



Kaleidoscope Coloring Book: Geometric Designs and Patterns for You to Color

Alina Niemi

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Kaleidoscope Coloring Book: Geometric Designs and Patterns for You to Color Alina Niemi **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 color the pages, including children. But because the lines are more fine, and the designs are more intricate, they are recommended for anyone who wants something less cartoony. Kids age 8 and older, or advanced colorers, will likely have no trouble with these designs.

If you like the beauty of repeating, geometric shapes, you'll find something for every mood. There are patterns made from swirls, triangles, circles, flowers, fish, butterflies, and more. Some look like outer space, mosaic tiles, or Turkish carpets.

- 30 coloring pages
- Easy to advanced and intricate
- Contains tips for adding texture with pen lines
- Printed on one side of the page only
- Recommended for use with color pencils (sold separately)

So sit down, pick a page, jump in, and get going. **Happy Coloring!**

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