



# Grown Up Coloring Book: 48 Geometric Patterns for Stress and Anxiety Relief

*Love Live Color*

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**Ground yourself and relax with this geometric pattern coloring book for adults.**

- Have you become addicted to the screen on your phone, tablet or computer?
- Are you looking for activities to take you away from your screens and your worries?
- Do you suffer from stress, anxiety or creative block?

## **Coloring Is Your Answer!**

- Coloring books for grown ups are a great stress reliever, and are also a fun activity!
- This adult coloring book contains 48 beautiful and intricate geometric pattern designs, providing many hours of coloring delight.
- 48 Journaling pages allow you to express any thoughts, quotes or inspirations that come to the surface while coloring.
- Indulge the mind in creativity with a variety of design elements and details perfect for both the beginner and seasoned artist.
- Get in touch with your inner child. Coloring in this coloring book is extremely meditative and therapeutic.
- Coloring is a great activity for your lunch break, vacation, while waiting at the doctors office, to unwind before bed, or anytime you just need a break.
- This geometric pattern coloring book makes a perfect gift for teens and adults!

**No amount of coloring time is too much or too little! Feel the meditative benefits of coloring in your first 5-10 minutes, but feel free to color as long as you want!**

**BONUS!** Look in the back of the book for a link to download and print out additional geometric pattern coloring pages.

**Don't miss out! Buy your coloring book today and join the millions of adults around the globe who have reawakened their love of coloring!**

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