



Kaleidoscopes Unleashed: An Adventure in Adult Coloring (Beginner) (Volume 1)

Kelly Dombrowski

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Immerse yourself in mind relaxing creativity with Kaleidoscopes Unleashed Beginner series! A great beginning to your adult coloring book experience.

Larger spaces make it easy to sit and enjoy a little "you" time.

With 45 stress relieving designs, men, women and children alike will have a relaxing time coloring in kaleidoscope and mandala designs.

Of course, even the most adept artist will take mindfulness pleasure in the simple yet beautiful designs.

Each frame-able picture takes you to a peaceful place of accomplishment. Printed on one side, all for your coloring pleasure.

And excerpt from the foreword by Dr. Steevi Jane Parks, Ph.D.:

"I personally discovered adult coloring books over thirty years ago before I owned a computer. I started with Mandala coloring books and was immediately hooked. After my mother died I found coloring in Mandalas to be both deeply healing and inspiring! I was eventually inspired to create my own versions of mandalas to color in, and slowly gained the confidence to start painting again in oils, a passion that I had given up as a young adult to pursue a career as a Psychologist.

I had always used coloring books as well as 'Anti-Coloring' books with my child client's as a Clinical Psychologist, but after I fell in love with adult coloring books I started recommending them to my adult client's as well!

I learned that many of my traumatized adult clients grew to rely on these adult coloring books to find a safe way to calm their nerves. I eventually discovered that many of these clients used coloring books as a springboard to engage in other more challenging creative hobbies. It appears that I was not alone in noticing this trend. In fact, most other psychologists seem to agree that simple coloring is an excellent way to get adult's creative juices flowing! This is because the confidence gained by coloring can encourage us to try more challenging creative tasks in the future."

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Vikki Maynard:

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Connie Hockaday:

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