



The Adult Coloring Journal: Stress Relieving Geometric Designs

Andy Paciorek

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Detox and detach from the pressures of daily life and find peace and calm anywhere, anytime with this gorgeous, portable coloring and activity journal filled with inviting and soothing geometric designs.

After a long, busy day, lose yourself inside the pages of this soothing journal. An easy and convenient way to relax, *The Geometric Adult Coloring Journal: Stress Relieving Designs and Activities* features a variety of soothing activities, including coloring, as well as tutorials on shading and choosing color palettes, coloring by number, dot-to-dot, and mind-calming exercises and prompts, all unified around a geometric theme. Like ordinary diaries, *The Geometric Adult Coloring Journal: Stress Relieving Designs and Activities* also contains blank pages to record your thoughts, ideas, musings, and dreams.

This enhanced journal is both a keepsake to record your thoughts and feelings and an inspiring collection of activities to help you chill and refocus—100 pages to color, shade, connect the dots, doodle, and sketch providing hours of entertainment. Designed to fit easily into a backpack or purse, *The Geometric Adult Coloring Journal: Stress Relieving Designs and Activities* is flexi-bound with rounded corners, and features a handy elastic band enclosure and thick, high-quality paper to ensure the color from your pens and paints won't bleed through.

Bold, imaginative, and inspiring, *The Geometric Adult Coloring Journal: Stress Relieving Designs and Activities* is a unique, effective, and fun way to unwind.

The Adult Coloring Journal: Stress Relieving Geometric Designs Details

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From Reader Review The Adult Coloring Journal: Stress Relieving Geometric Designs for online ebook

Cynthia says

Really a very nice 'coloring journal' geared toward adults. It has different activities/suggestions like coloring by number, connect the dots, thoughtful ideas & also pages just for journaling. It's really very nice looking, nicely put together & held closed with a pink elastic band, maybe about 6x8 inches in size so it fits easily in a bag or purse! This would make a very nice gift!

I received this book free, in a Goodreads First Reads Giveaway program, simply in exchange for my own fair & honest review.

Jessica says

This is pretty neat. It is more then just a coloring book. Every other page is an activity of some sorts. The are dot to dot, color by number, traditional coloring, design your own, and more. On the iposite page is a prompt about writing thoughtful list, instructions on how to complete the opposite. There are four sections for the seasons. It is a bit smaller than a traditional coloring book. I like that it has an elastic band for holding it together, these help to stop books such as this from flapping open and getting crinkles.

I do feel it important to point out that some of these designs are very detailed and I believe some people with optical issues would find the content hard to complete.

This would make a great gift.

Julianna says

A really beautiful and fun coloring journal.

Glenda says

Beautiful journal. Really enjoy it.

Tanya Maclean says

Beautiful, well bound book. Nothing like the flimsy colouring book of your childhood. Gorgeous, varied patterns. Spent a happy, relaxing sunny afternoon colouring and writing outdoors. Also perfect to release your thoughts and relax before sleep. Love it.
