



# Coloring Book for Grown-Ups

Creative Patterns for Adults





# Coloring Book for Grown-ups

Creative Patterns for Adults







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

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# We Love What You Create

And We Want to Shout It From the Rooftops



*bluestarcoloring.com*

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. Send ideas, criticism, compliments or anything else you think we should hear to [suggestions@bluestarcoloring.com](mailto:suggestions@bluestarcoloring.com).

Oh, and if you don't love this coloring book, we'll refund your money immediately. No questions asked. Just e-mail us at [guarantee@bluestarcoloring.com](mailto:guarantee@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.





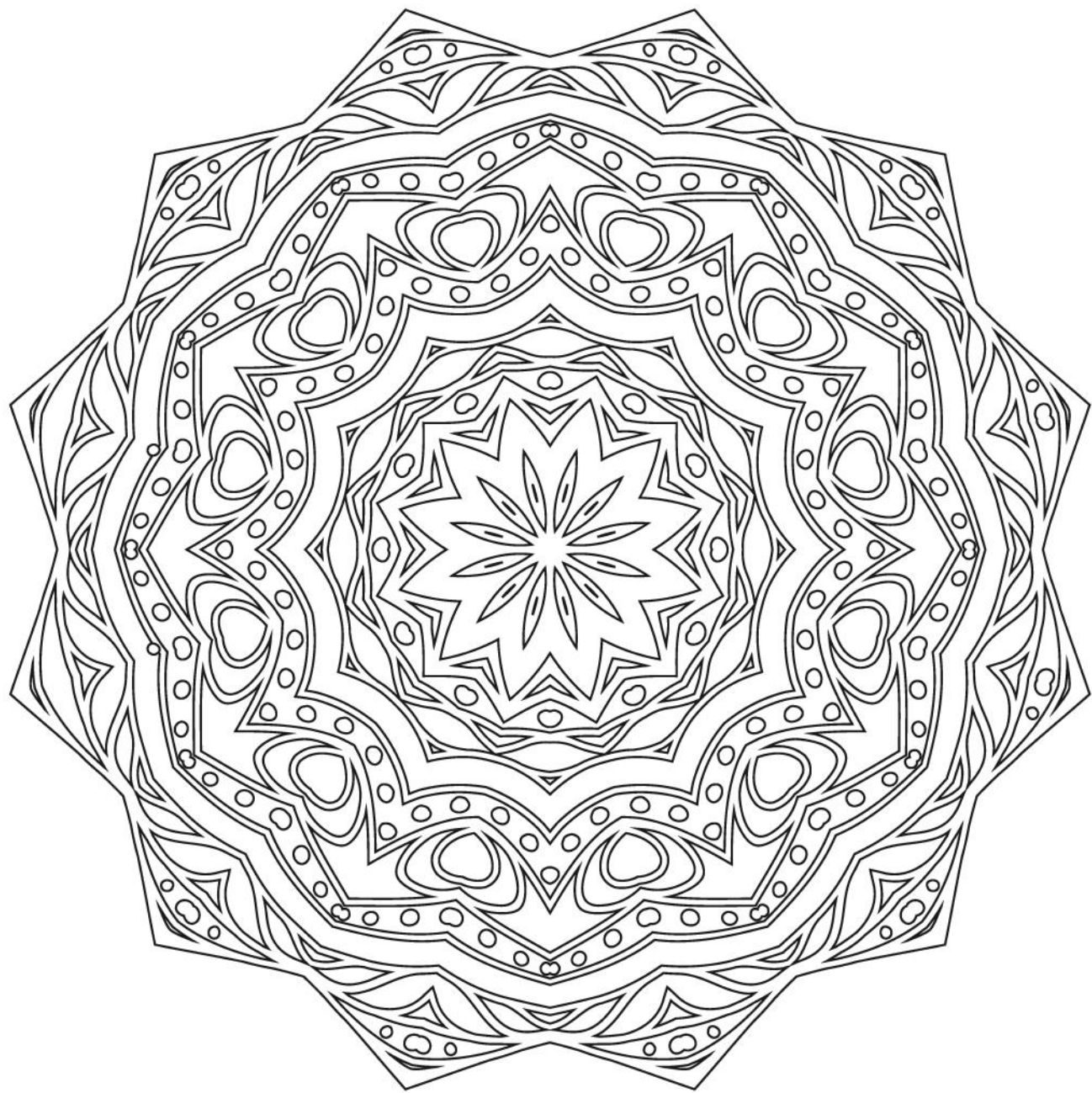










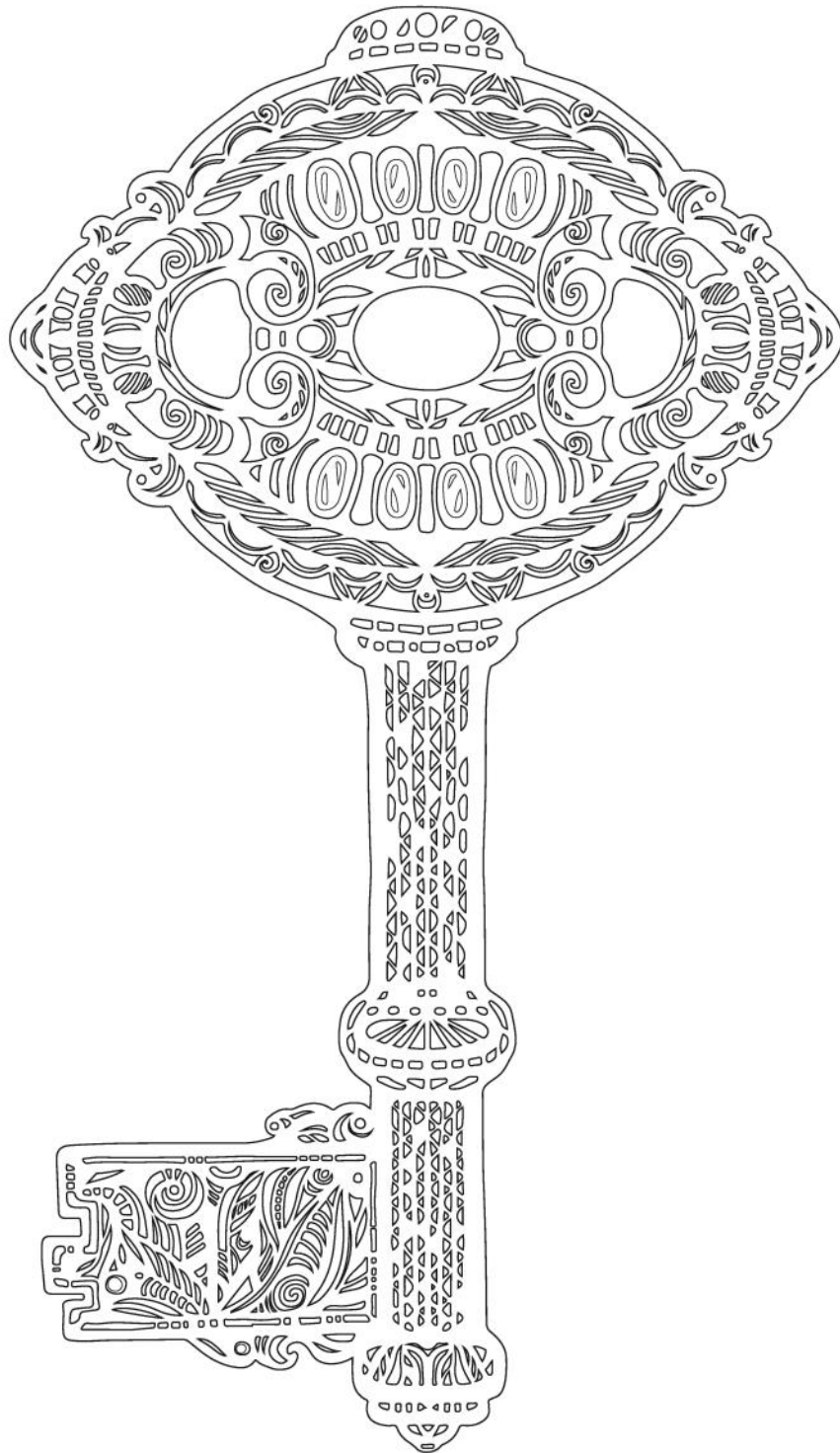






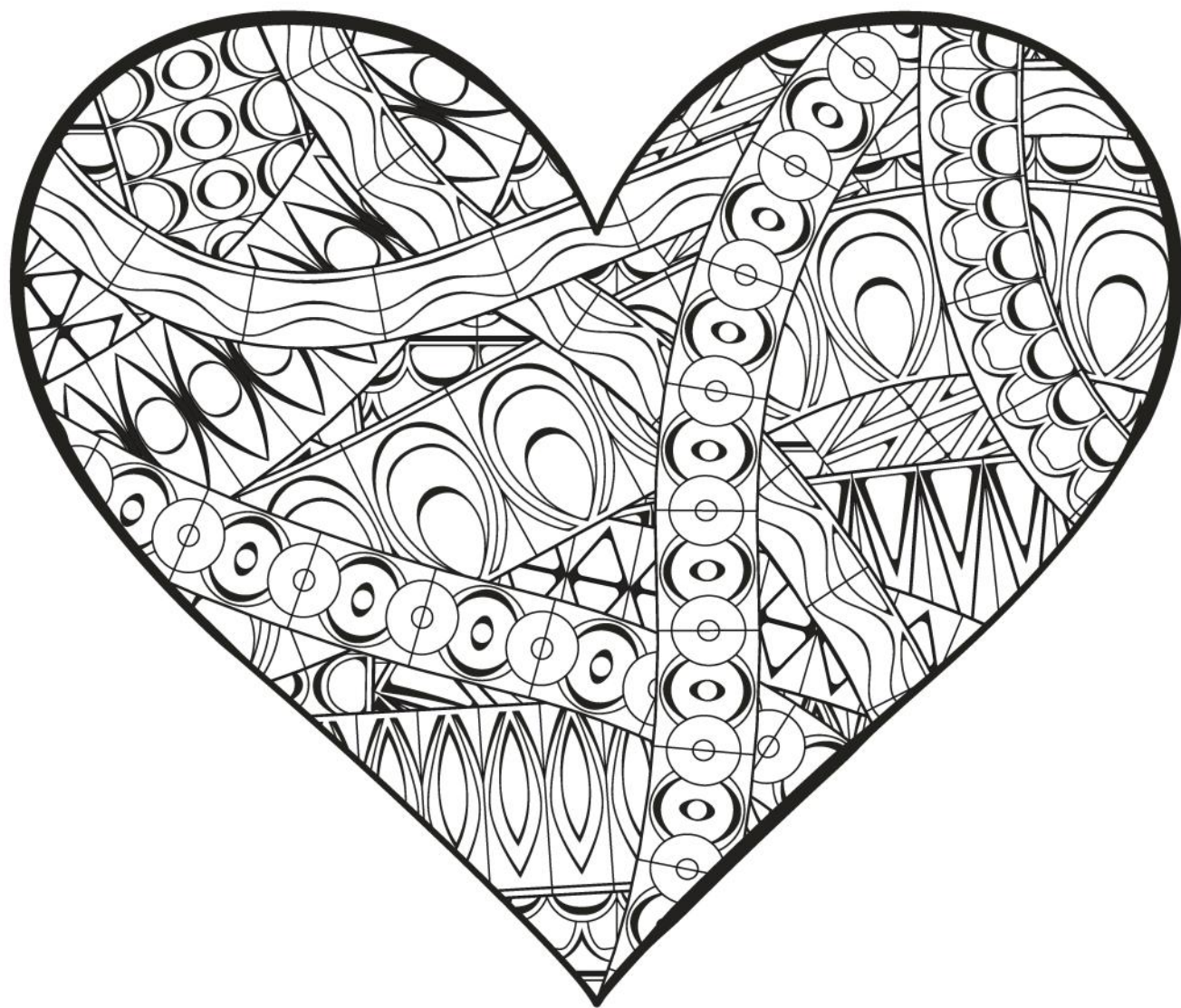






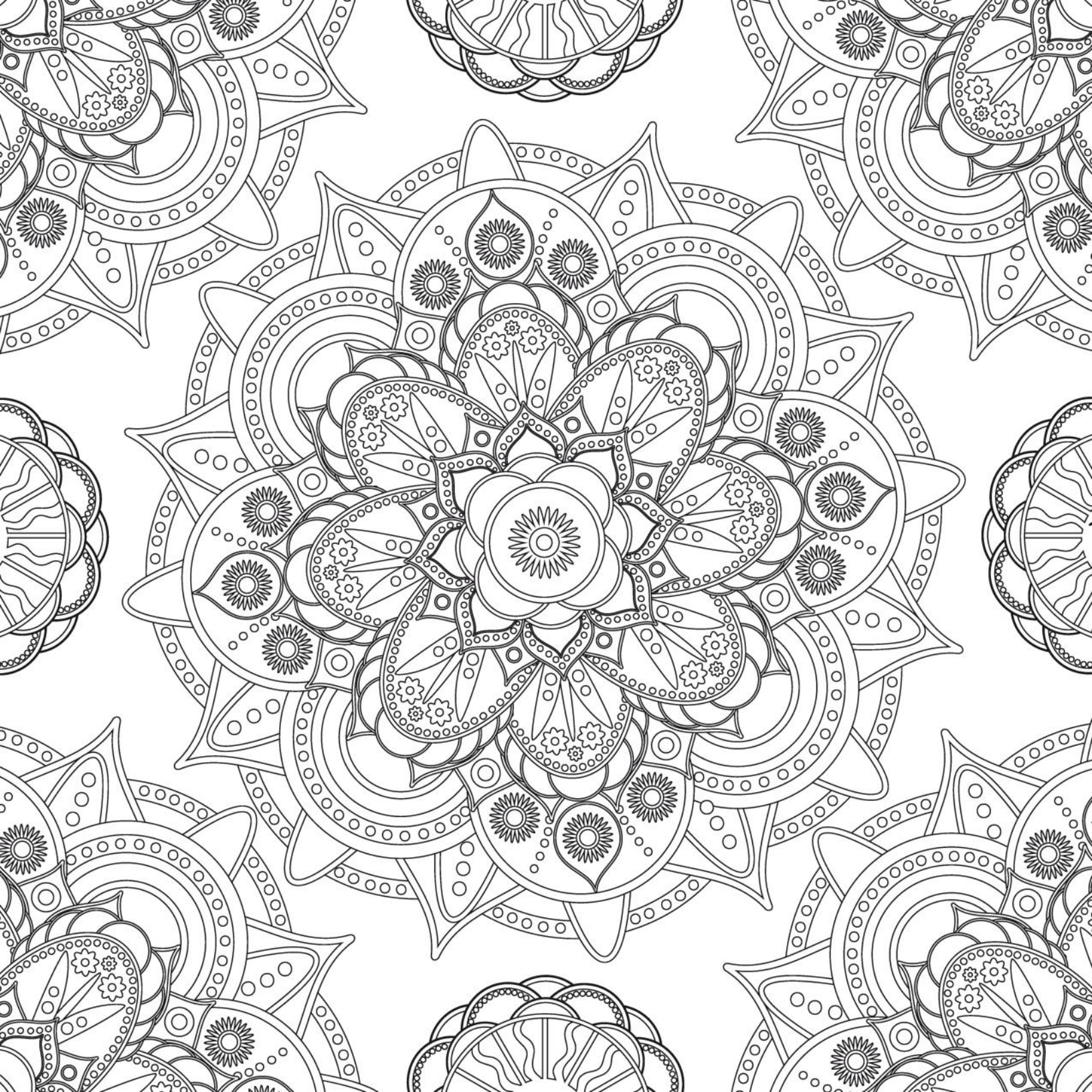






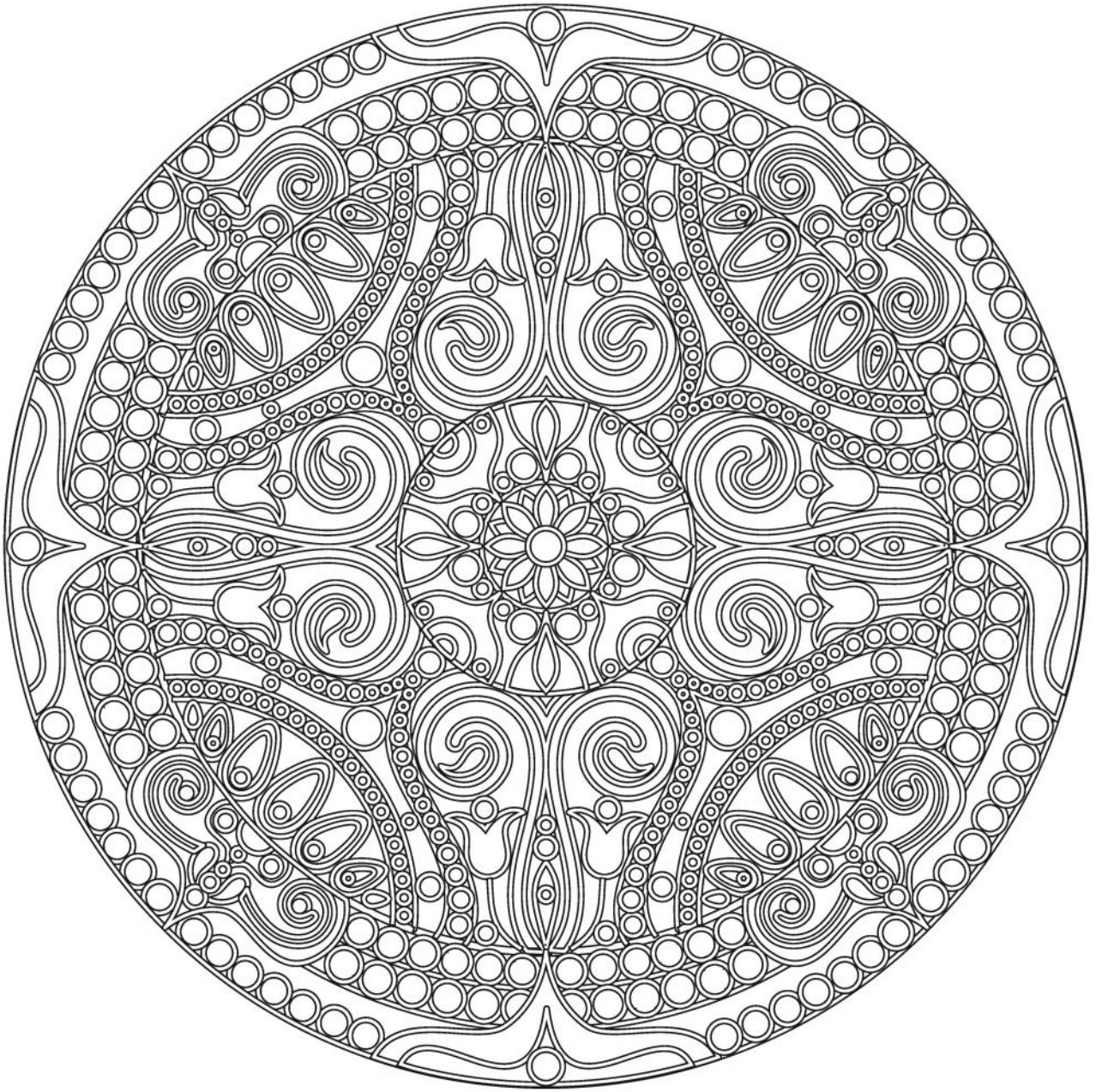






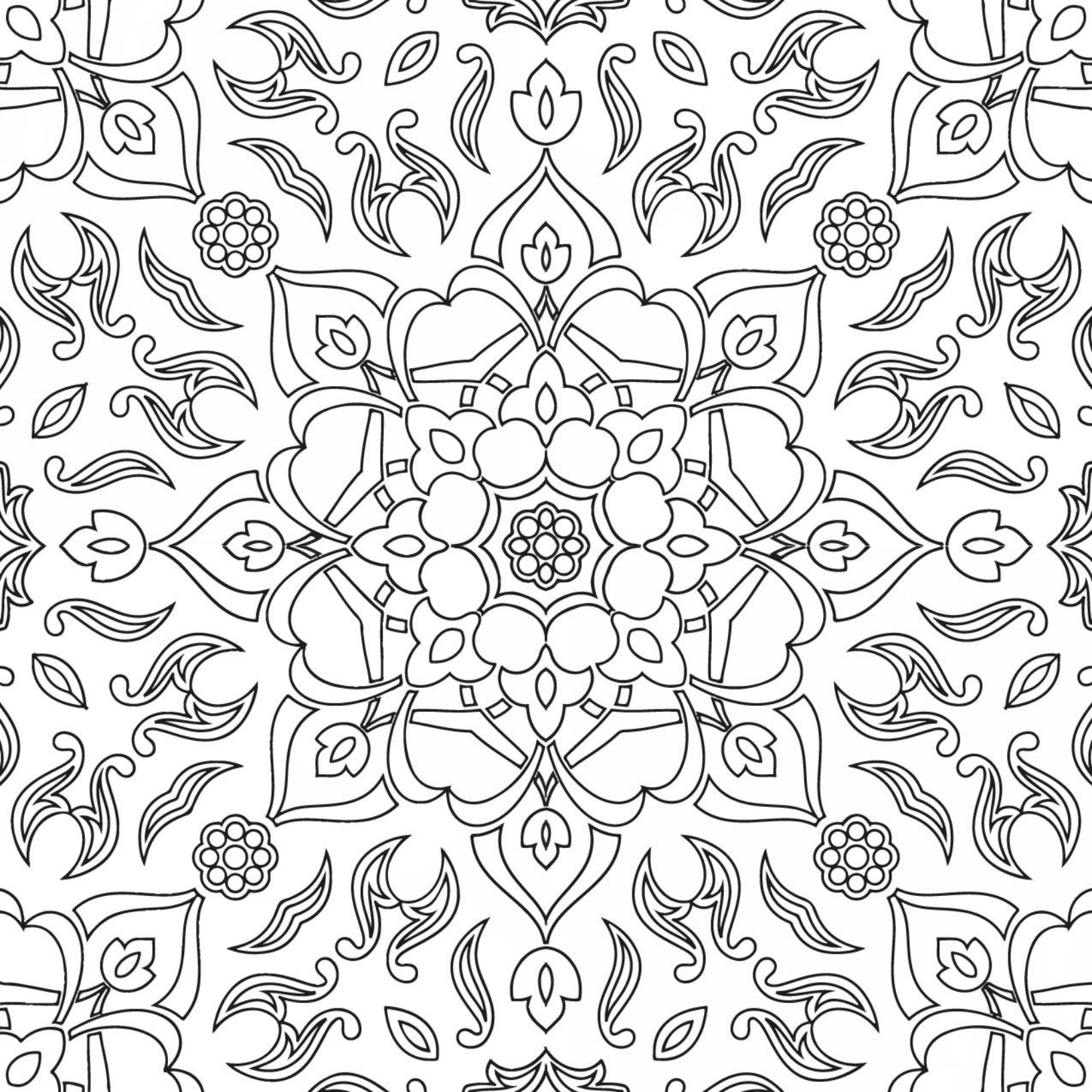






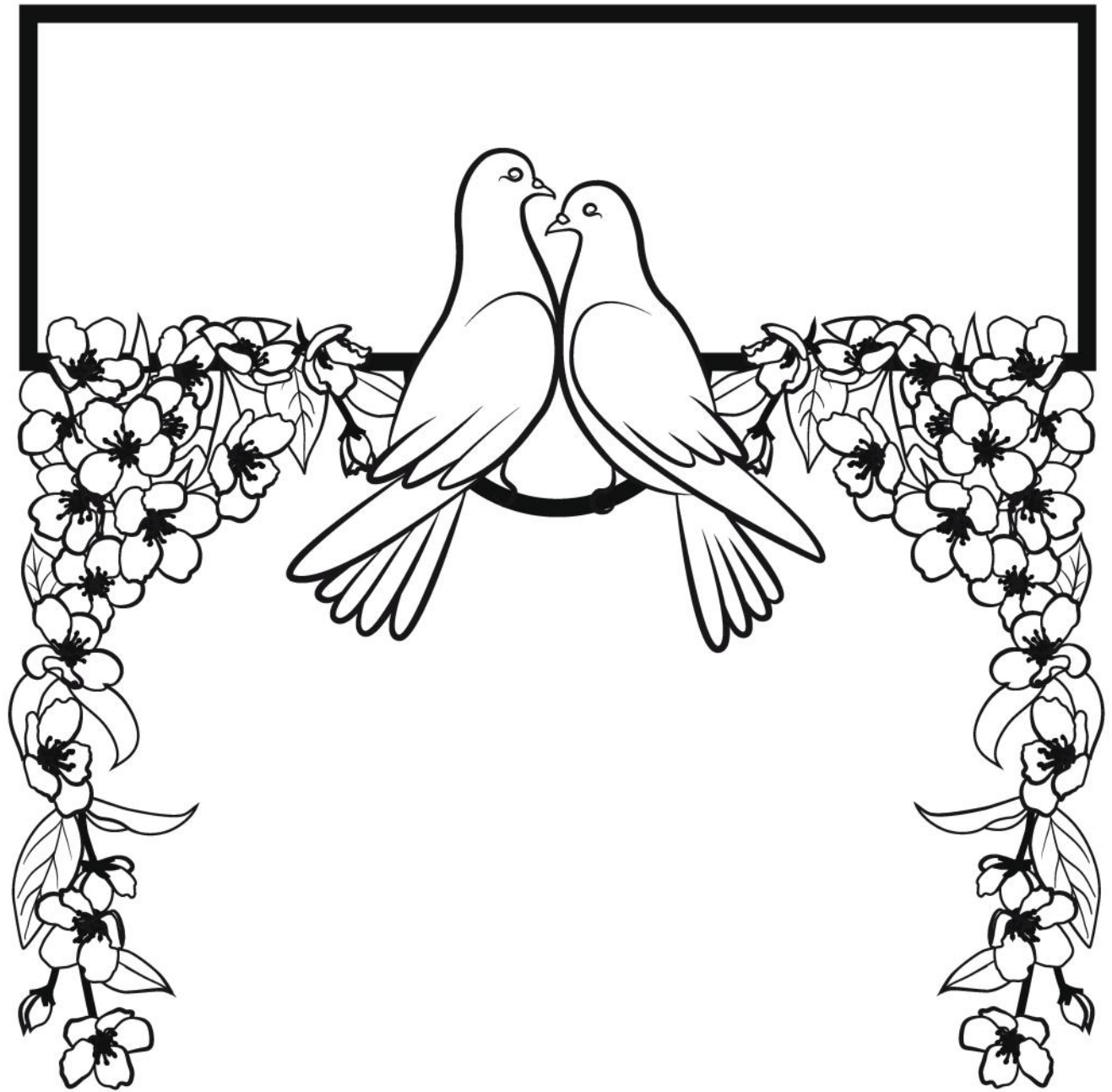






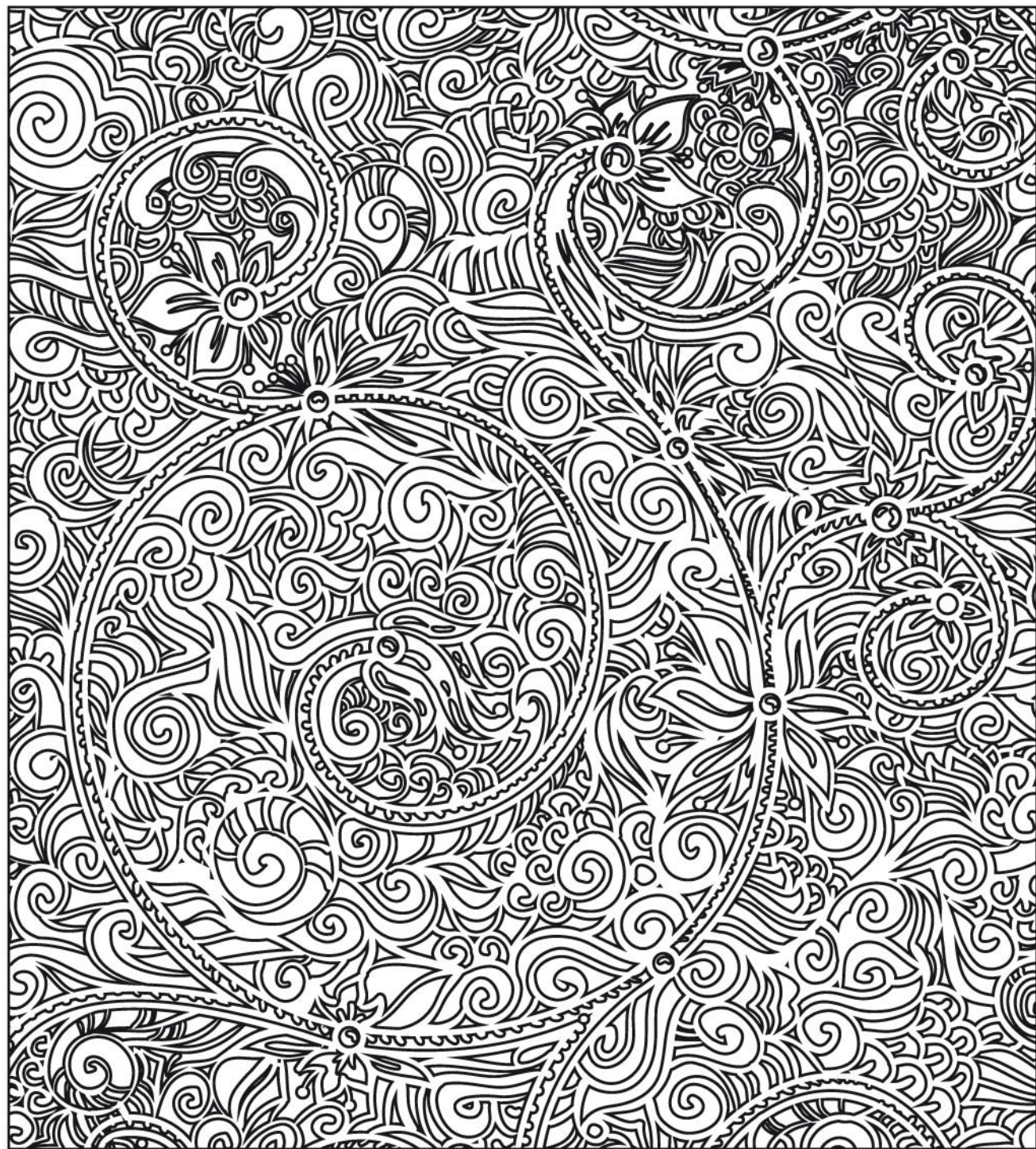


















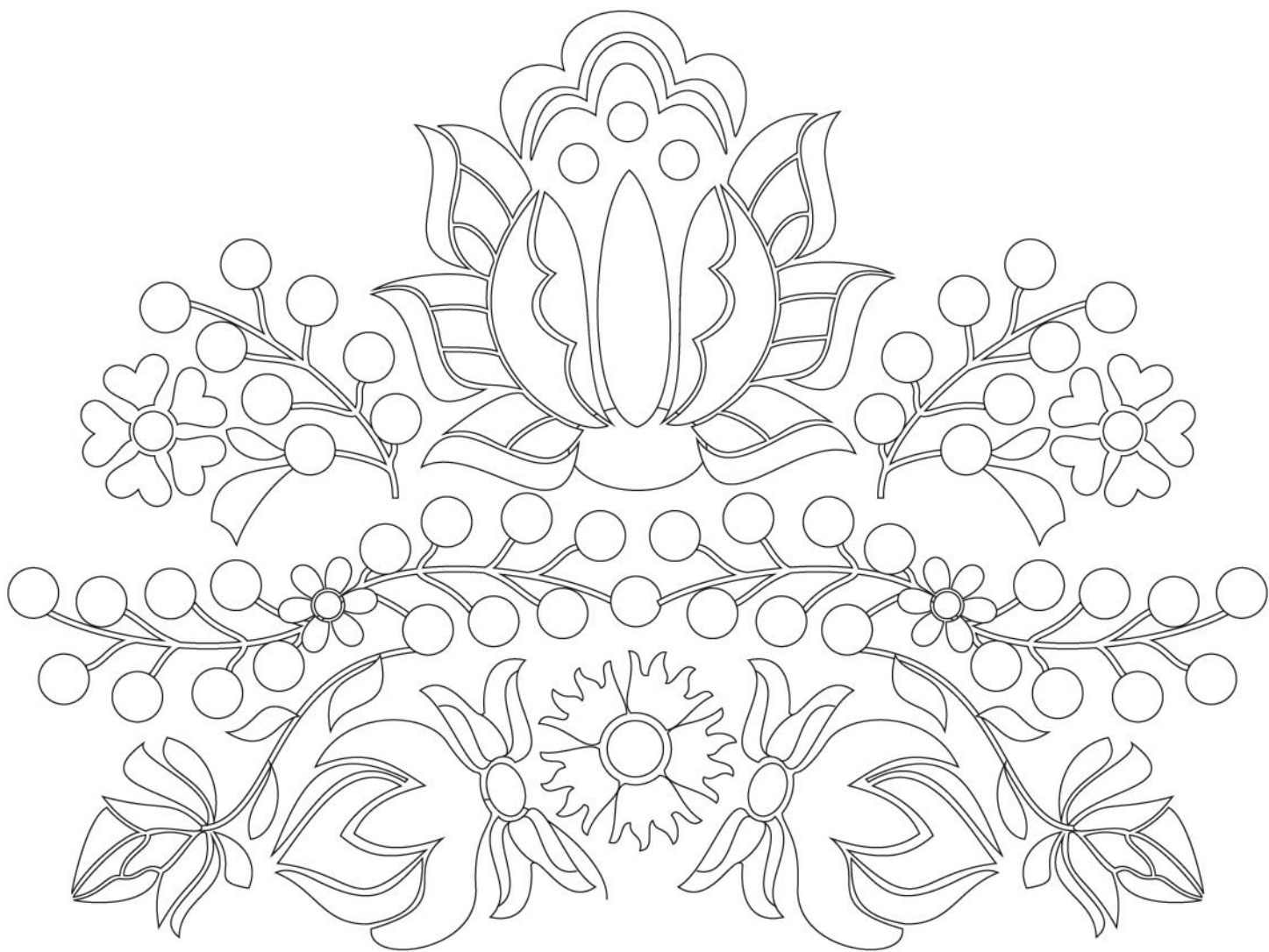






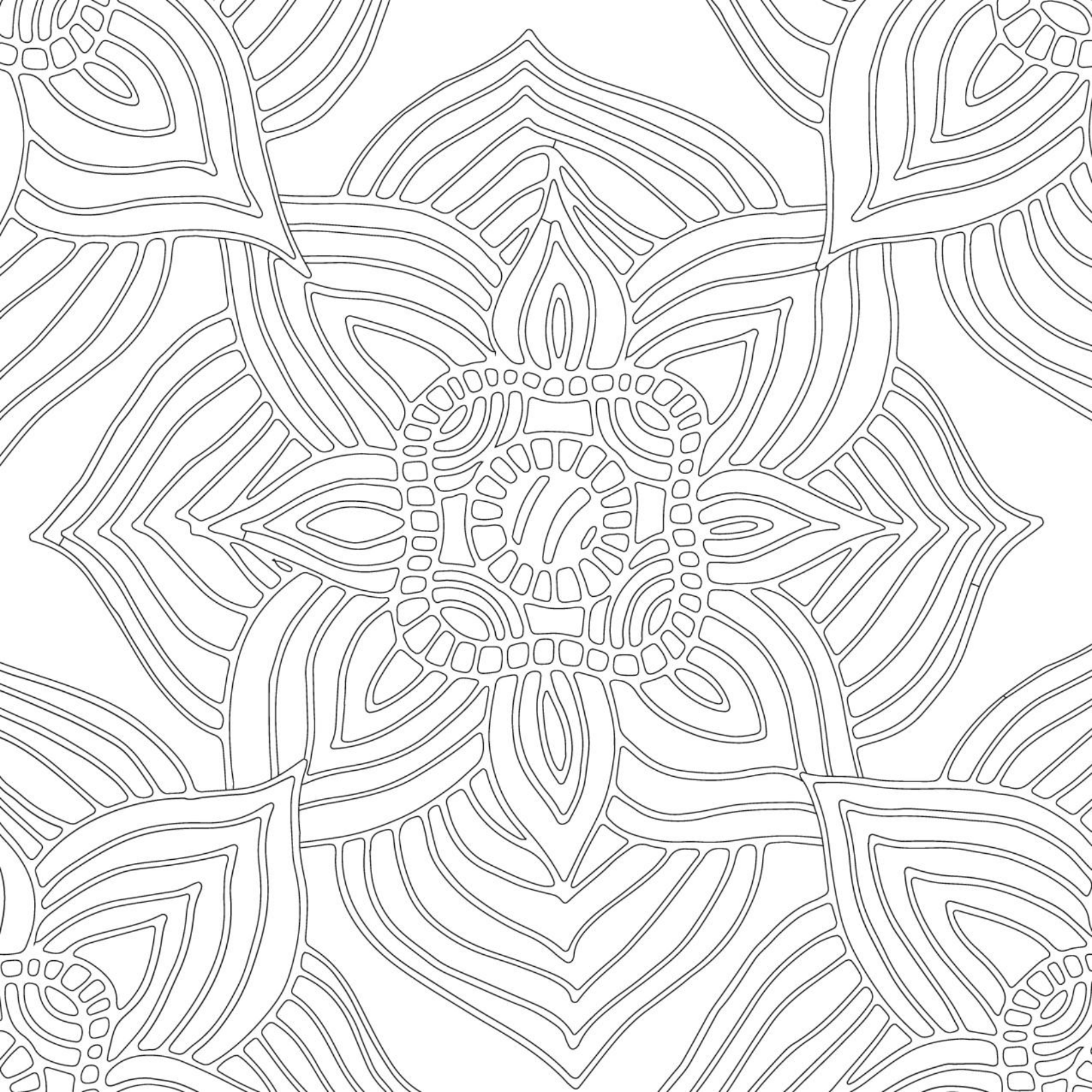




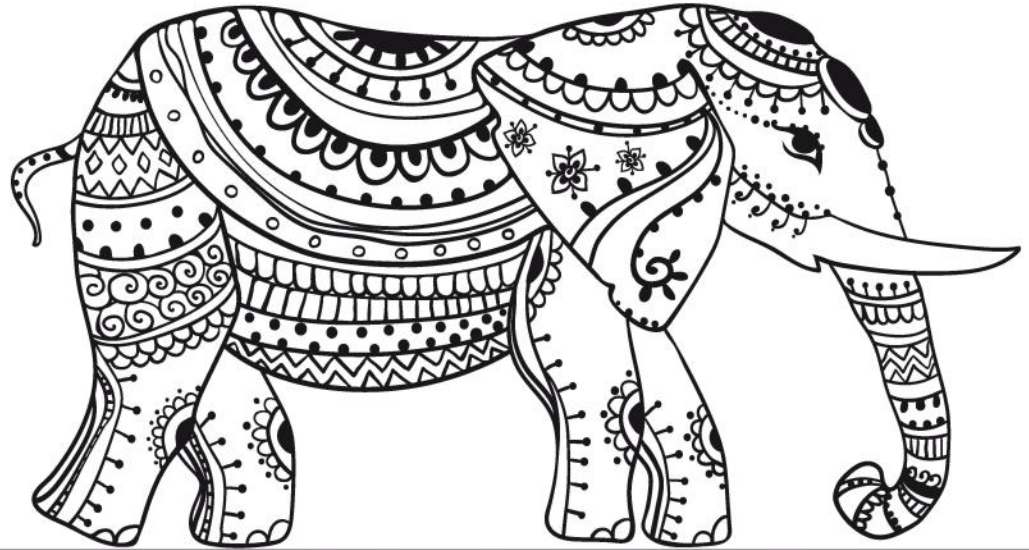






































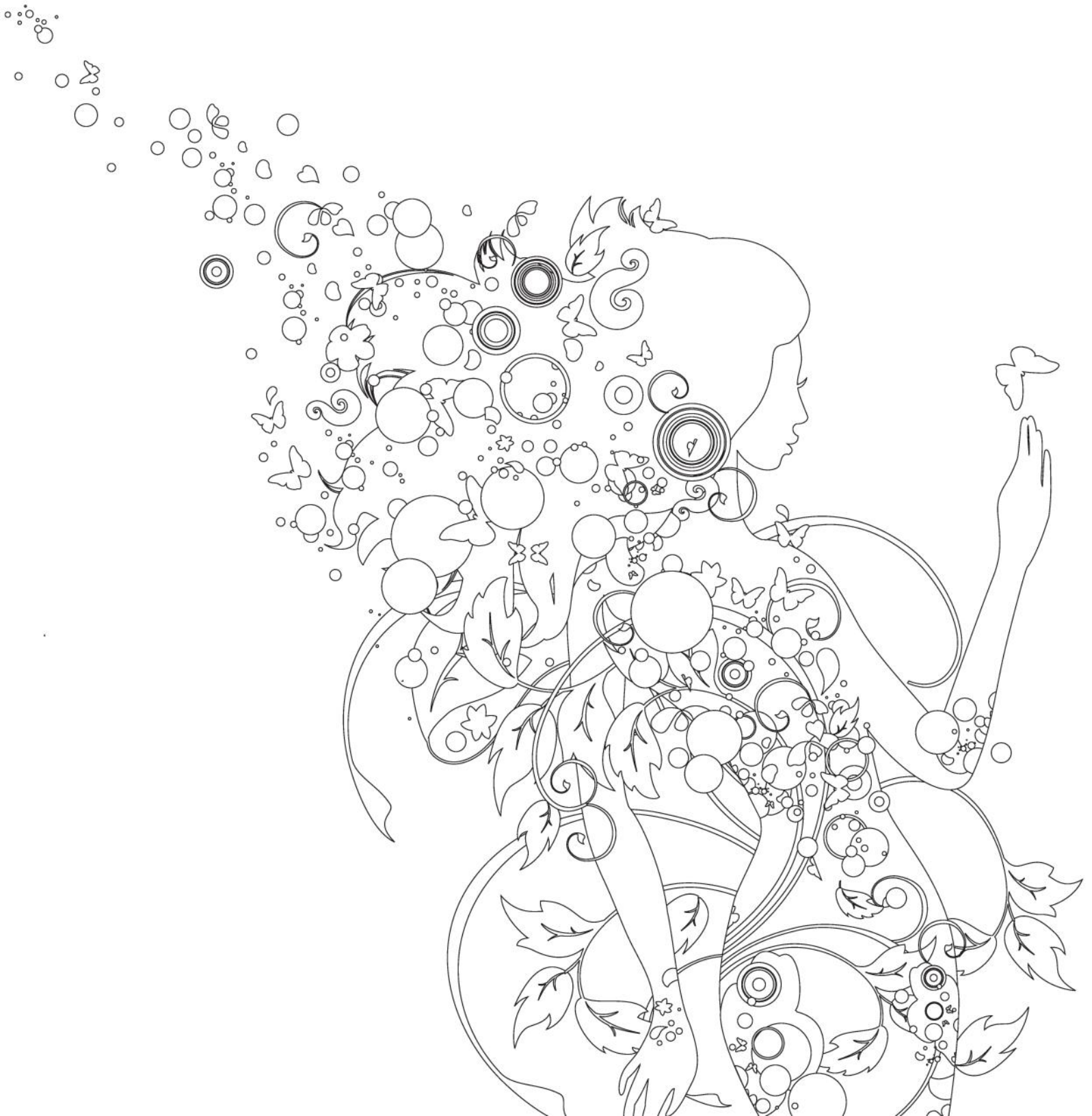




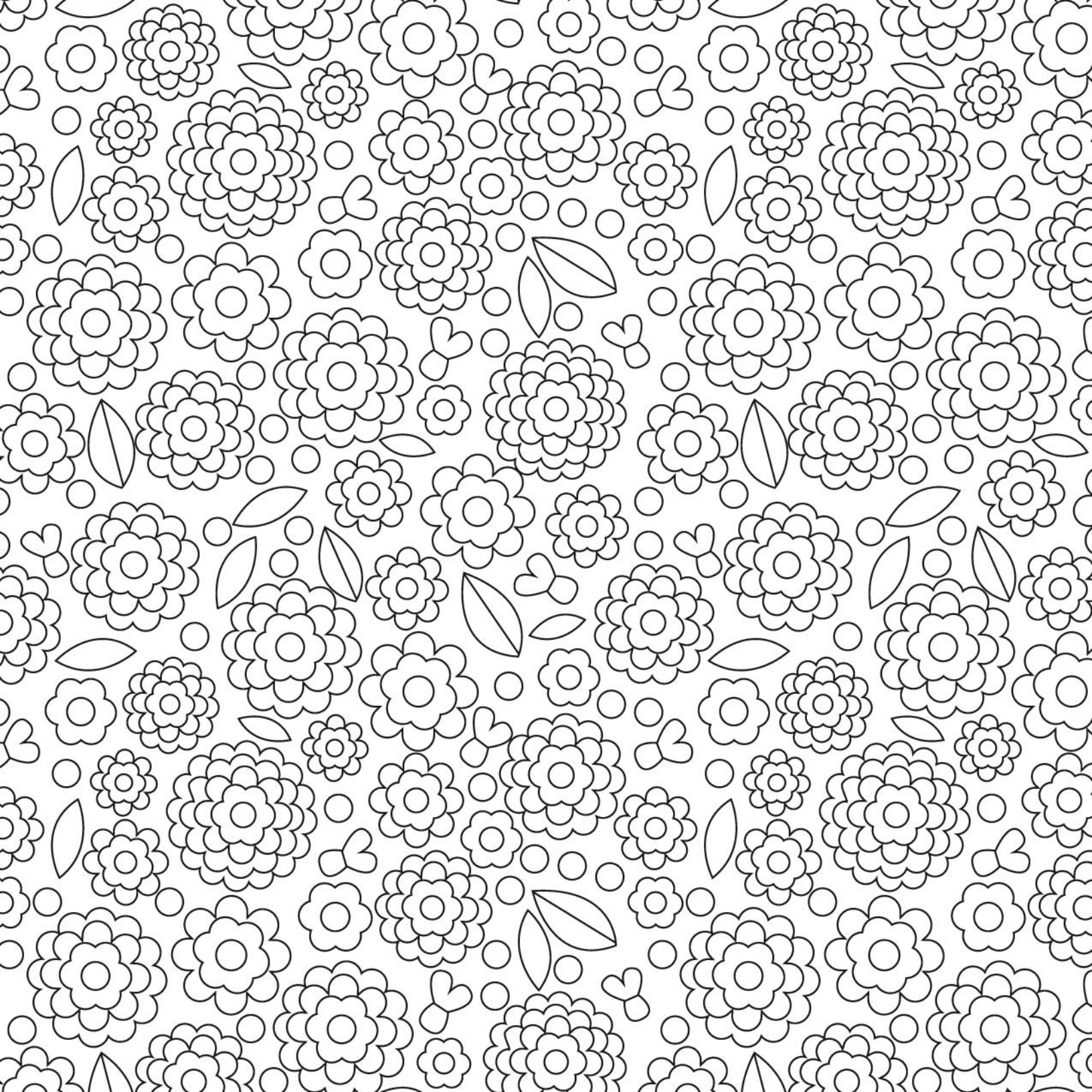












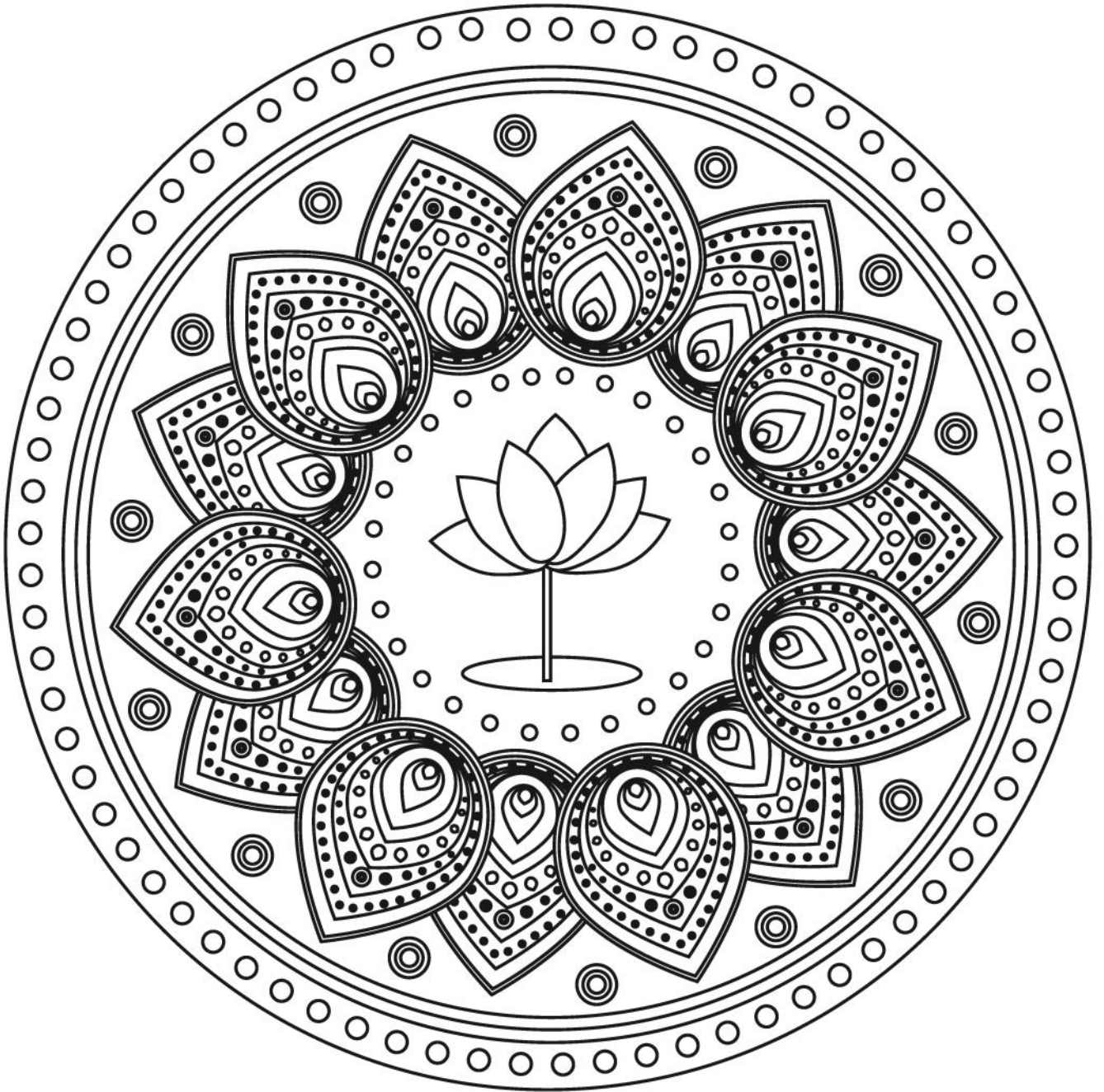






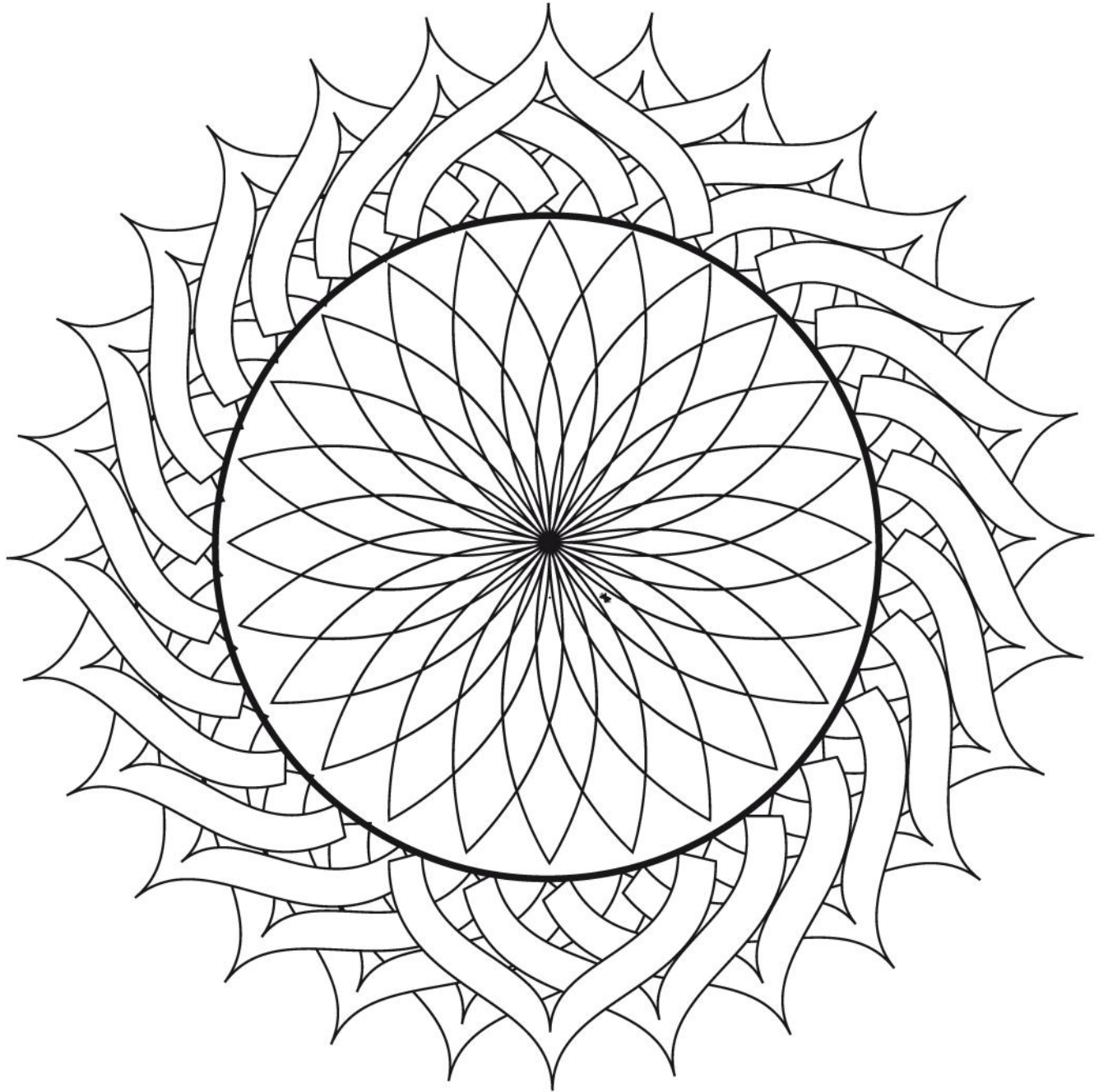






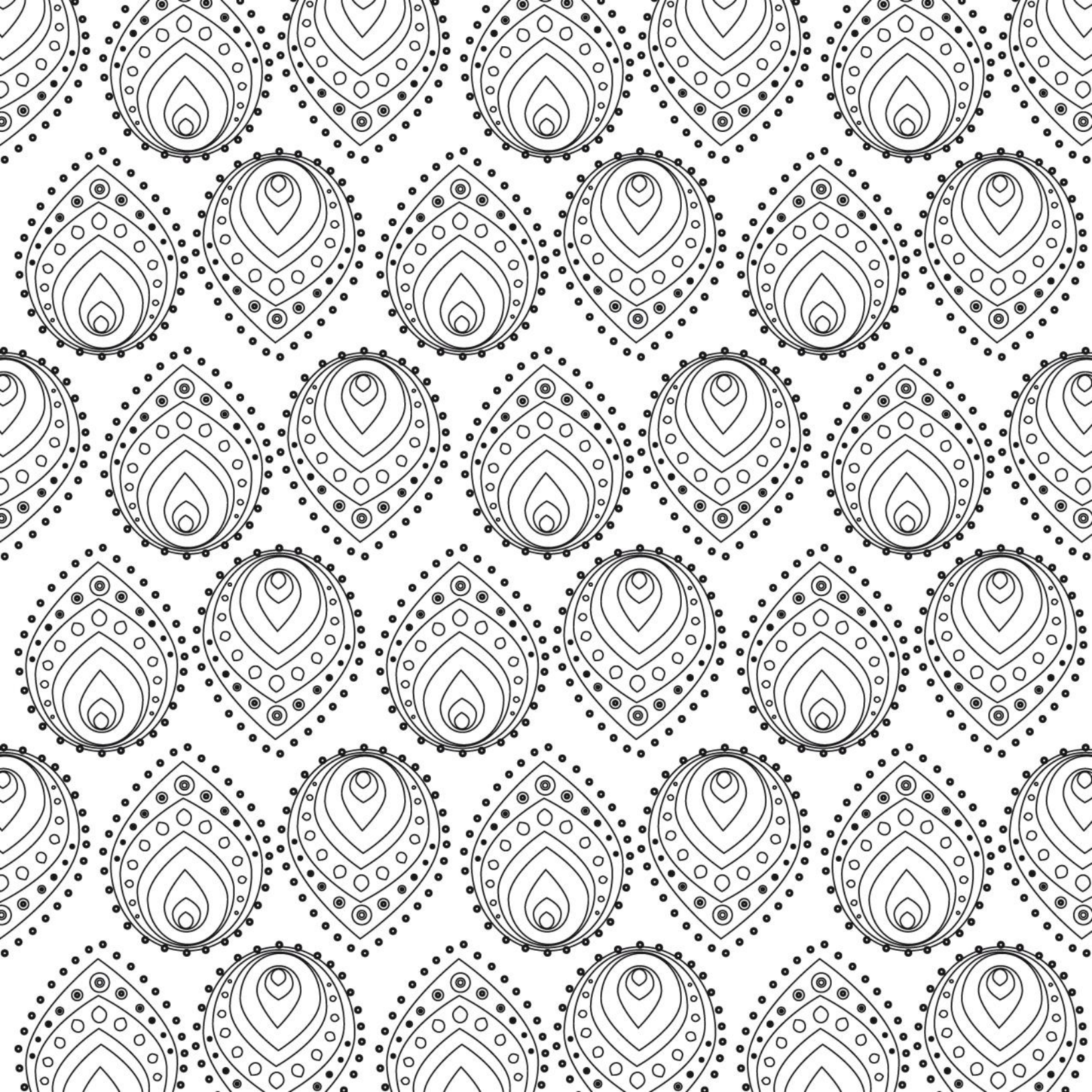










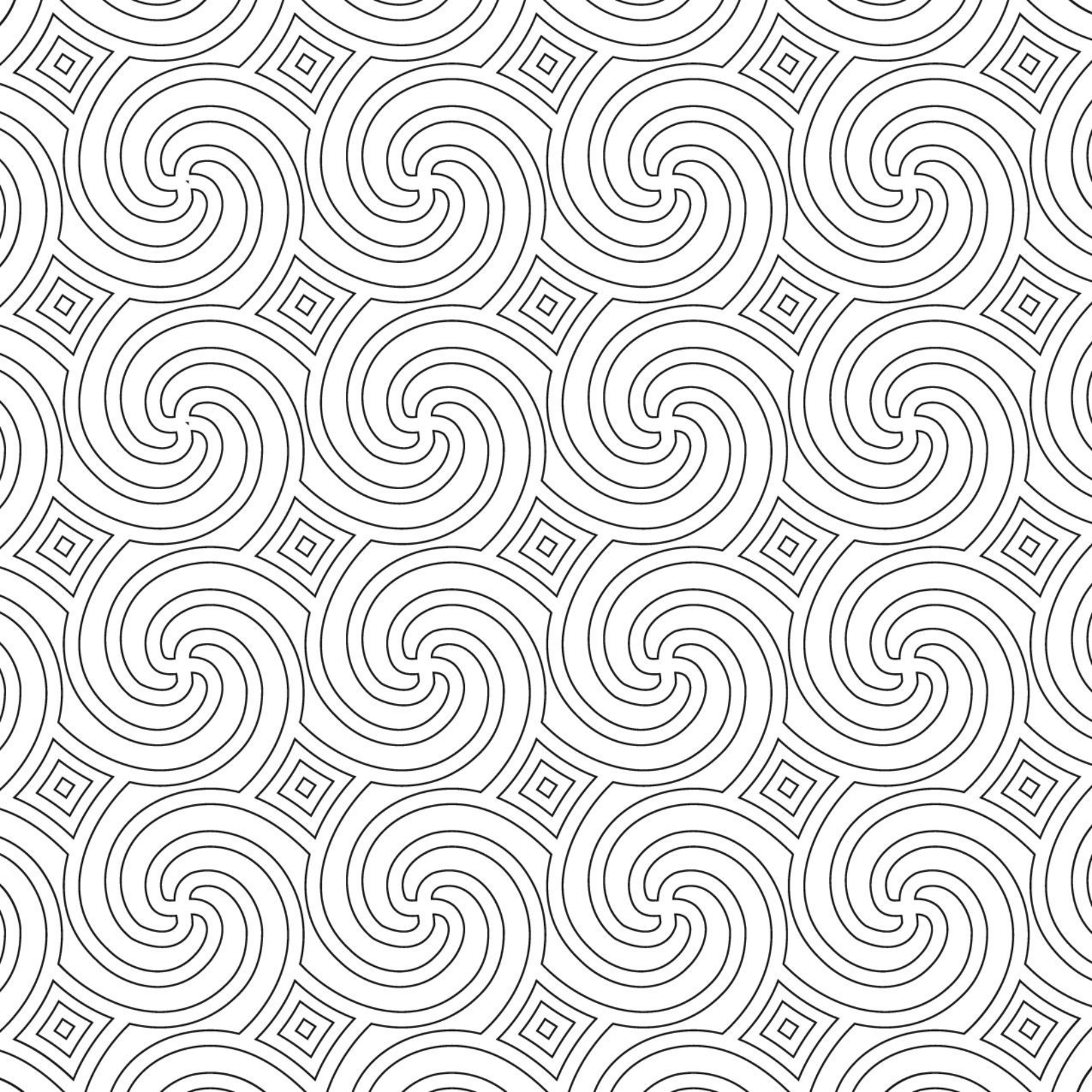








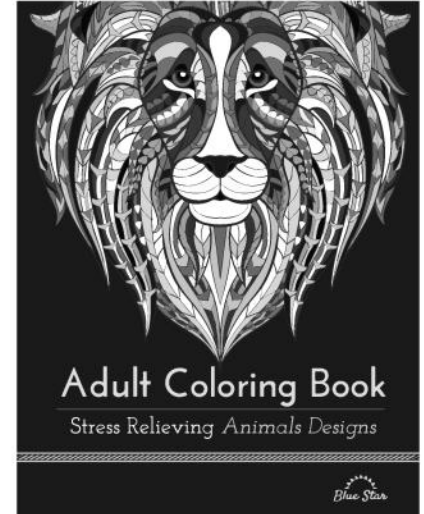
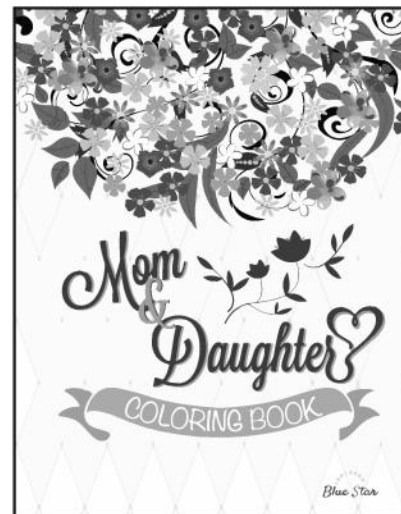
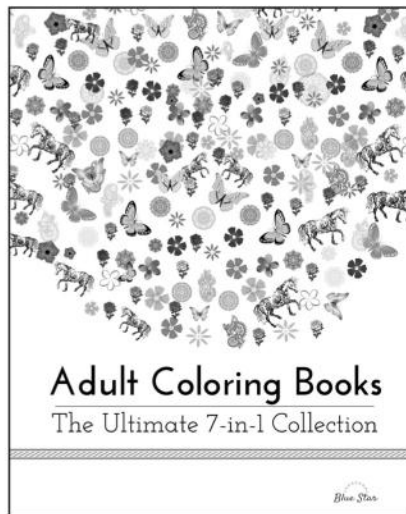
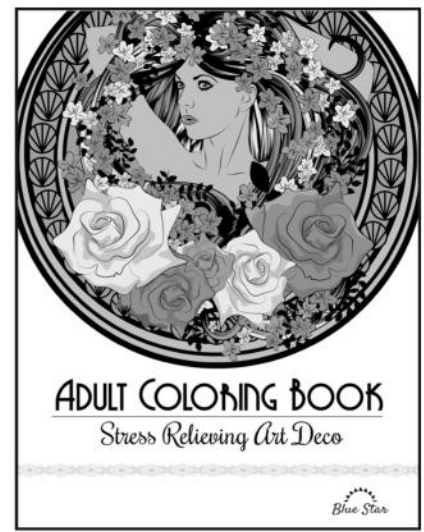
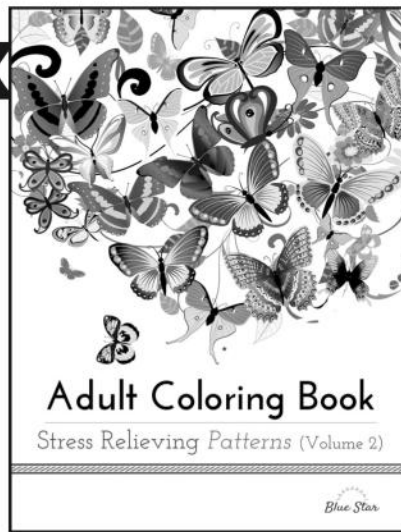
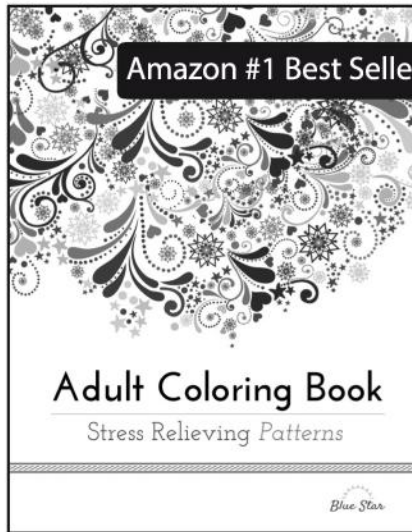








# READY FOR THE NEXT ONE?



Look for the  *Blue Star*  

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*bluestarcoloring.com*

# 30 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.

