



Colouring for Adults: Colouring Therapy for Stress Relief

Charlotte George

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*******IDEAL GIFT, HOURS OF RELAXING FUN*******

Colouring for Adults

Colouring Therapy for Stress Relief

This book is filled with 50 beautiful patterns for you to colour at your own pace and skill level.

There are many different levels of difficulty so you can choose what to colour based on your mood or how much time you can spare.

All designs are printed on one side only so ink bleed won't be a problem. You can even photocopy and colour them differently over and over again.

Adult colouring books can contain both intricate lines and patterns with lots of detail or much larger and simpler patterns depending on what the colourist is looking for.

Whatever your choice, the best art materials to use for all levels are coloured pencils, gel pens or for the finer detailed work, prism art markers with fine shaped tips are ideal.

Coloured pencils are very versatile in that they let you blend two or more colours together to create lots of new shades to improve your colouring experience.

It's a good idea to try out whatever pens or pencils you have settled on by doing some test colouring or blending before you get down to attempting the real thing.

To help you experiment, I have included a couple of pages at the end of this book filled with little patterns so you can test out your ideas and hone your skills.

To protect your main patterns in the book from the possibility of ink bleed there are also a couple of blank pages that you can tear out and use underneath your pattern page. But if you don't want to do this, any type of paper or card will do, even an old magazine, paper etc.

Enjoy expressing your creativity with the patterns in this book and use colouring for some wonderful ME time and as a great de-stress exercise.

Happy Colouring Charlotte

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