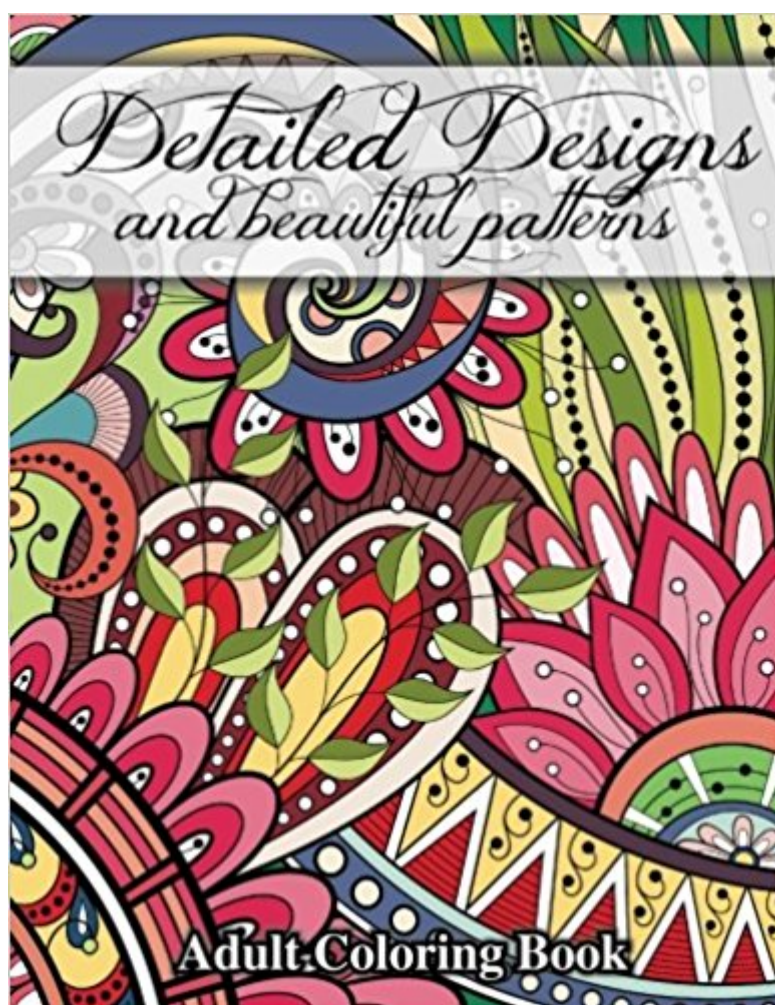# Detailed Designs And Beautiful Patterns (Sacred Mandala Designs And Patterns Coloring Books For Adults) (Volume 28)

Synopsis

The Detailed Designs and Beautiful Patterns Adult Coloring Book is full of original, detailed designs and patterns for you to relax and color. Color the intricate designs and find yourself focused, centered, and at peace. The images are printed on large 8.5 x 11 high quality paper so you'll have plenty of space to work on the details and be creative. After you are finished, you'll have lovely works of art that are worthy of hanging on the wall. Coloring is a creative, novel way for busy adults to relax and unwind from the hectic pace of modern life. Adults of any age and even older children who love to color can enjoy this unique and special coloring book.

Book Information

Series: Sacred Mandala Designs and Patterns Coloring Books for Adults

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Product Dimensions: 8.5 x 0.1 x 11 inches

Shipping Weight: 3.2 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars See all reviews (775 customer reviews)

Best Sellers Rank: #21,272 in Books (See Top 100 in Books)   #6 in Books > Arts & Photography > Drawing > Pencil   #6 in Books > Arts & Photography > Drawing > Colored Pencil   #21 in Books > Arts & Photography > Graphic Design > Commercial > Illustration

Customer Reviews

The 21 illustrations are flowing and artistic. The designs fluctuate from very simple to diabolically detailed and intricate, and are just waiting for you to color them with Gel pens, Colored pencils, or Markers. Just add bright and bold colors like reds and purples full of energy or use soft pastels for tranquility, you choices are endless.This book will inspire your imagination, stimulate your senses and creativity, and as you become engaged in the enjoyable activity of Coloring, it calms you and almost immediately will start reducing your stress level.This book would make a nice gift for teens or adults, and when you purchase one as a gift, you can download a second book for yourself for free. This coloring book comes with a free printable pdf version so you can print another one. The instructions are on the last page of the book to download the book. I down loaded it with no problems.1. 21 illustrations printed one per page (the back of each page is blank) on heavy weight,

bright white paper.2. This book is perfect for Gel pens, colored pencils, or fine tip markers.3. Test your pens and markers to see if they leach through the page, if they do just place a scrap piece of paper under the page you are coloring and leave it there until the page is completely dry.

The patterns are very pretty in this coloring book. Most are large patterned flowers and swirls which invite shading and blending using either alcohol markers or colored lead pencils.There are 20 designs each on dedicated pages of good quality paper. Those who use alcohol markers will get some bleed through. I personal use copy the design I want to color onto 60 lb. cover stock paper so there is less absorption of marker ink.Some of the designs repeat on the same page; but each page is different. Some of the designs are large in pattern and a few have very intricate details. There are a few similar patterns, but not repeating.Not sure why on the product page the publisher titled this as 'sacred mandala designs'. There is not one mandala in the book. Otherwise, this is a great coloring book that teenagers and adults will enjoy.

I love (most) of the designs in this book. The designs are curvy and organic, symmetrical and visually pleasing to the eye (at least to my eyes.)There are some designs that have very small areas to color, and these are probably best done with colored pencils This is the larger version of coloring book, about 8 x 10 or 8.5 by 11 (I didn't measure - sorry). The pages are printed on only one side and the paper is moderately heavy, maybe 40 or 50 lb (but I don't know this for sure. Not as thick as cardstock, certainly).My only quibble is that I purchased three coloring books by this company - all have the same title, but different covers and different item numbers, so I expected them to be different, just books in a series; however there are many duplicates among the three books The other two are 8 x 8. These are inexpensive enough that I'm not going to fuss too much, as the duplicates will allow me to try different color combinations, but I feel it's misleading for the company to issue the same designs with different covers and sizes.

I wanted a meditative hobby that I could be creative with while simultaneously letting my mind drift. After a bit of searching I found a few adult coloring books on and thought I would give them a try. Ive always enjoyed coloring intricate patterns and pictures so this book was the perfect fit!I use Prismacolor Colored Pencils but you could use fine tip Sharpies or any other coloring utensil with a fine tip. The patterns are so intricate that its best, from what I found, to have a pencil or pen that has a very fine tip. The pages are just thick enough that, when using these pencils, the color doesn't bleed through or indent the next page. If I were to use pens, though, Id definitely put a sheet of

paper between so no bleeding occurs.The patterns are beautiful: ranging from larger and flowing to very detailed and small. Many of the designs look like paisley or Henna inspired.This is my first coloring book for adults and I am so glad I got it. Its fun and relaxing to color and has just enough complexity to the designs that you stay interested in finishing the page but not so much that you can't use multiple different colors.

I love this coloring book. When I'm tense or unhappy, I can sit down and lose myself in coloring the patterns with pencil or ink, or crayon. I become absorbed in the rhythms of the line, and in how to enhance them with color. Working with the patterns here isn't just a calming experience, though there is much to be said for that aspect, but it's also a way of distracting my conscious mind, allowing it to work on problems without constant outside and inside interference. The designs and the act of coloring involve just enough of my attention that I stop worrying at things.Coloring books really are not just for kids, and it's a shame that we put away these particular childish things as we grow. We begin with these simple pleasures, then get taught that coloring inside the lines is uncreative. So we put things like this aside without ever thinking about how important play is, how a simple activity can become a form of meditation, and how we can benefit from a quiet, absorbing activity like this.My advice? Buy this, or a similar coloring book, and a nice box of crayons or colored pencils and keep it at your desk or beside your bed, wherever you find you need a brief disconnect from a busy brain. It may help you to think more clearly, sleep better, or just feel a bit calmer.

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