



# Shapes: An Adult Coloring Book: Over 40 Fun Stress Relief Shapes and Geometric Patterns for Your Inner Artist

*An Adult Coloring Book, Paper2Gift Publishing, Geometric Patterns Coloring*

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# Shapes: An Adult Coloring Book: Over 40 Fun Stress Relief Shapes and Geometric Patterns for Your Inner Artist

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## Shapes: An Adult Coloring Book

featuring A new collection of over 40 Stress Relieving Patterns and Geometric Shapes.

This book is for all levels with Shape patterns ranging from minimal to very detailed. The paper is perfect for fine tip pens, colored pencils and markers. The completed adult coloring pages are an excellent Gift to give to friends, family and other loved ones for holidays and special occasions. Join the millions of Adults who are using coloring books to conquer stress while at the same time relaxing and creating beautiful artwork.

The paper is perfect for fine tip pens, colored pencils and markers. The completed adult coloring book pages are an excellent Gift to give to friends, family and other loved ones for holidays and special occasions.

## The Benefits of Coloring for Adults

Coloring is the perfect way to relax after a tough day and great for enhancing your creativity. For many, coloring a beautiful image can be a form of meditation. It allows you to enter the flow state in which you are in the moment, actively focusing on what you are doing and blocking out all distractions around you. Stressful thoughts and future worries can be simply pushed aside as you take time to enjoy the present moment.

We live in an incredibly busy world. Our pace of living is often full speed and our minds are continually jumping from one thing to the next. It is very beneficial to disconnect and give yourself a break. Your mind needs time to sort out all the information it receives and your body needs time to simply unwind. Coloring can provide that calming break.

Coloring is such a simple relaxing leisure activity and best of all you get to create beautiful artwork too!

## Here are some other benefits of the art of coloring:

- 0. Color on your own or with friends and family.
- 0. Coloring can improve performance at work through enhanced focus.
- 0. You can display your finished artwork in the Home or Office.
- 0. You can give your finished artwork away to friends and family for special occasions.
- 0. Coloring strengthens the creative side of your brain.

- 0. Coloring helps to build fine motor skills.
- 0. Coloring is an amazing form of self expression.

## **Grab your supplies, find a quiet space and enjoy this peaceful activity!**

For Fans of: Mandalas and Henna Inspired Flowers, Animals, and Paisley Patterns, Calm the F\*ck Down: An Irreverent Adult Coloring Book, Enchanted Forest: An Inky Quest & Coloring Book

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#### **Terry Snider:**

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