



Kaleidala Adult Coloring Book - Stress Relieving Patterns - V12 (Kaleidala Coloring Books For Adults) (Volume 12)

Richard Edward Hargreaves

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This is the **twelfth volume in the Kaleidala Adult Coloring Book – Stress Relieving Patterns series**. Kaleidala is a name we have used to represent these designs which combine elements of both Kaleidoscopes and Mandalas, to form interesting and at times challenging patterns to color.

There are **50 designs** in total, and they are printed on one side of the paper only, for the best coloring experience.

We hope you enjoy coloring these pages as much as we enjoyed creating them. Fully lose yourself in the moment, become totally immersed in the here and now as you color. In this way any built up stress and tension presently stored in your body and mind will be released. Don't think of anything else, just be mindful of what you are doing, and that's concentrating on coloring.

Unlike many of our other coloring books which consist of designs of one particular difficulty level, this new series **combines difficulty levels in each individual volume**. So each volume contains something for everyone, whether you want something easy to color, or something challenging, or something in between. So depending on your mood, and circumstances, you might choose an easy design when your time is limited, and you want a sense of completion. When finishing in one session is not a concern, or when you have several spare hours on hand, you may choose one of the more challenging designs.

Generally the difficulty level of the patterns throughout the book are arranged as **easy, medium, challenging, easy, medium, challenging etc**. You may think that easy designs may be out of place amongst much more detailed designs. But simple designs can actually provide the base for the most eye catching and impactful end results. Remember, you can increase the level of difficulty and involvement of easy designs by introducing shading and other advanced tonal effects. Please see the back cover (and front cover) for examples of how we have taken some of the simple designs, and made them more elaborate and detailed through the use of color. Note how the appearance of depth can be created through the effective application of colors.

Enjoy, and may peace be with you!

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