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patterns in this coloring book are intended to inspire creativity and help relieve stress and anxiety while you color. Coloring is a great way to wind down and let your mind achieve a meditative state as relax and focus on the present in order to help achieve mindfulness. This book includes thirty hand drawn with a graphics tablet illustrations by Karalyn Rose printed one sided. Features many mandala coloring pages and designs inspired by zentangles geometric patterns doodles even a few fun patterns with hearts and flowers. The illustrations range from easy to more complex with a variety of styles ranging from thick bold lines to thin and more intricate however most images in this book have thick lines for ease of coloring inside the lines. All images have a border around them. There is a nice selection of designs to choose from depending on your mood and coloring style. Suitable for colorists of all ages. This is a coloring book for adults simply because coloring is fun for everyone. Grown ups are encouraged to color in this book to enjoy the stress relieving benefits that coloring can provide.

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