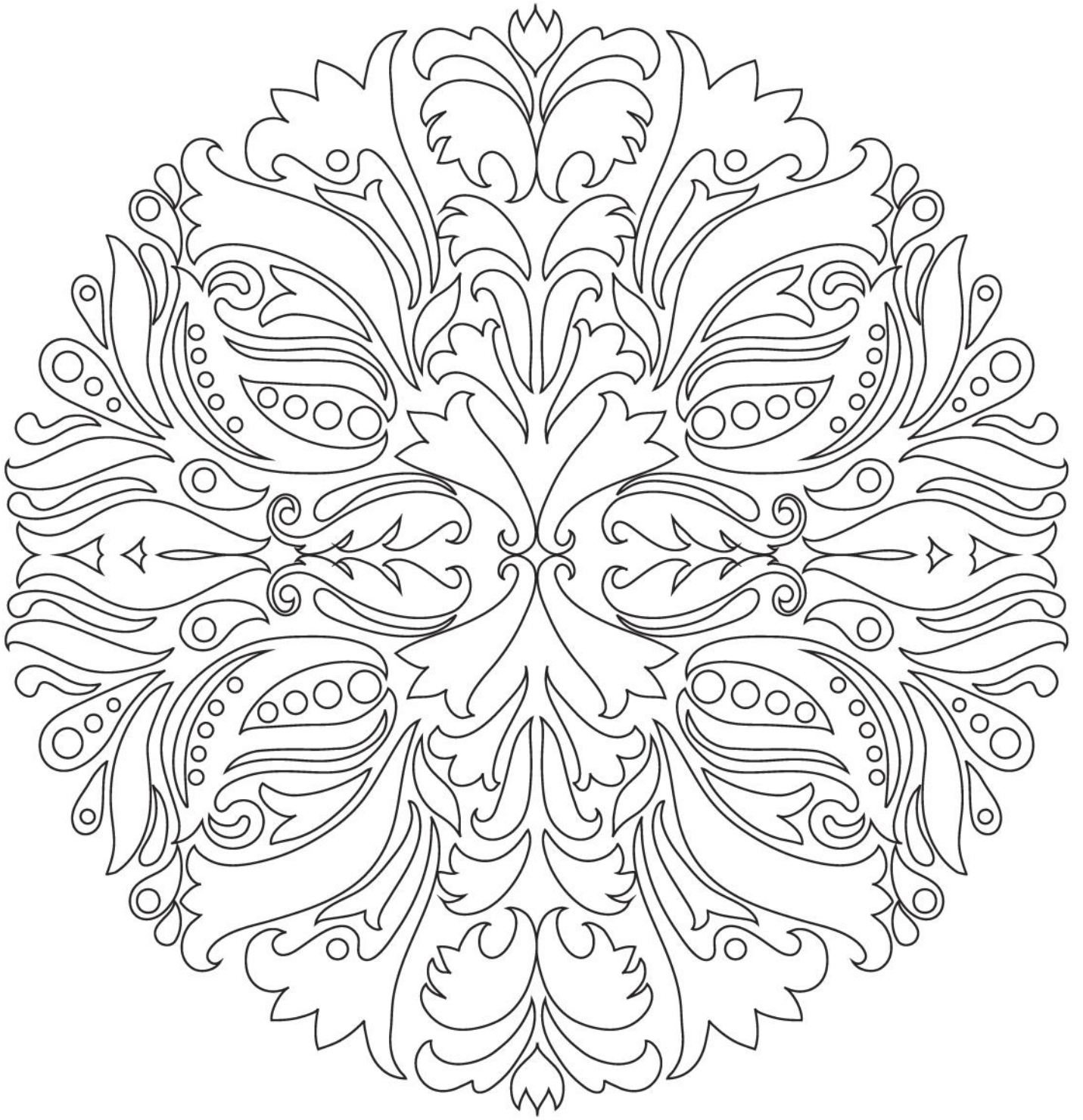






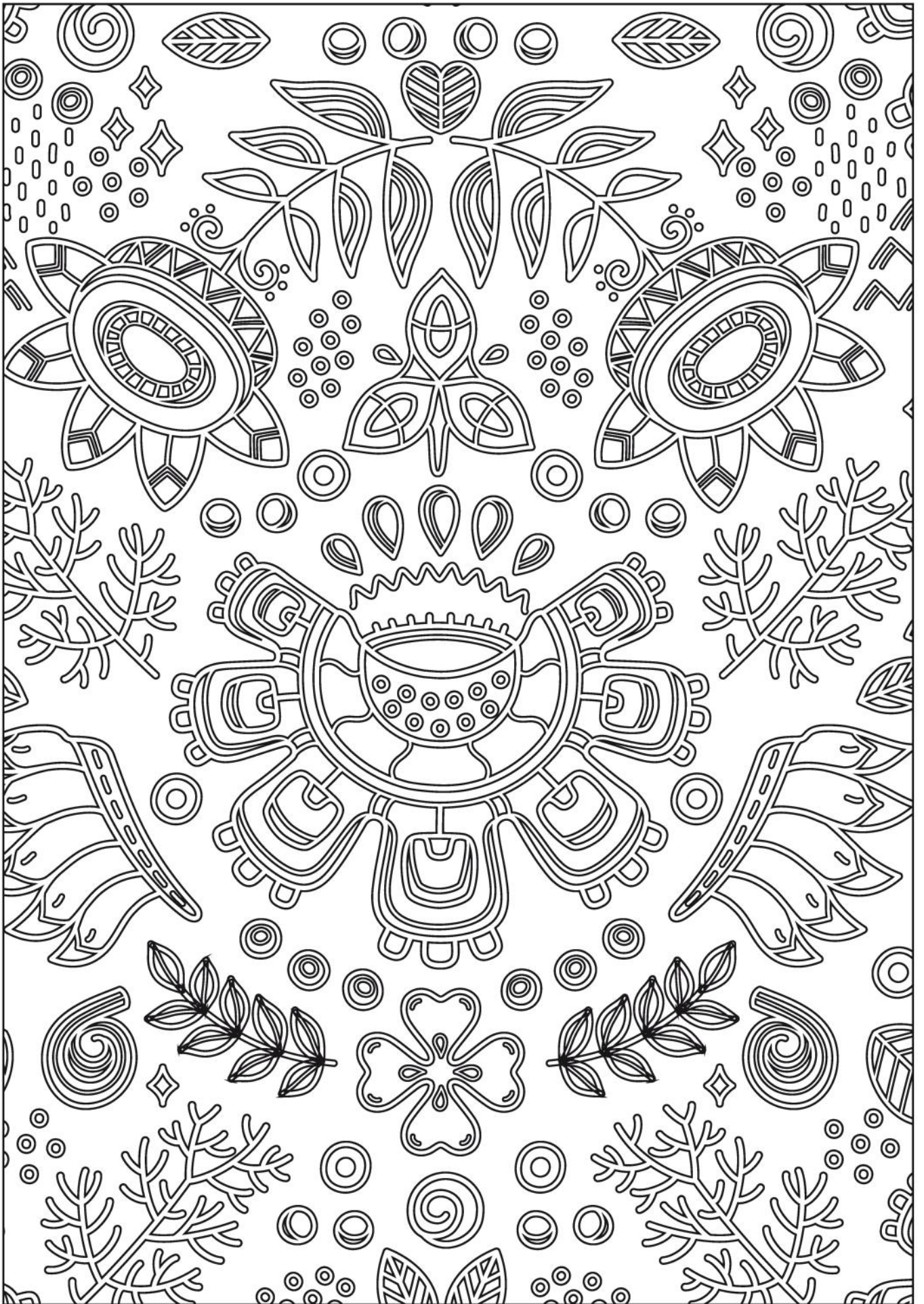




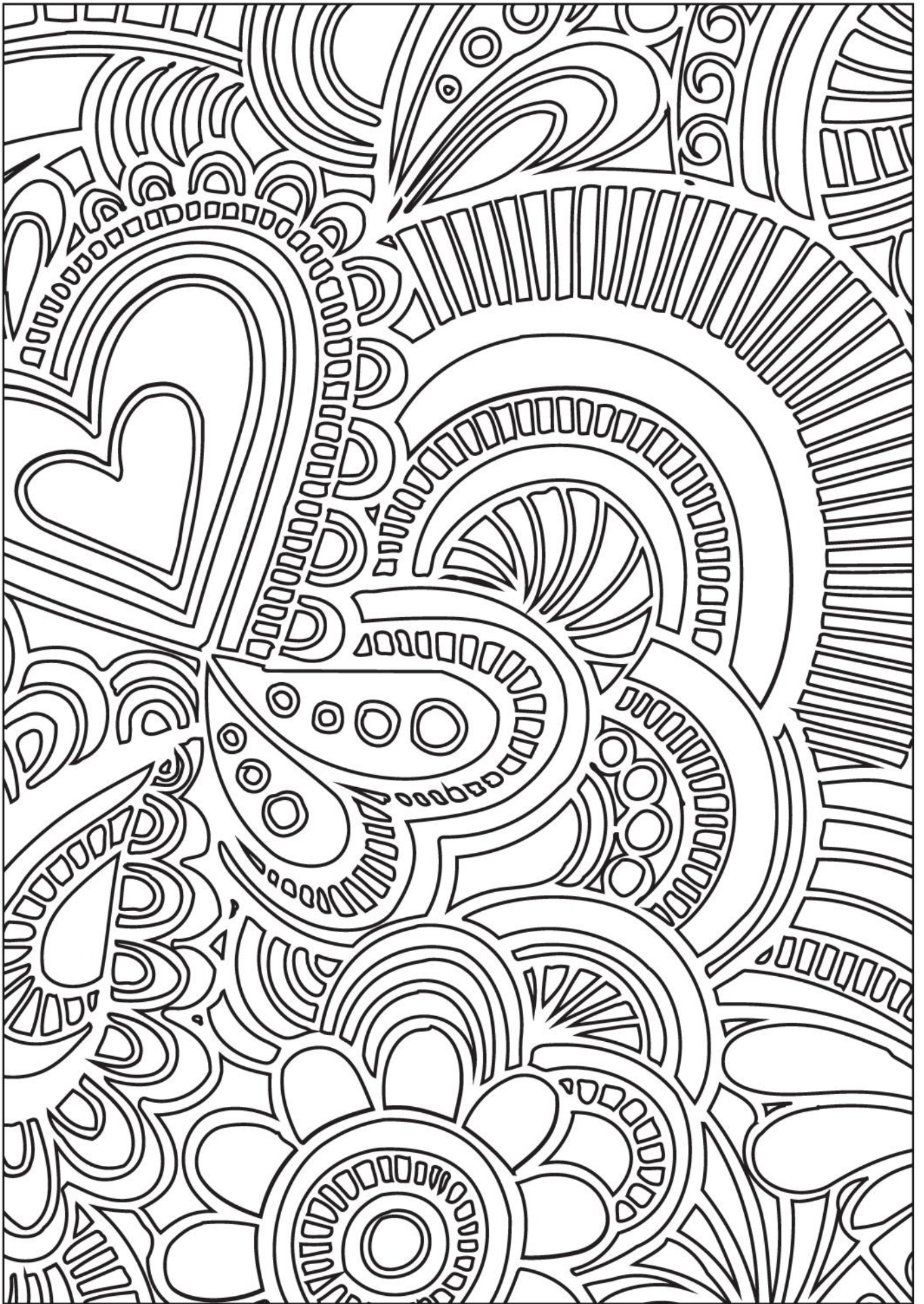








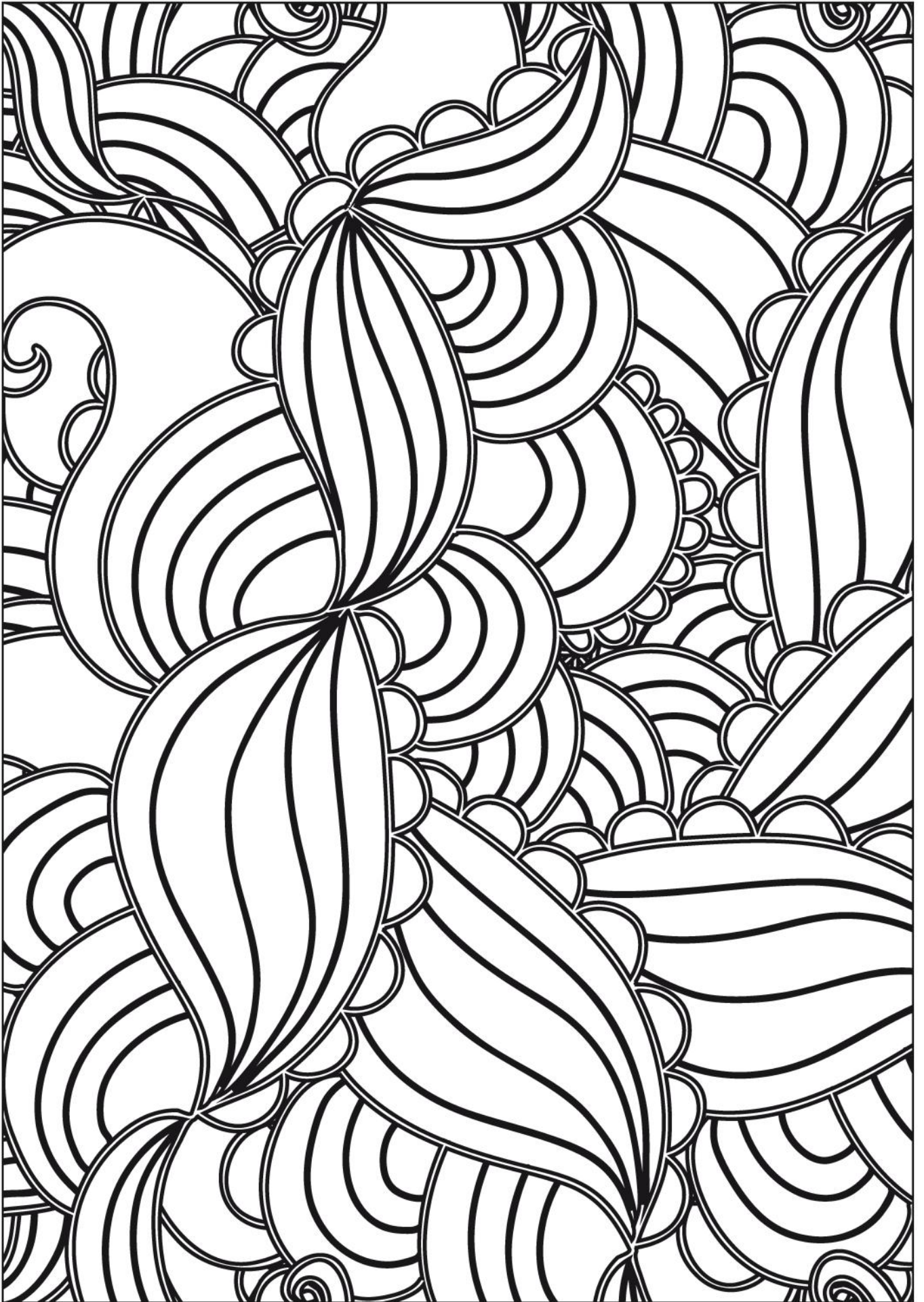






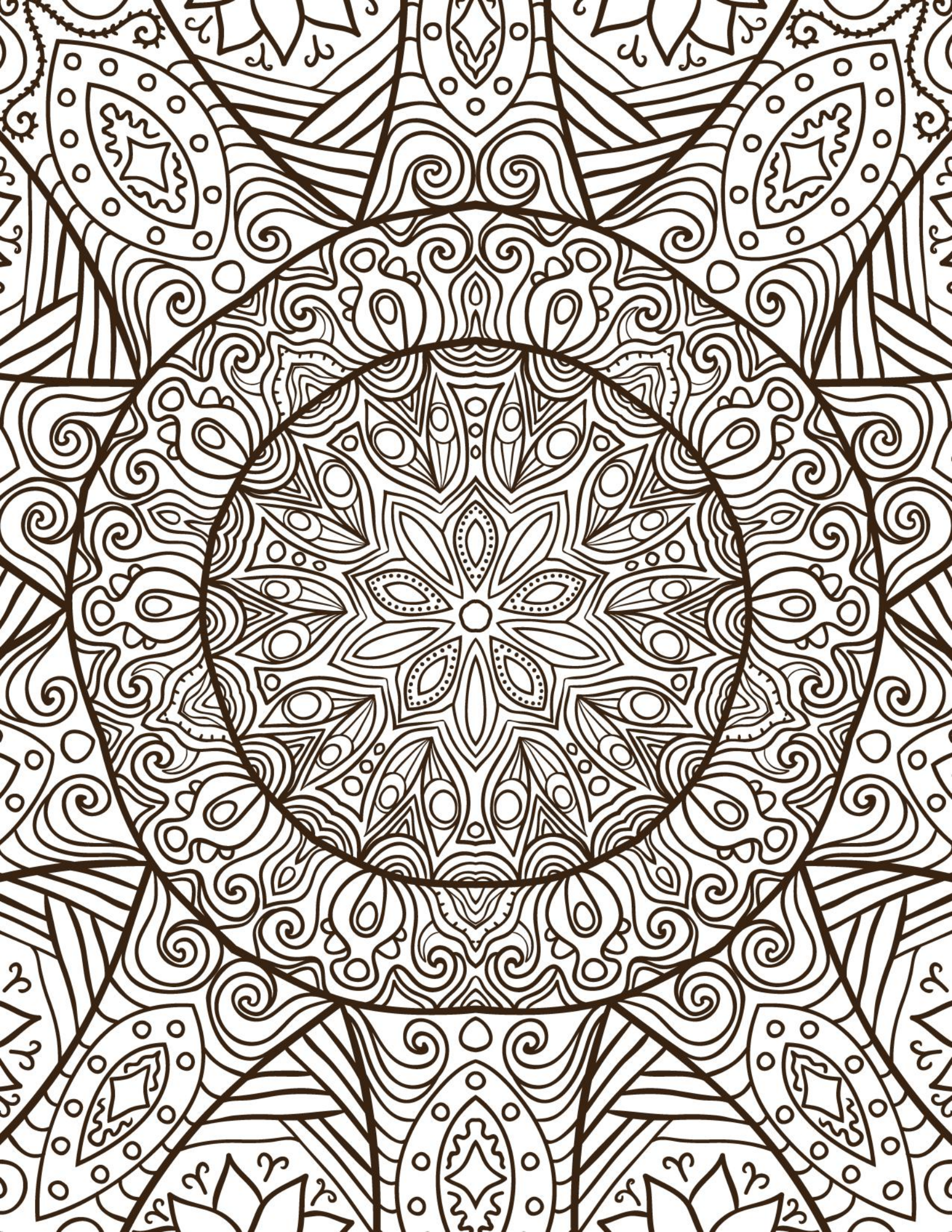










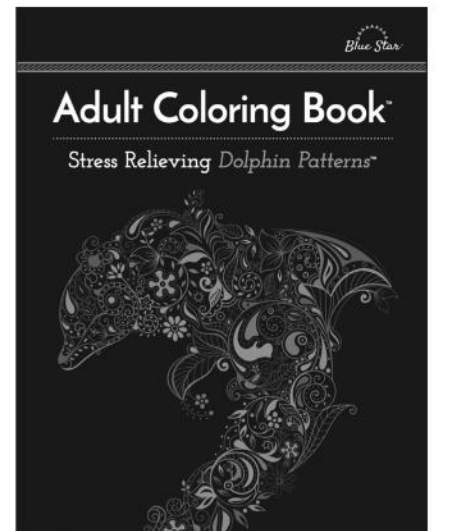
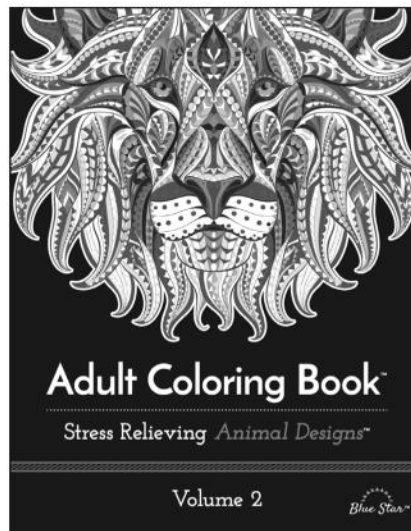
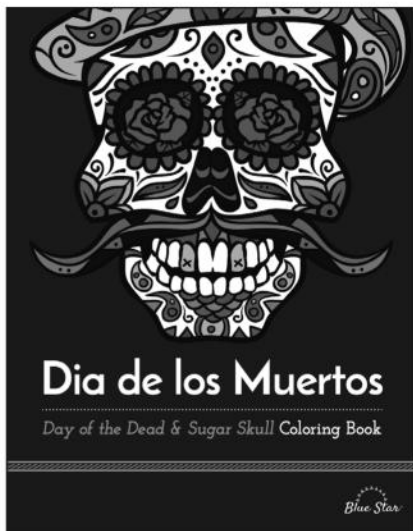
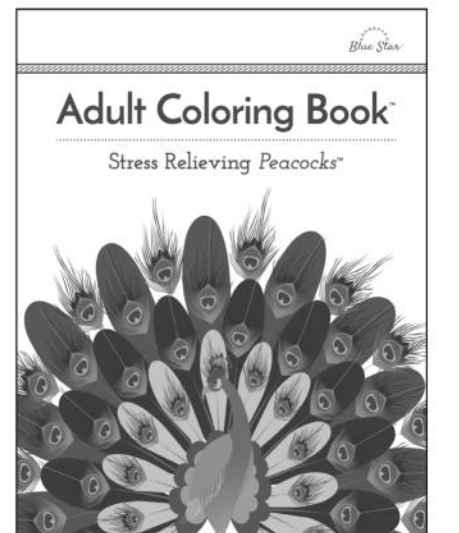
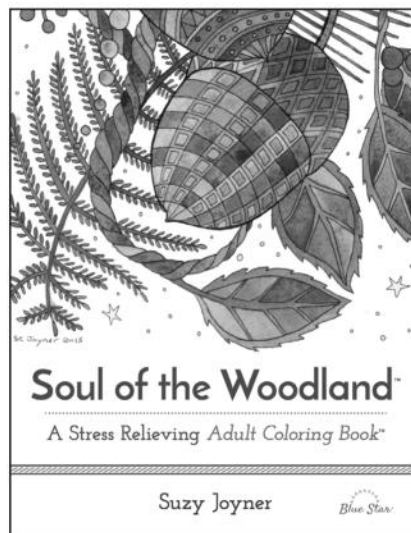
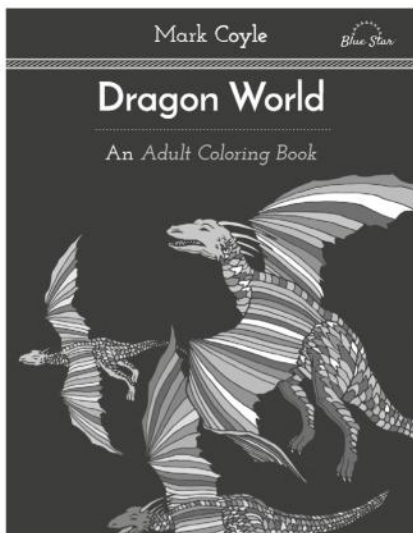
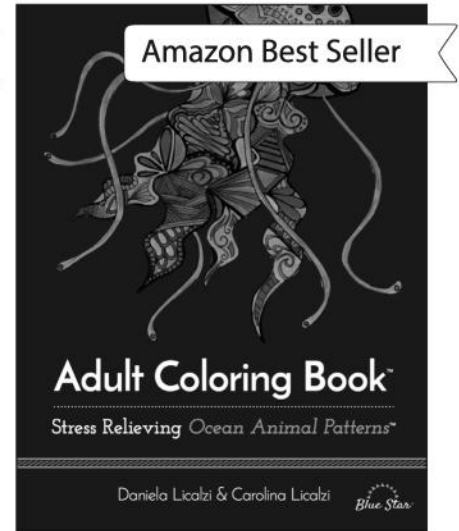
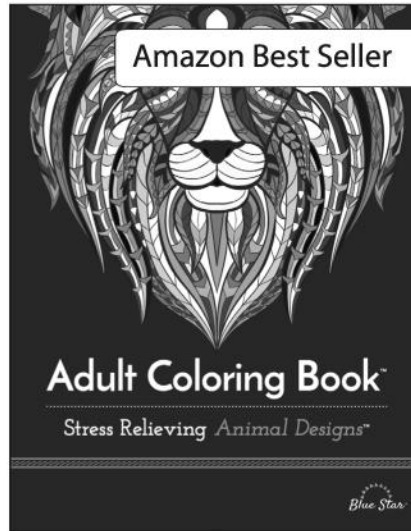
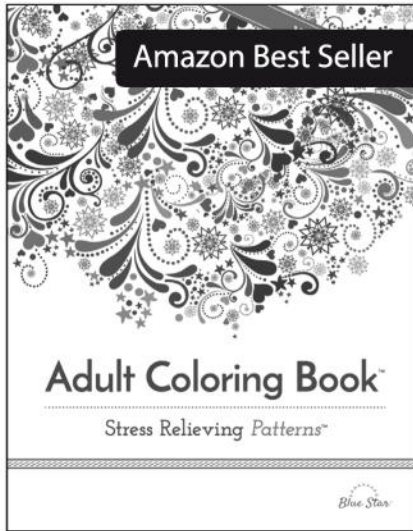




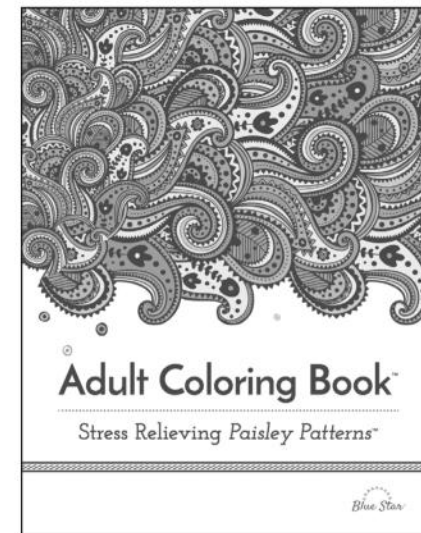
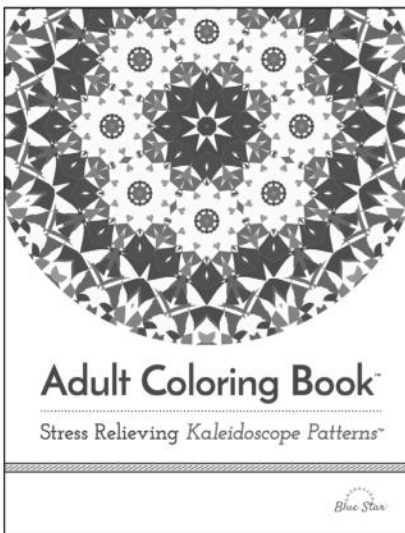
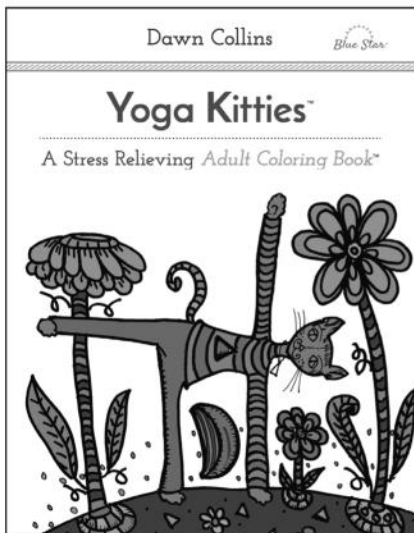
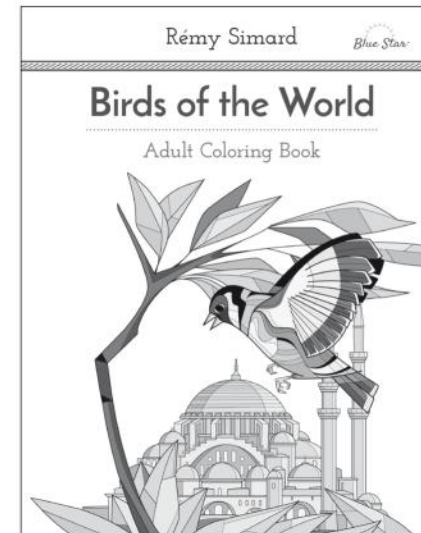
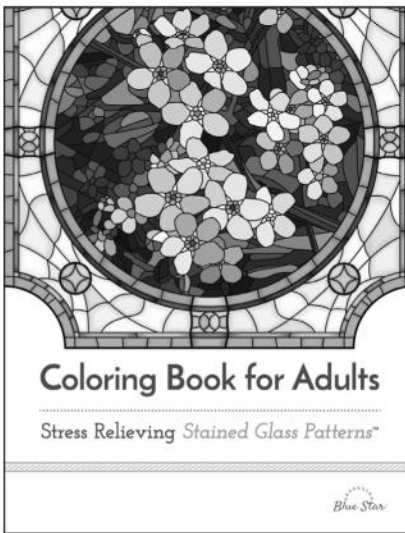
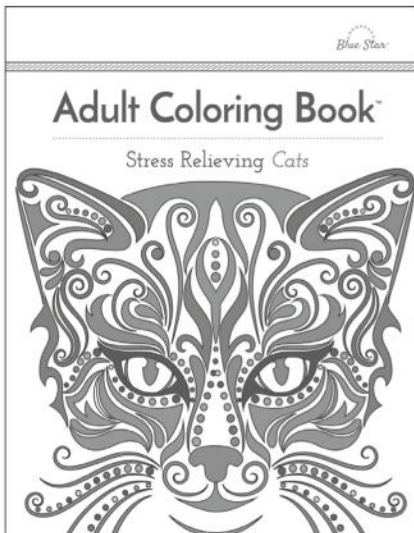
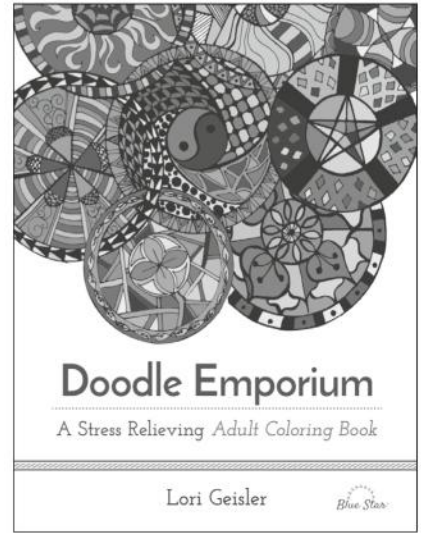
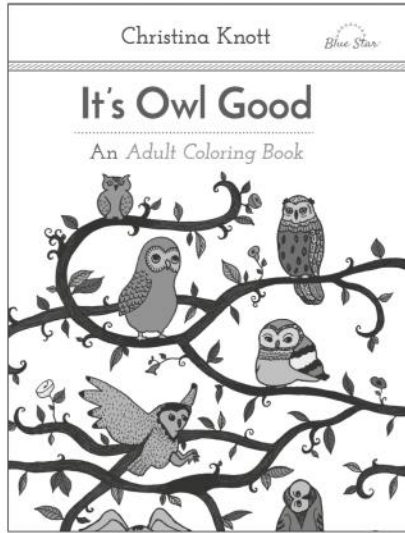
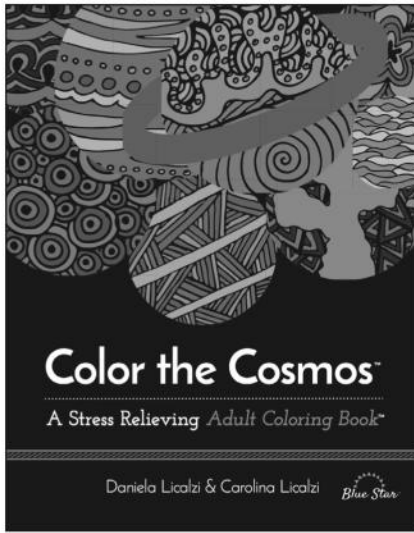




# READY FOR THE NEXT ONE?







Look for the   
[bluestarcoloring.com](http://bluestarcoloring.com)







# Relax & Color... We'll Handle the Rest.

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*Introducing Inspire -  
a new way to connect with your favorite coloring art.*



## **Connect. Receive. Share. Inspire.**

*This is huge. We here at Blue Star Coloring are proud to announce the launch of our new coloring subscription service: Inspire.*



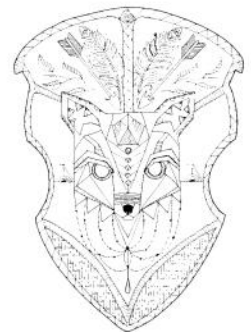
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[bluestar.com/inspire](http://bluestar.com/inspire)



# 42 Patterns to COLOR

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

  
Blue Star