



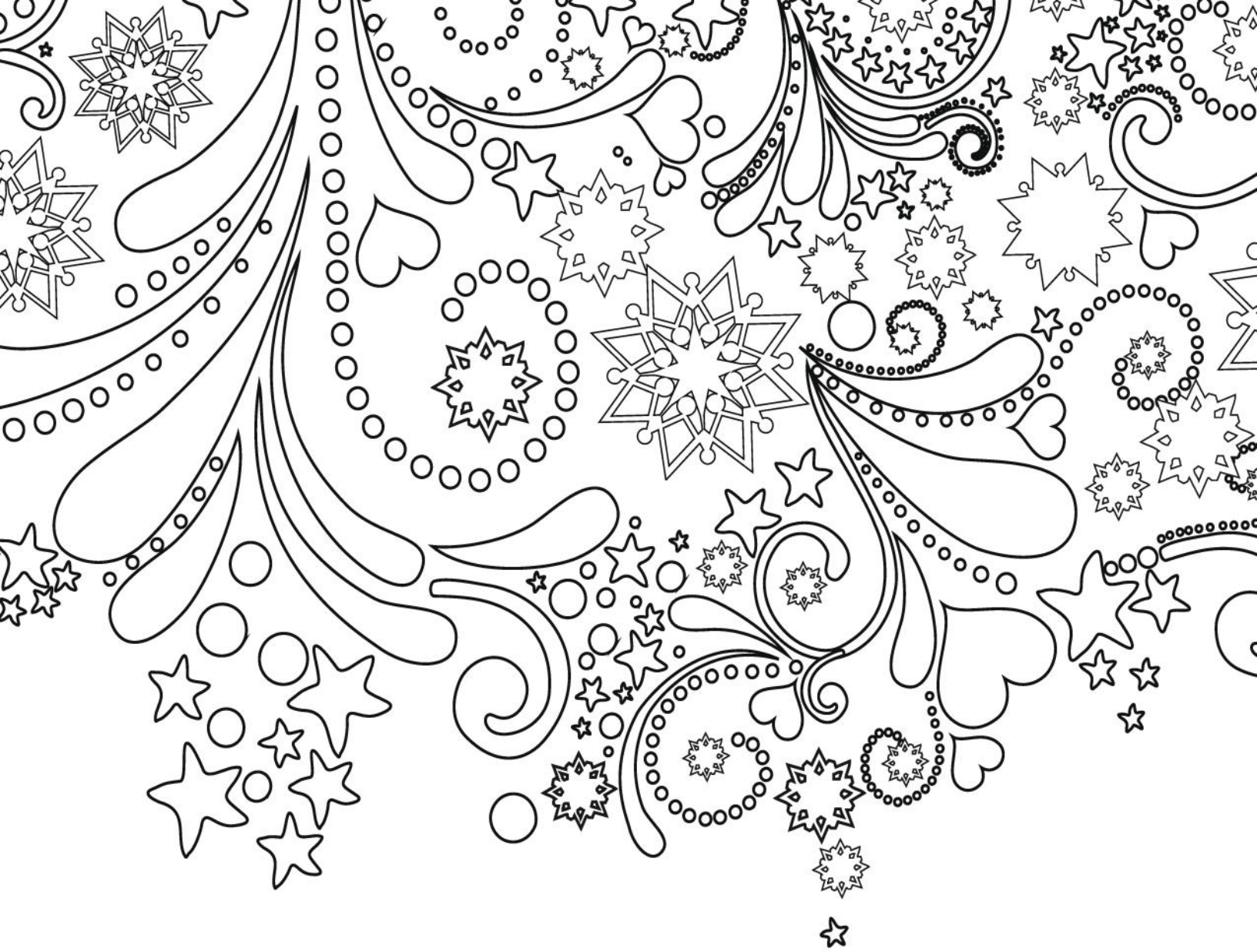
National Best Seller

# Adult Coloring Book™

Stress Relieving *Patterns*



Blue Star



# Adult Coloring Book™

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Stress Relieving *Patterns*





Blue Star Coloring Books is in San Antonio, TX and Portland, OR.

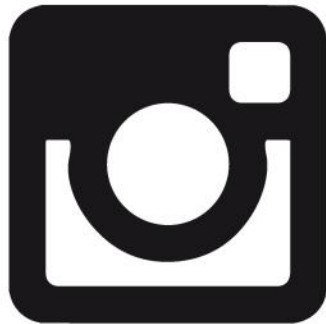
Teamwork makes the dream work: This book was designed by Peter, written by Gabe and published by CJ. Adult Coloring Book, Stress Relieving Patterns and Blue Star are trademarks of PCG Publishing Group, LLC. The copyright © belongs to Blue Star as of 2016. We reserve all of our rights.

Thanks to Shutterstock for some stellar images, which we used under license. This book is proudly printed in the United States of America.

# We Love What You Create

And We Want to Shout It From the Rooftops

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*@bluestarcoloring*

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Show Us Your Art

We'll Show The World

We'll never be perfect, but that won't stop us from trying. Your feedback makes us a better company. We want your ideas, criticism, compliments or anything else you think we should hear!

Oh, and if you don't love this coloring book, we'll refund your money immediately. No questions asked.

Send anything and everything to [contact@bluestarcoloring.com](mailto:contact@bluestarcoloring.com)



# How to Use This Book



Break out your crayons or colored pencils.

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Turn off your phone, tablet, computer, whatever.

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Find your favorite page in the book. That is the beginning.

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Start coloring.

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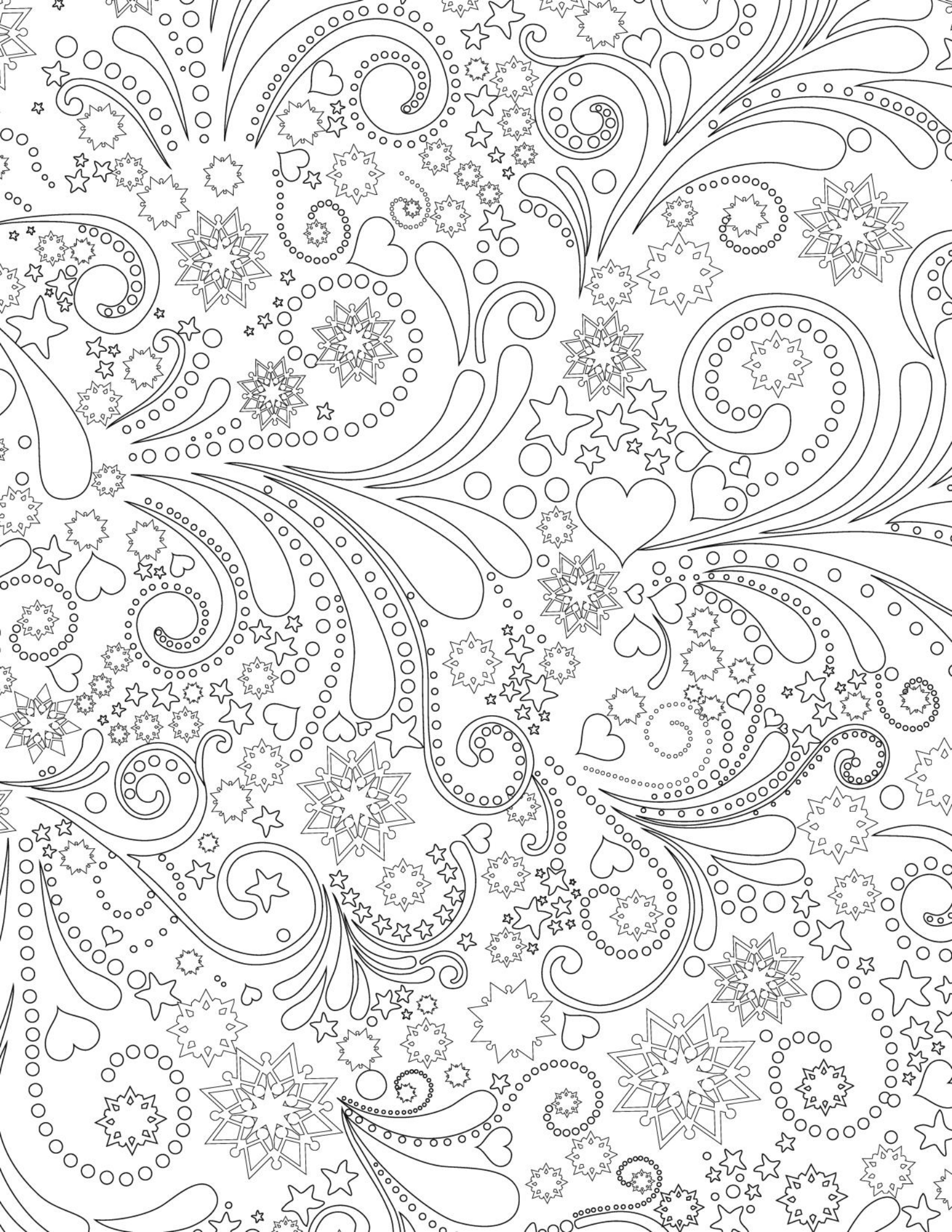


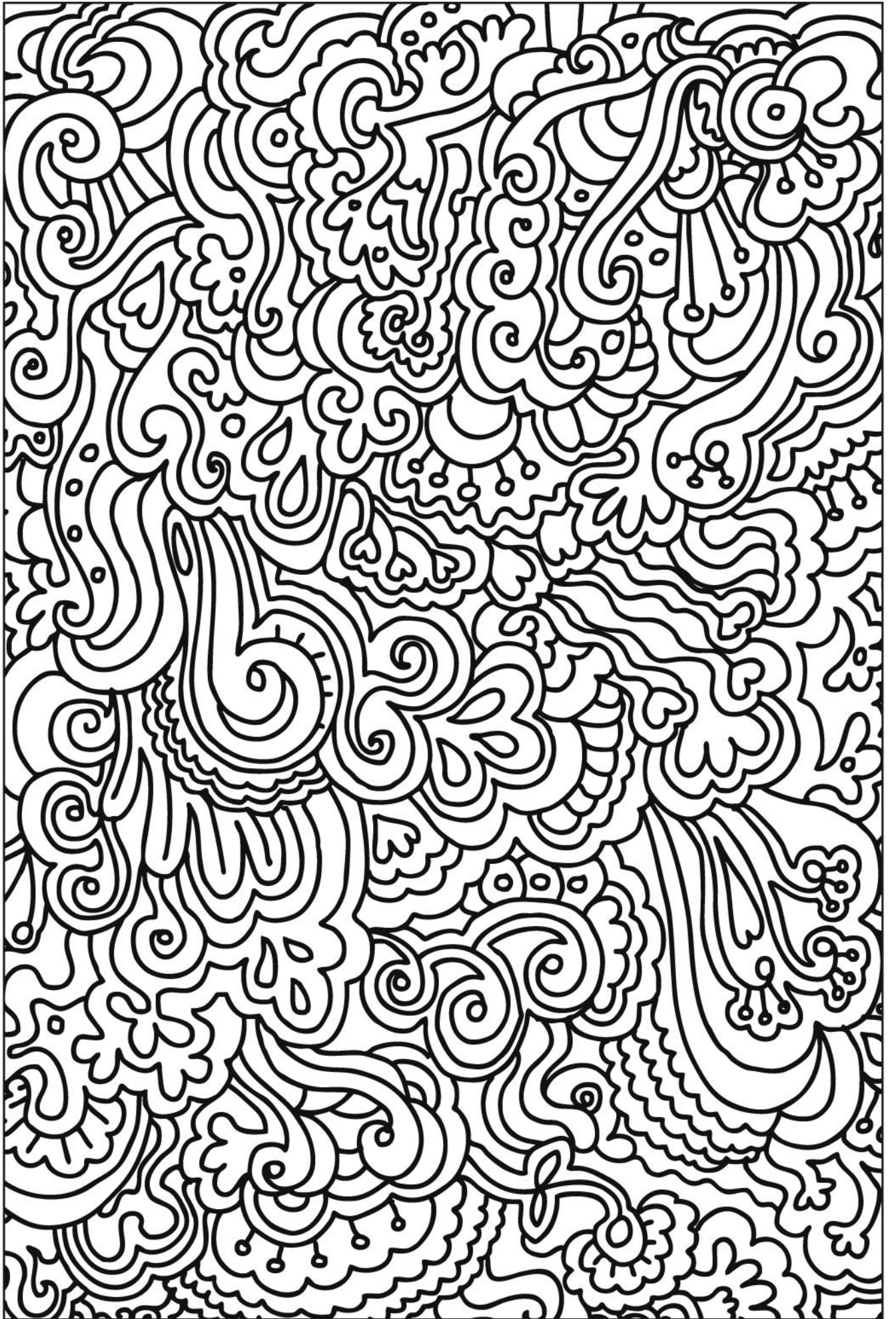
If you notice at any point that you are forgetting your worries, daydreaming freely or feeling more creative, curious, excitable, delighted, relaxed or any combination thereof, take a deep breath and enjoy it. Remind yourself that coloring, like dancing or falling in love, does not have a point. It is the point.

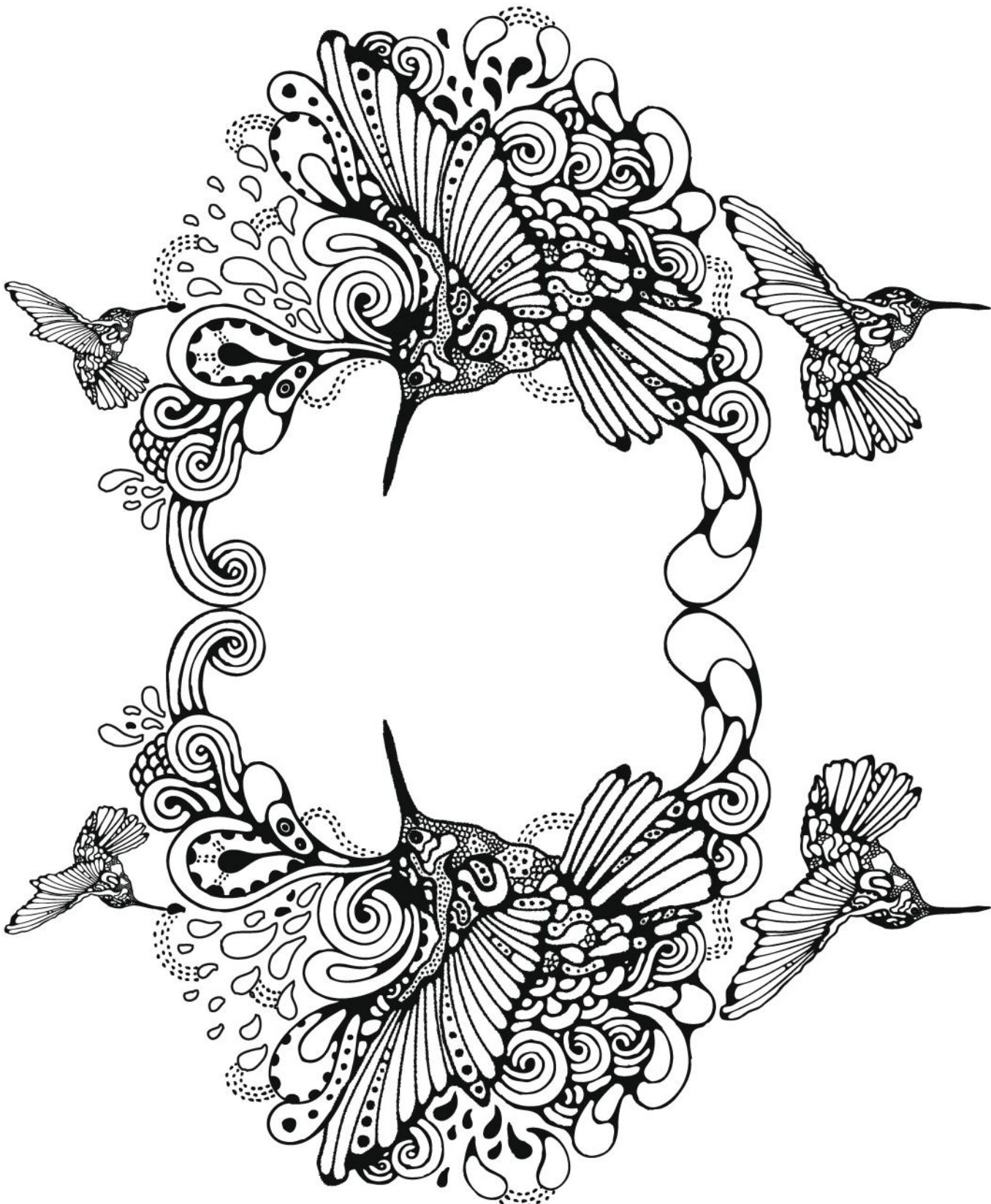
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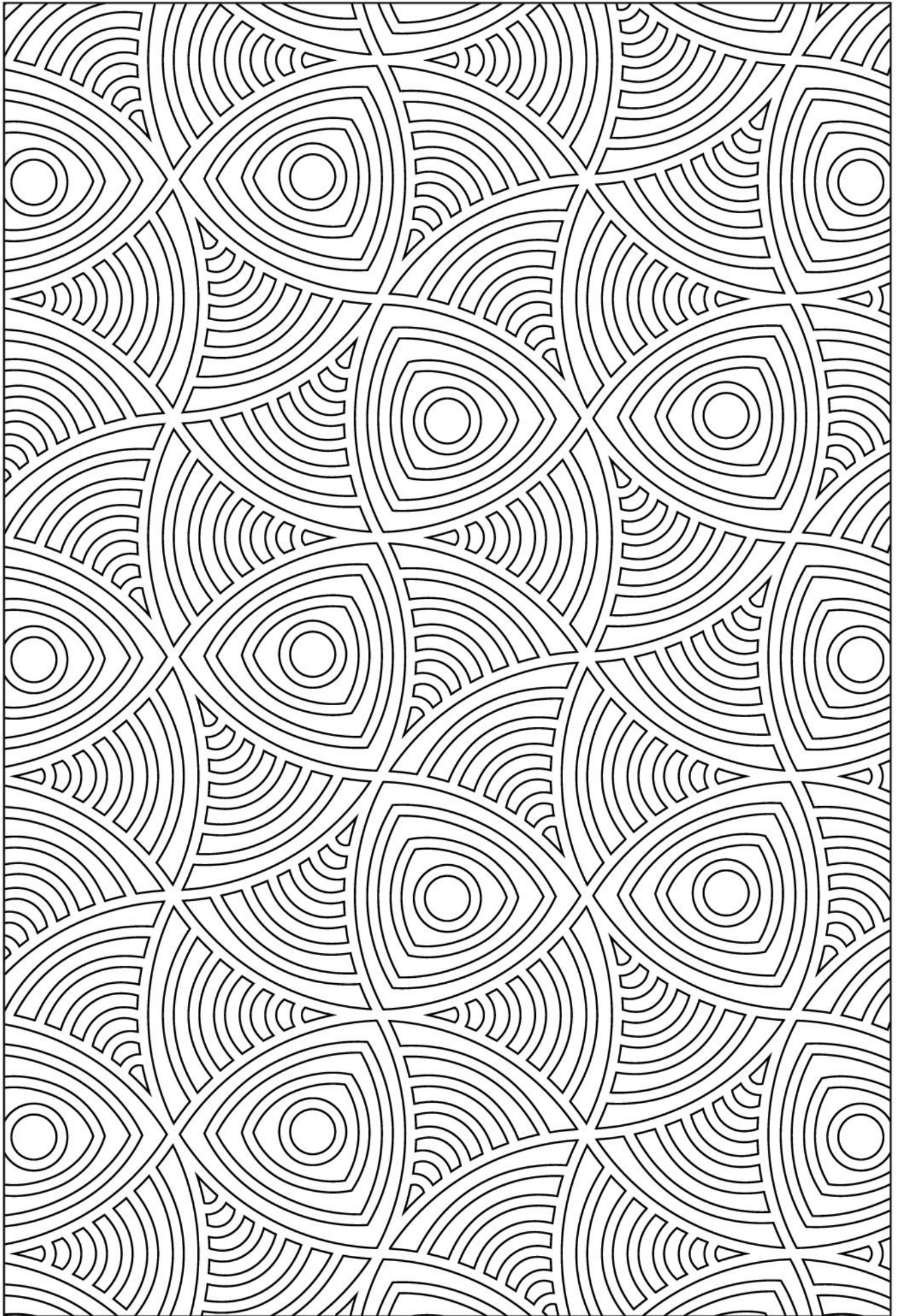


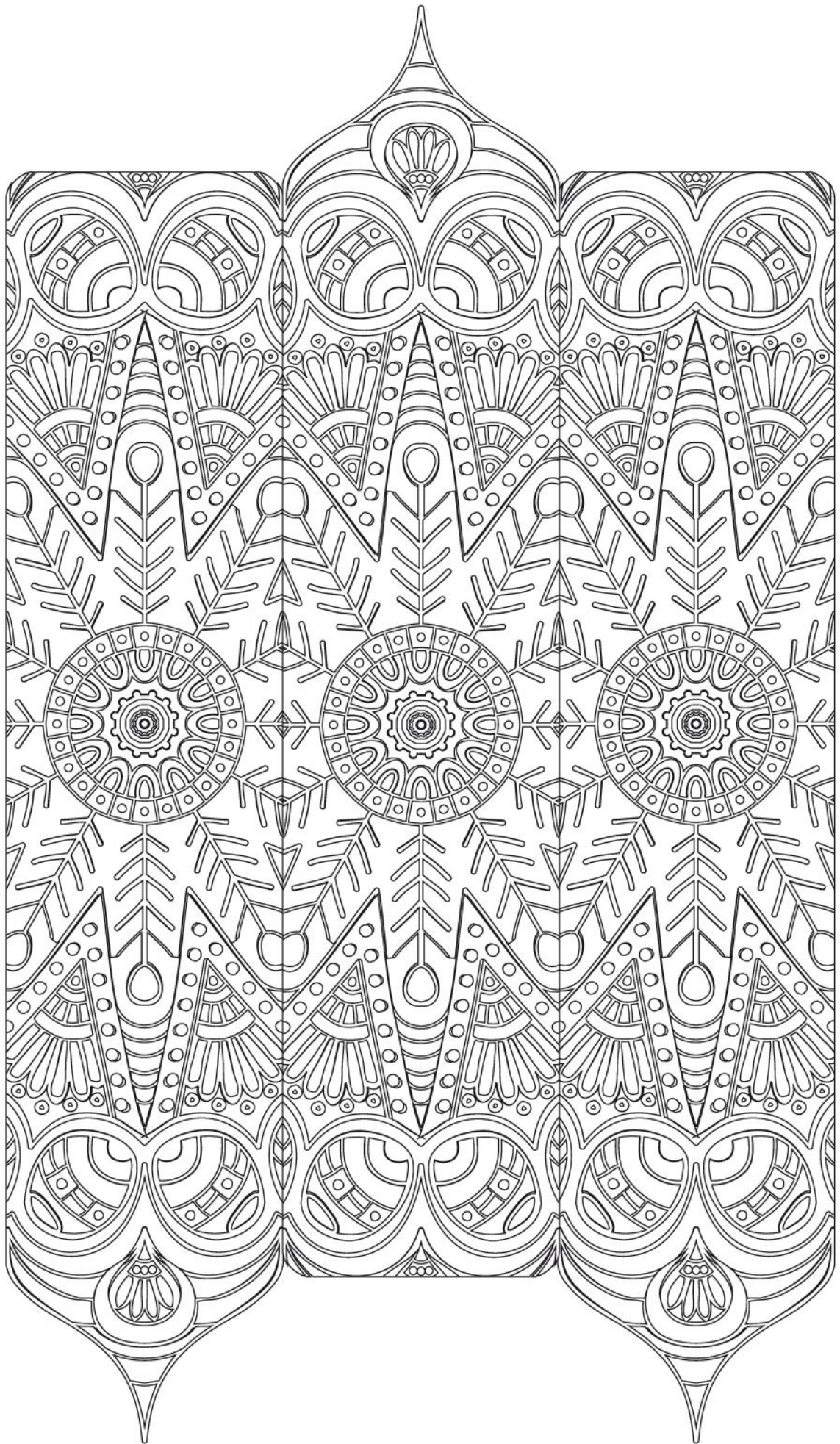
When you don't feel like it anymore, stop.

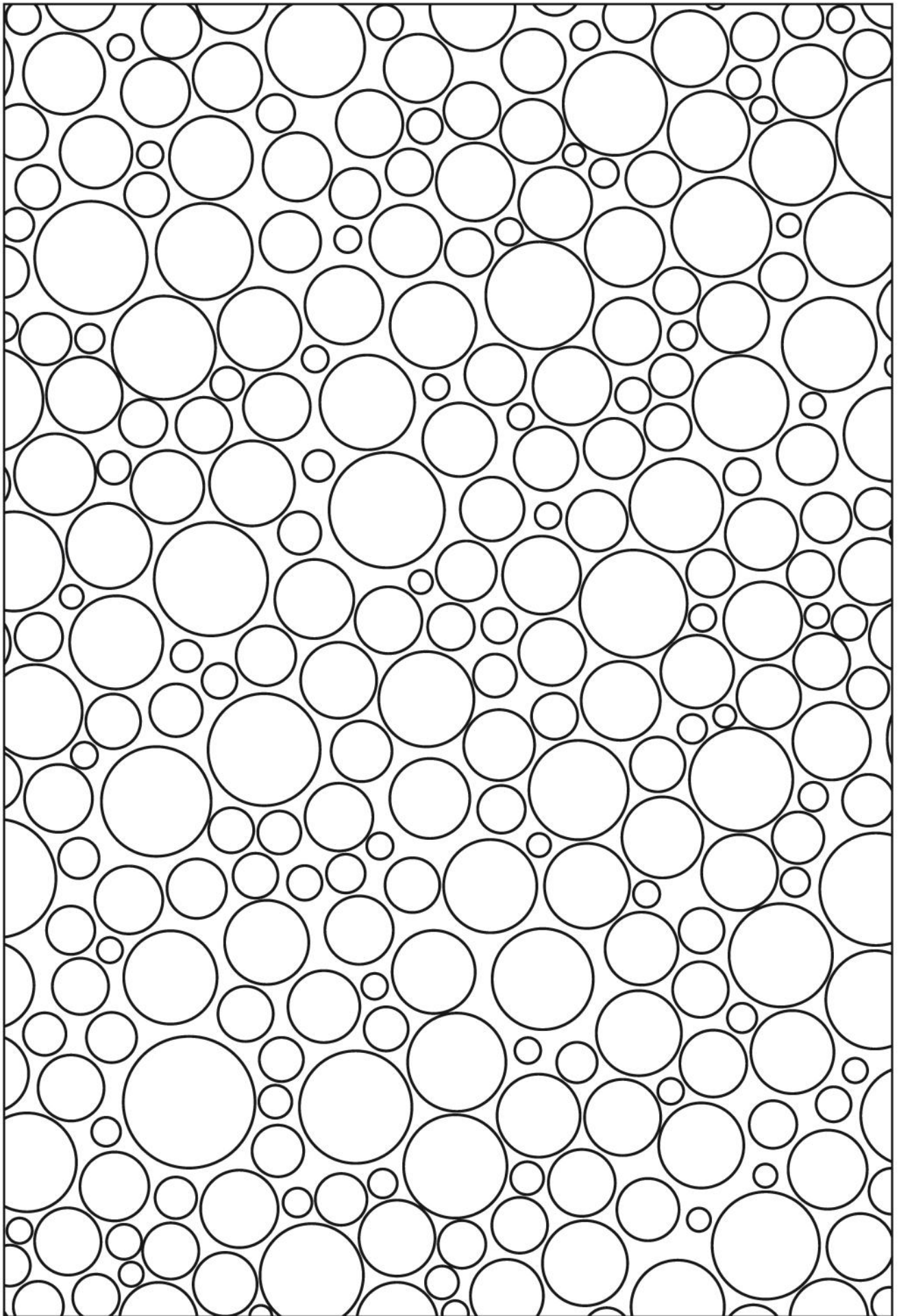


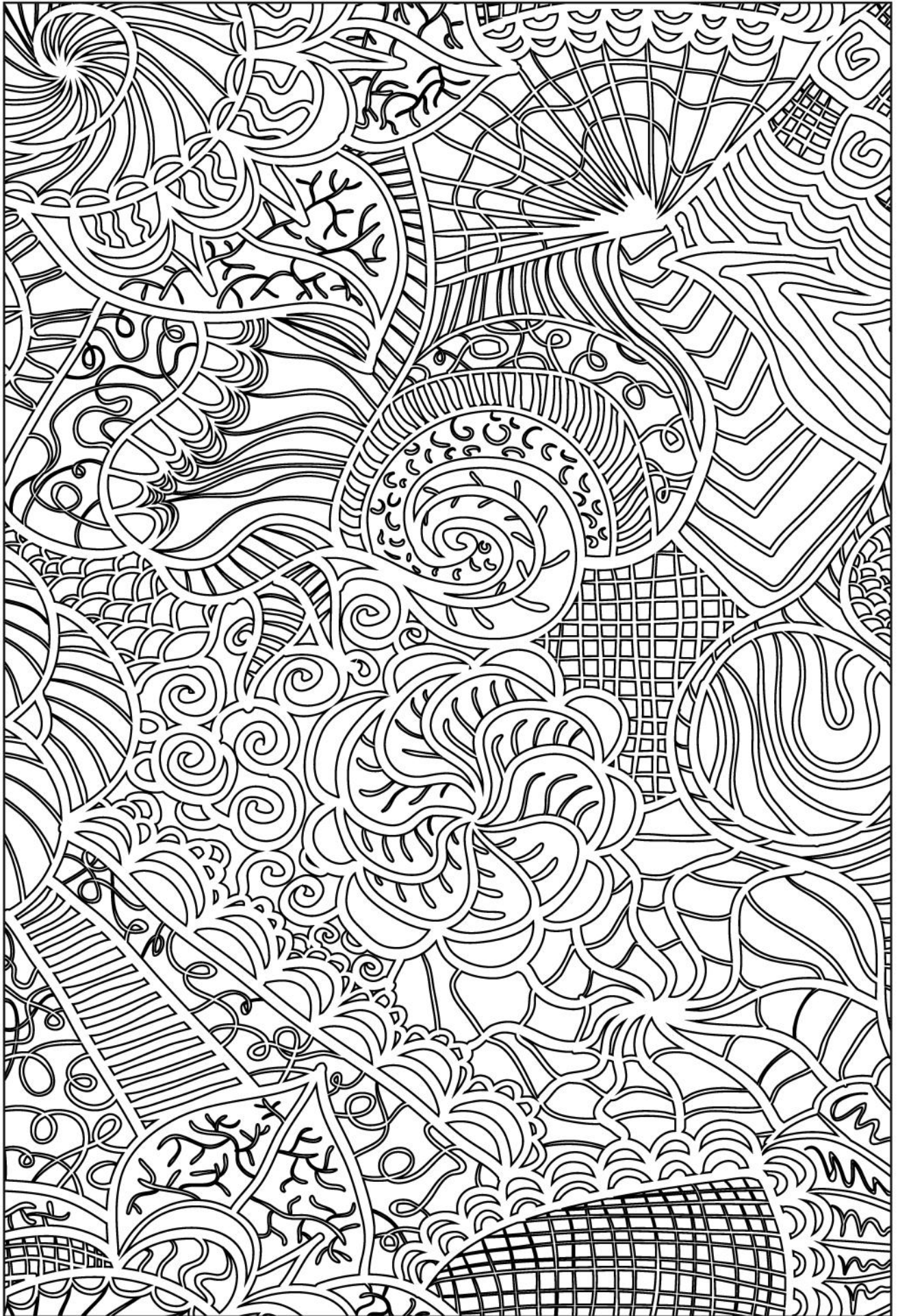


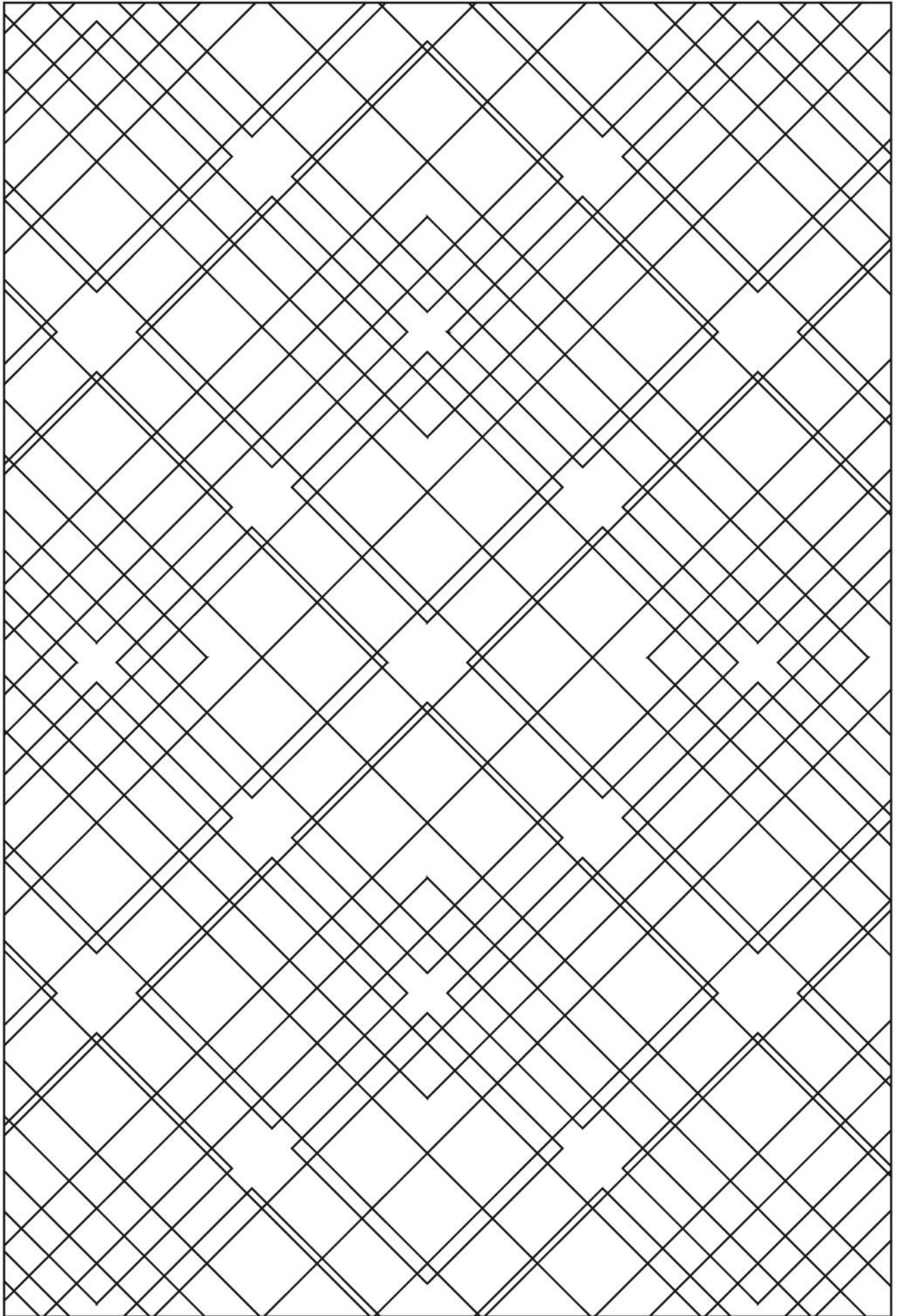


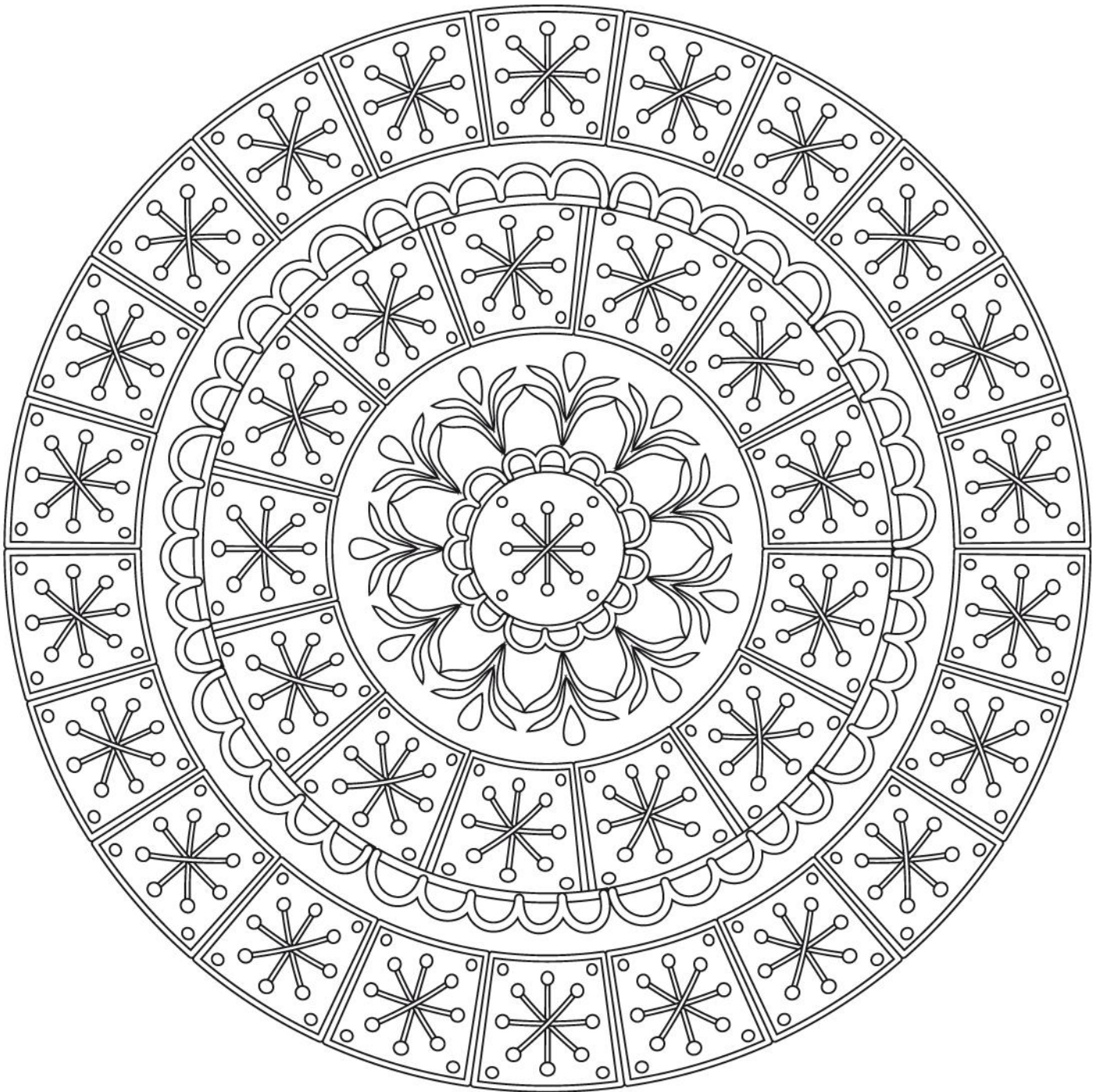


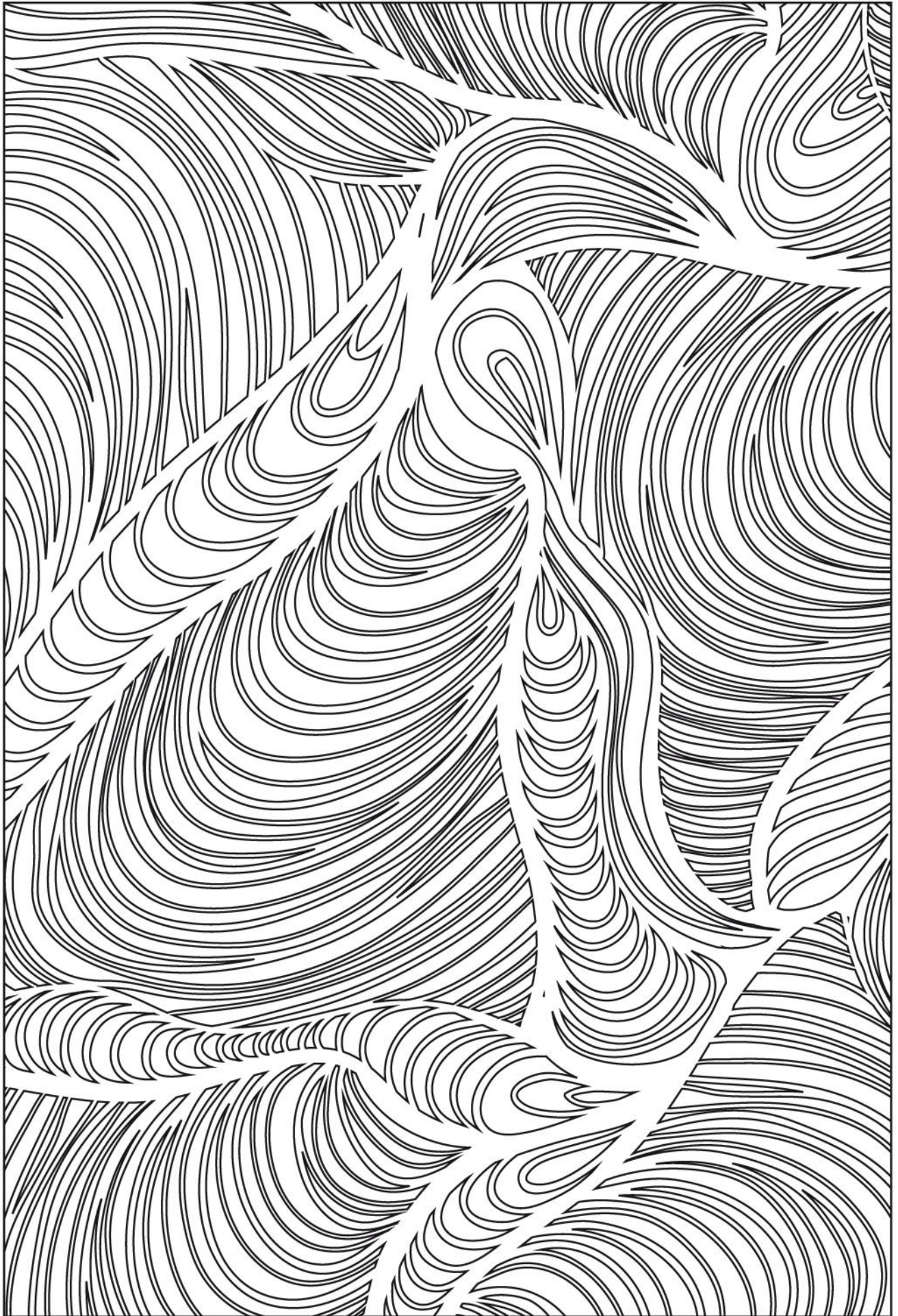


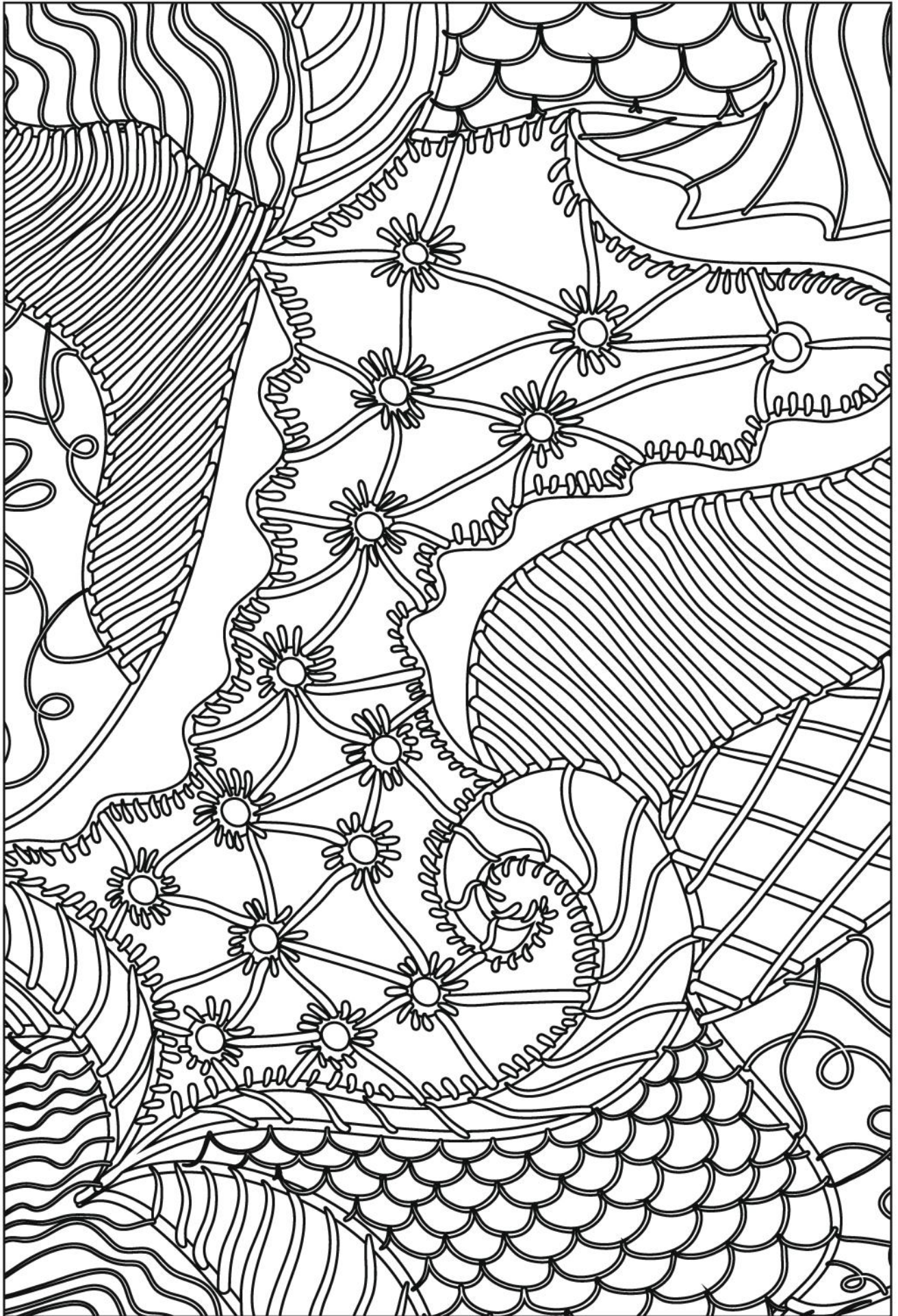


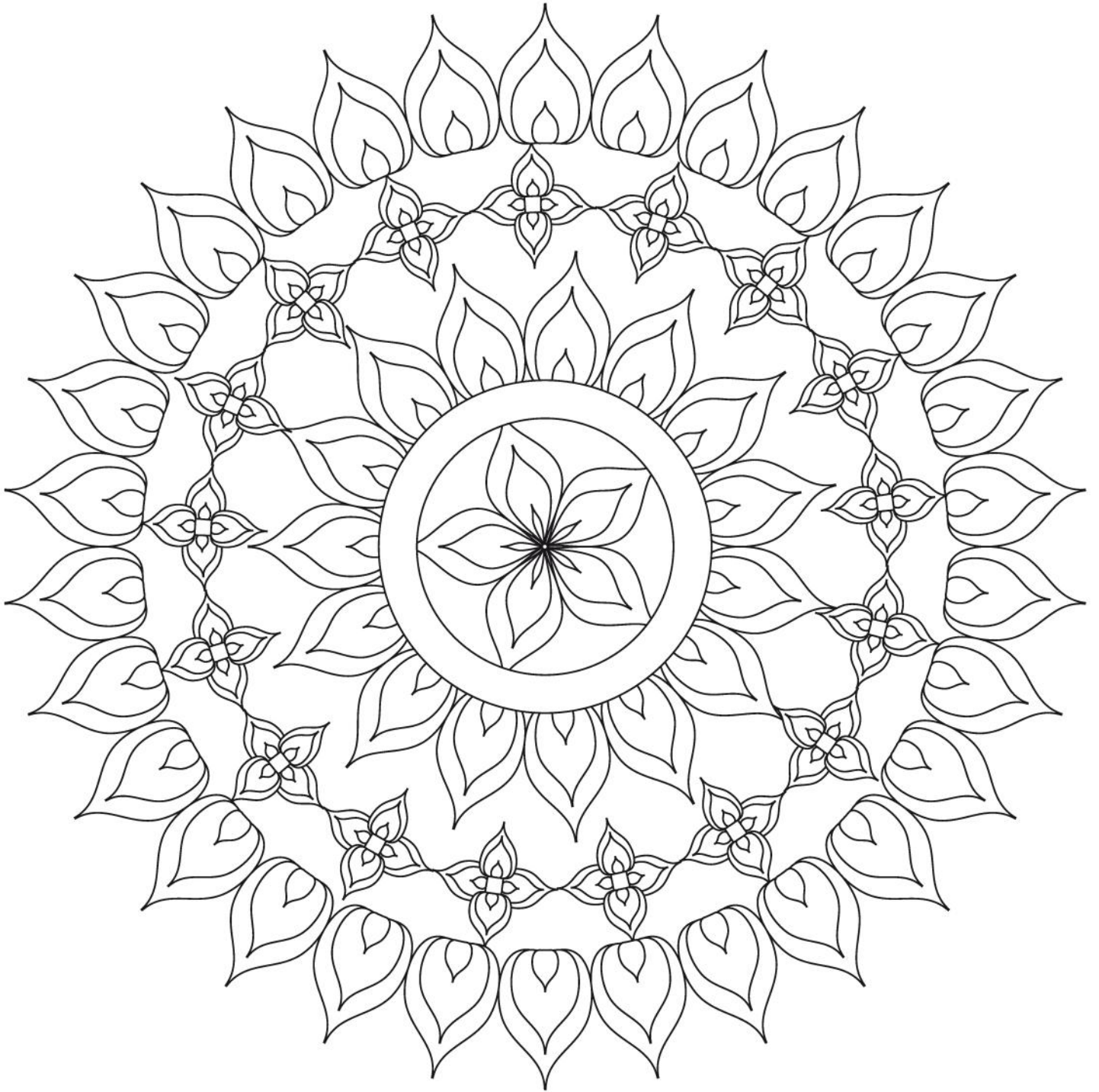


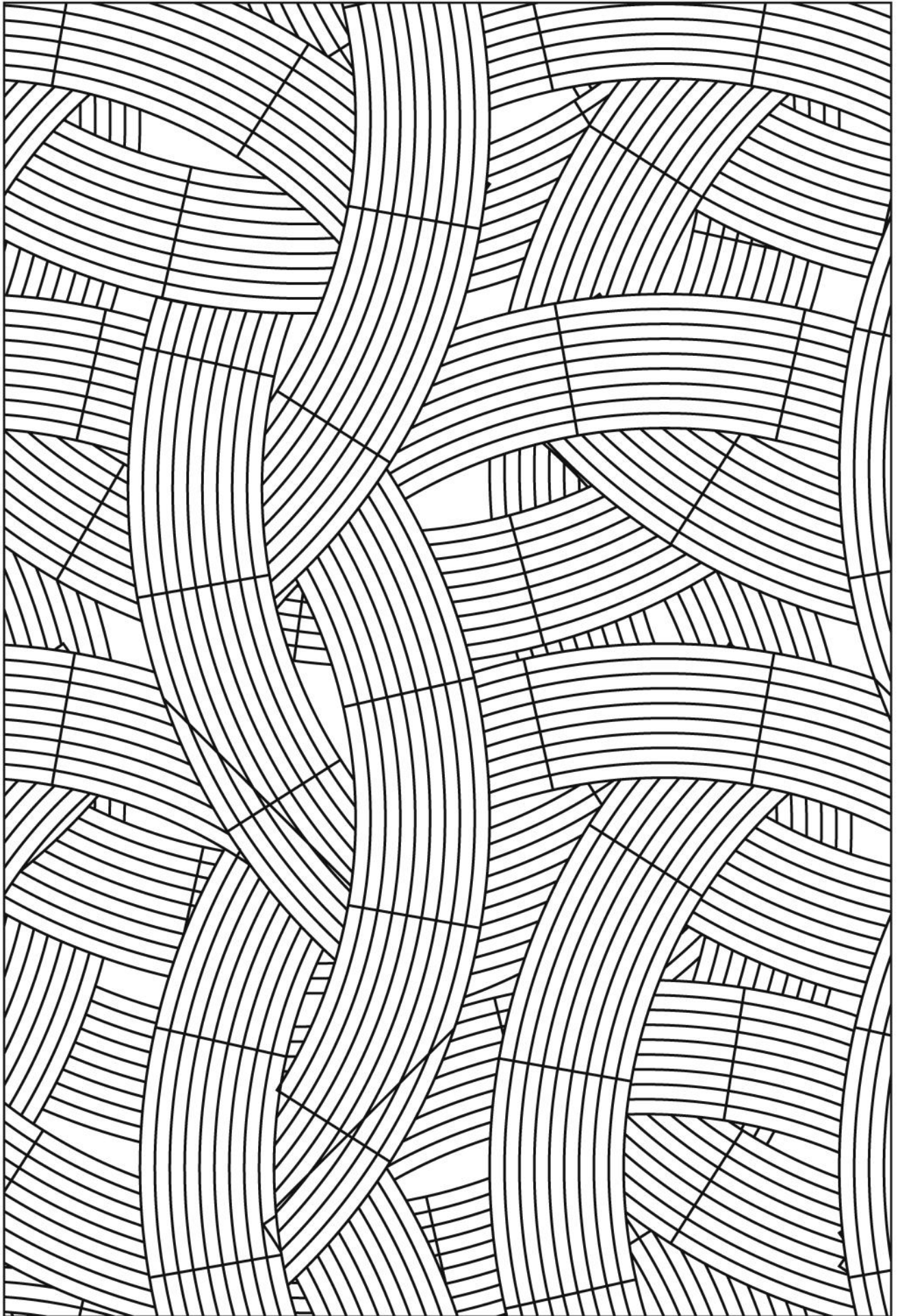


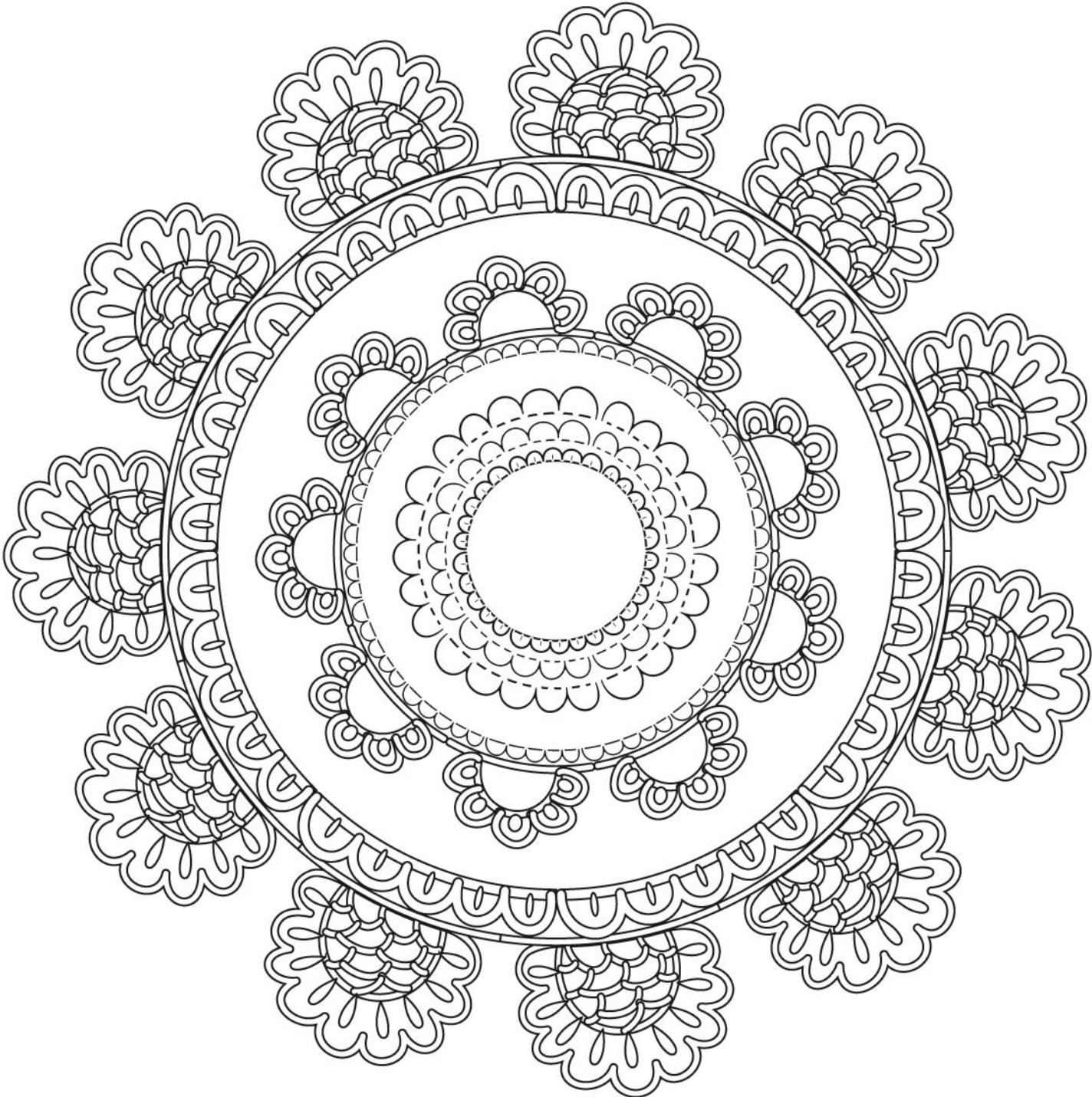


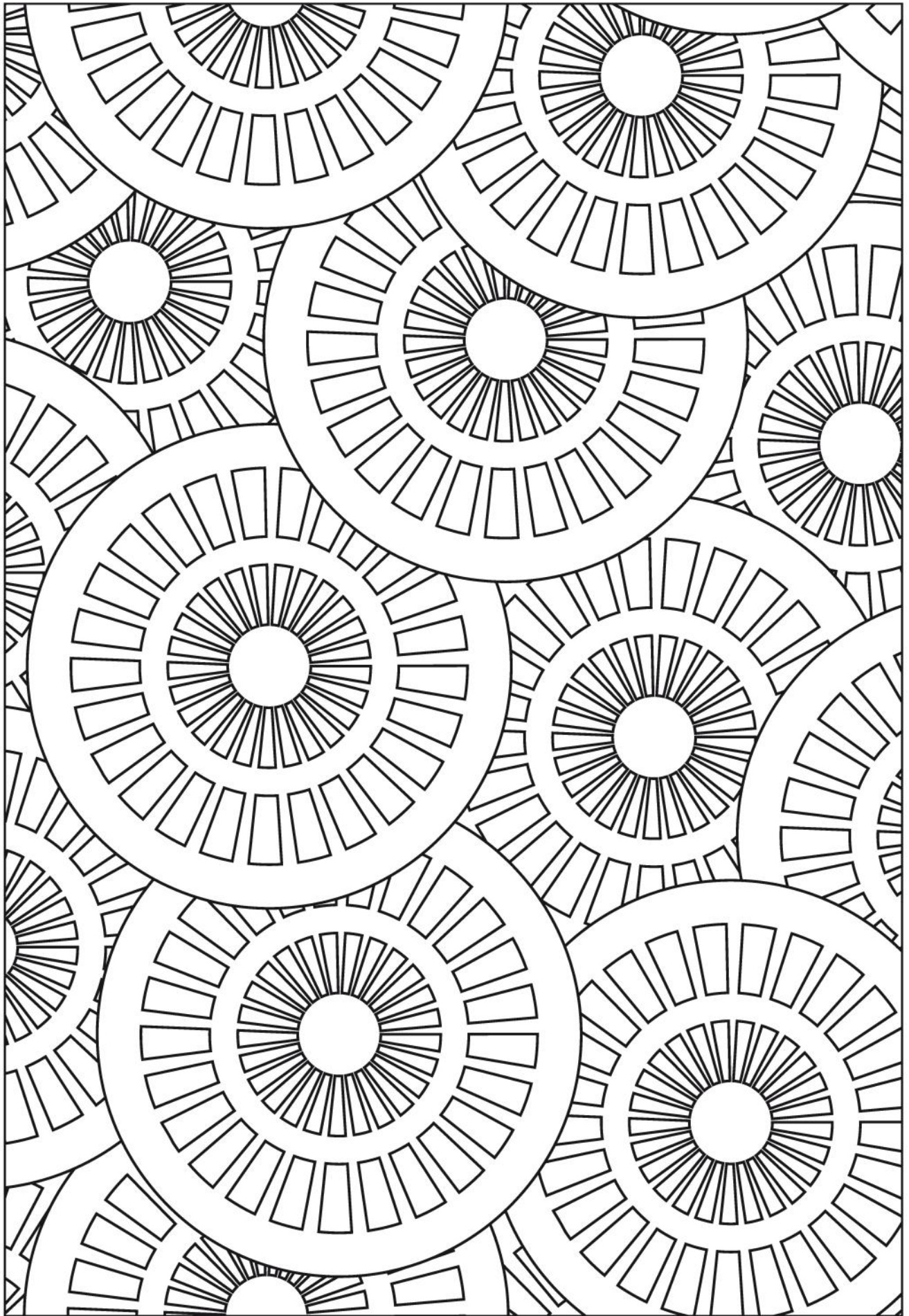


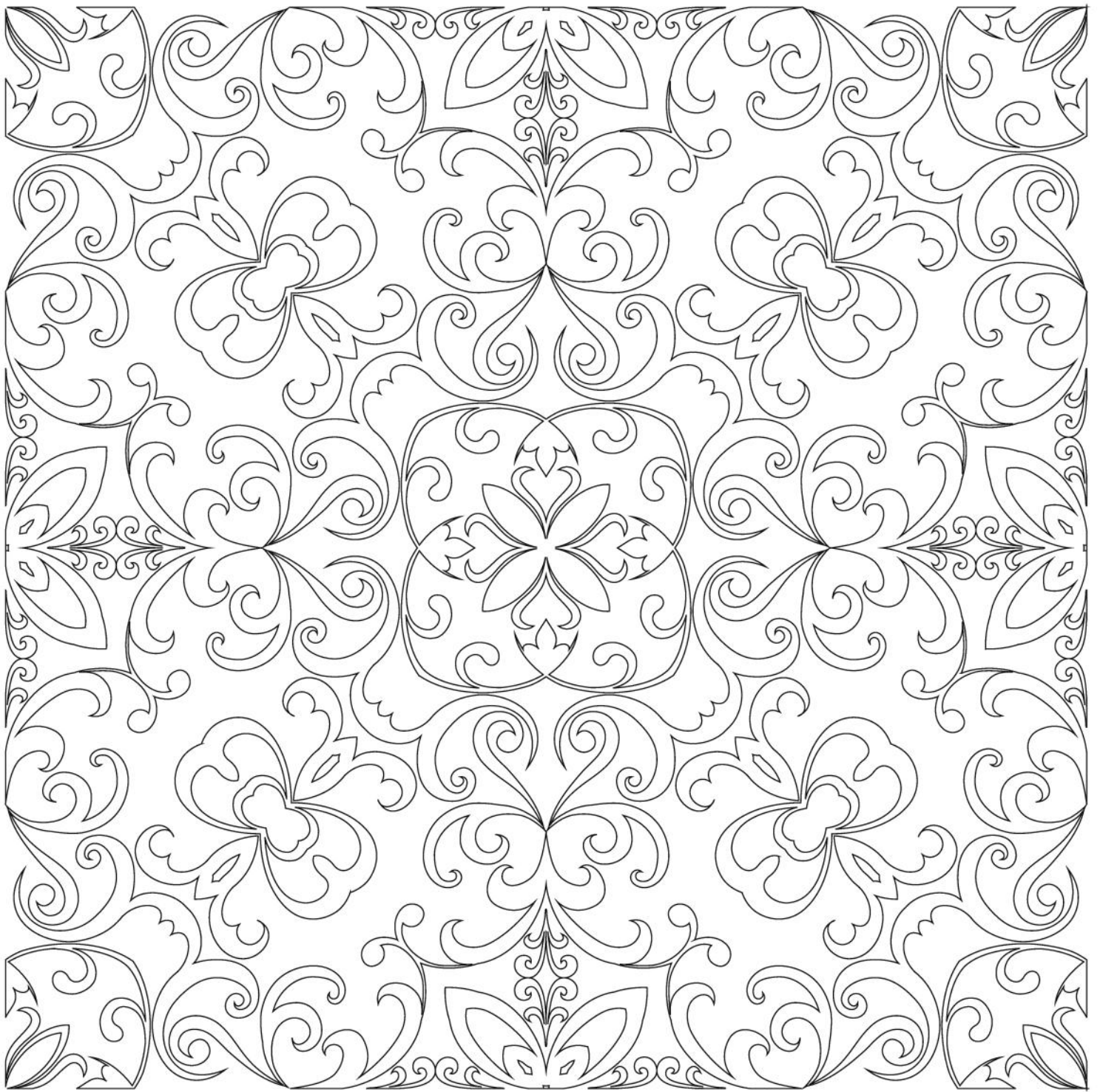


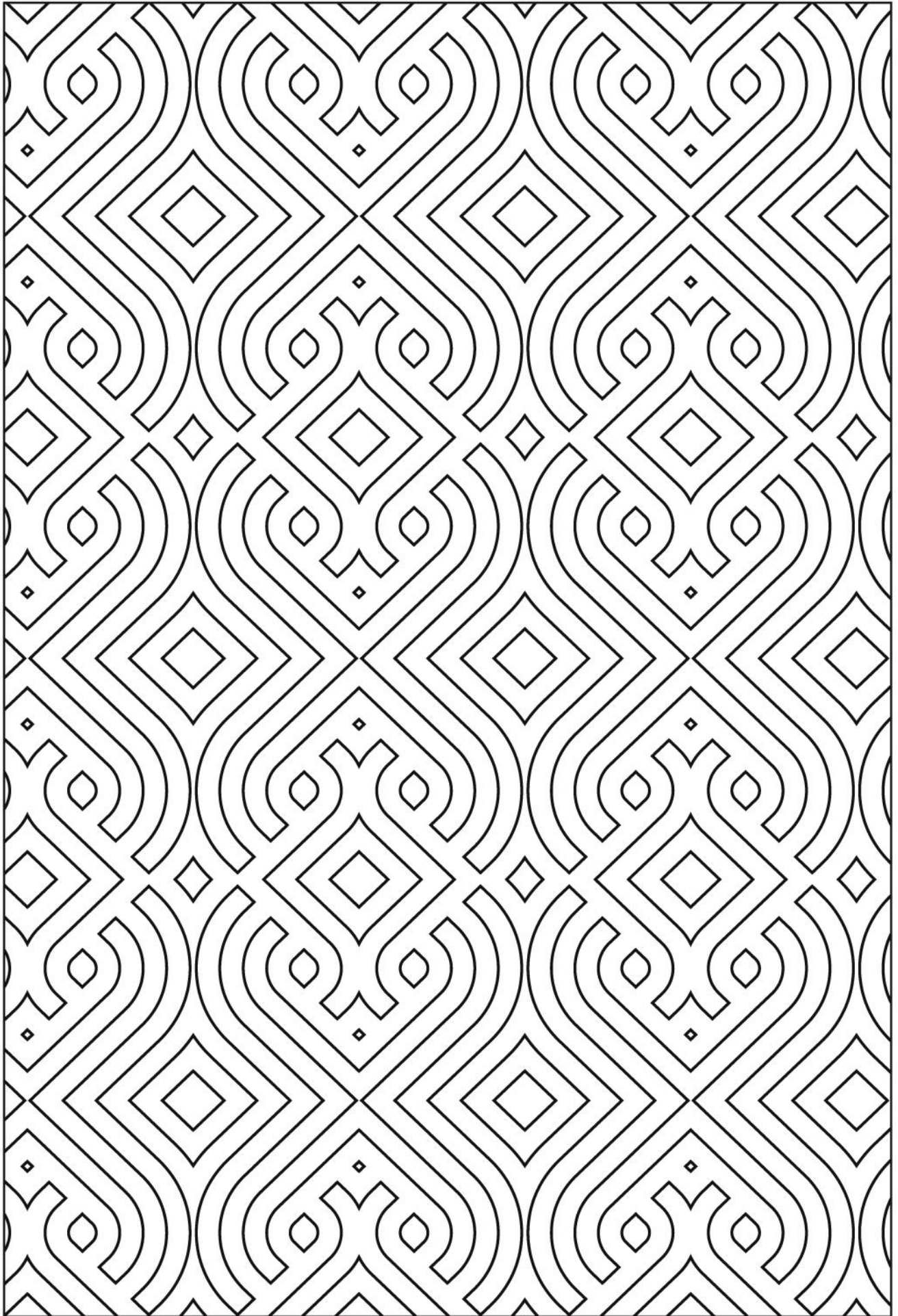


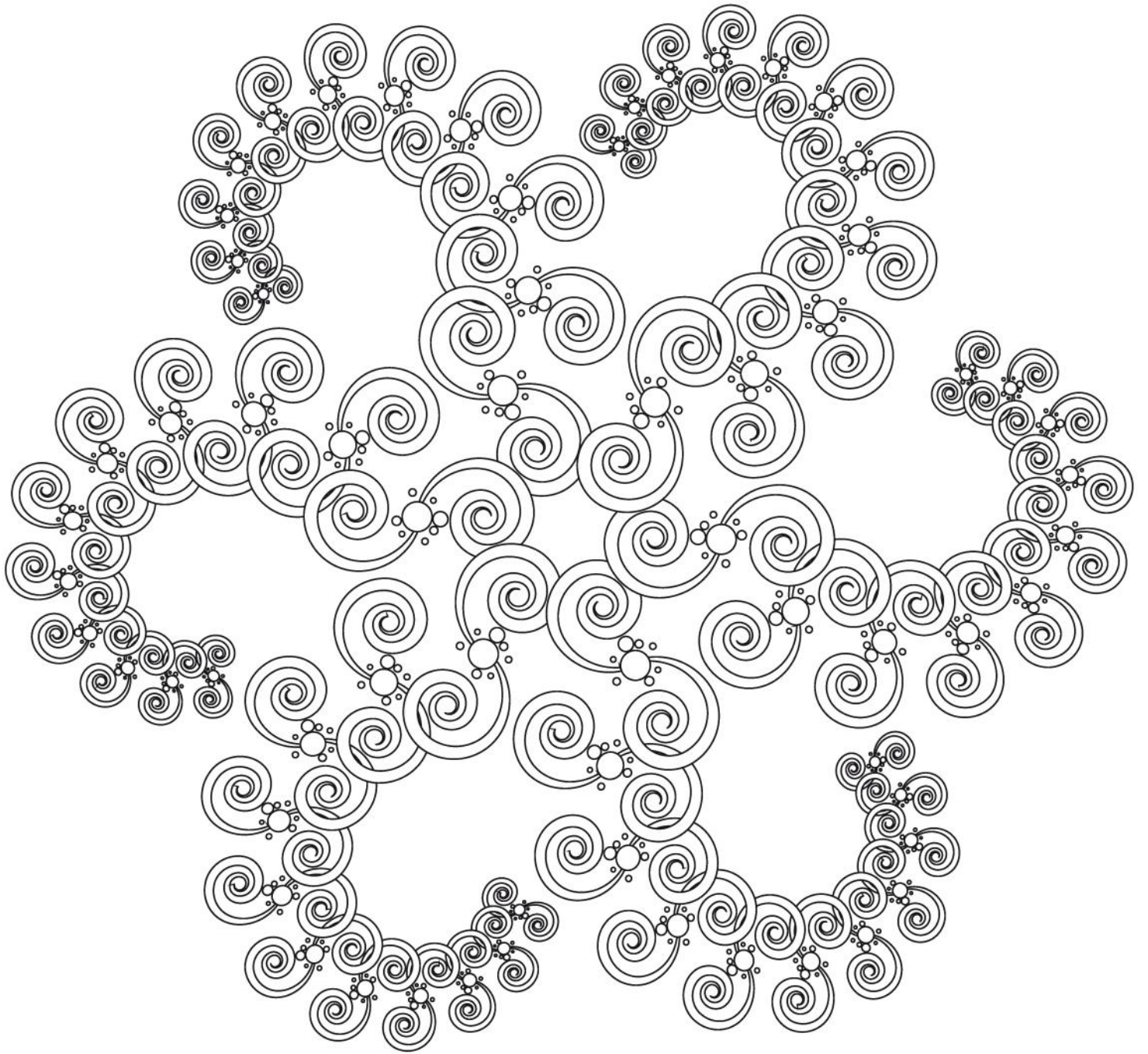


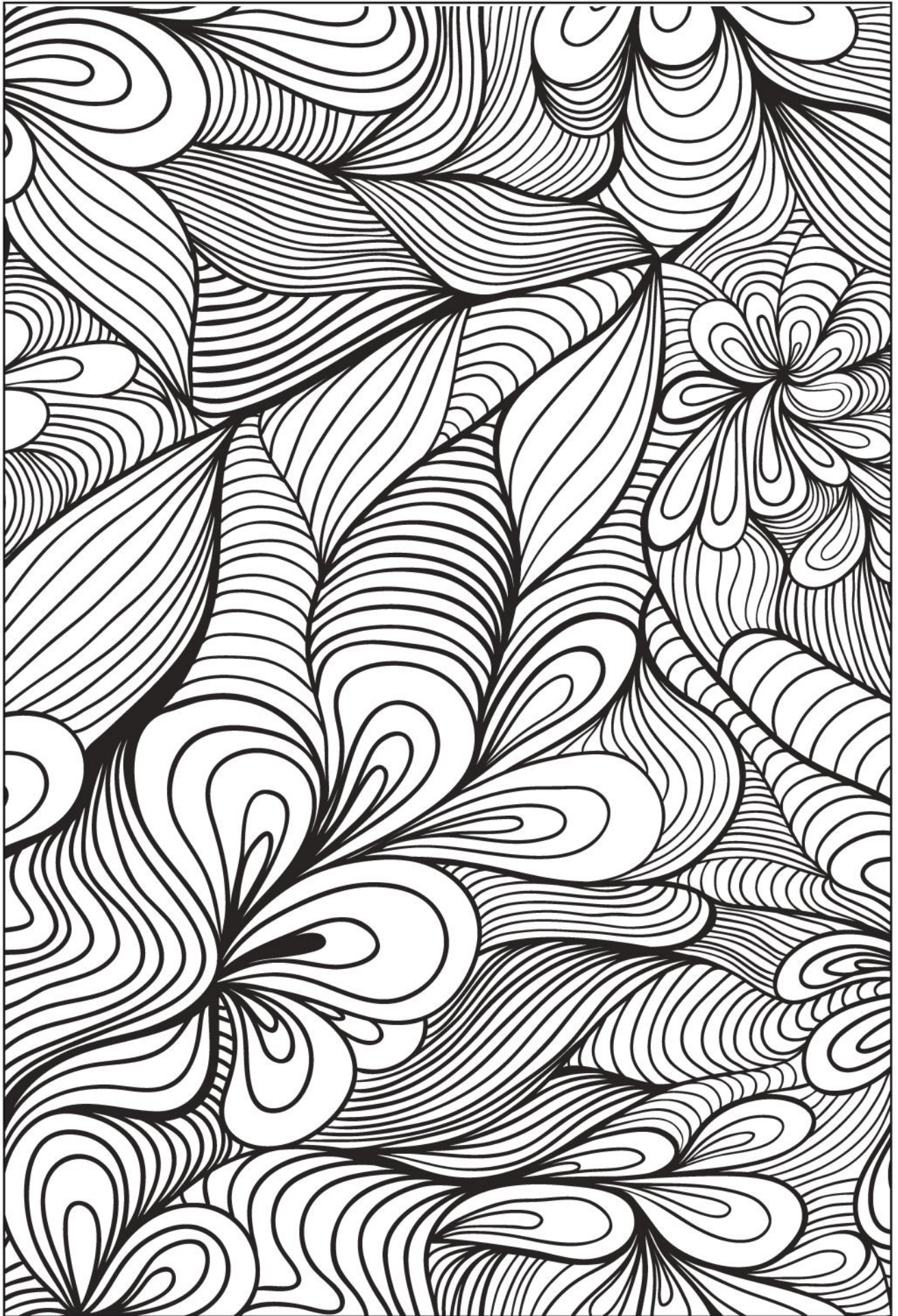


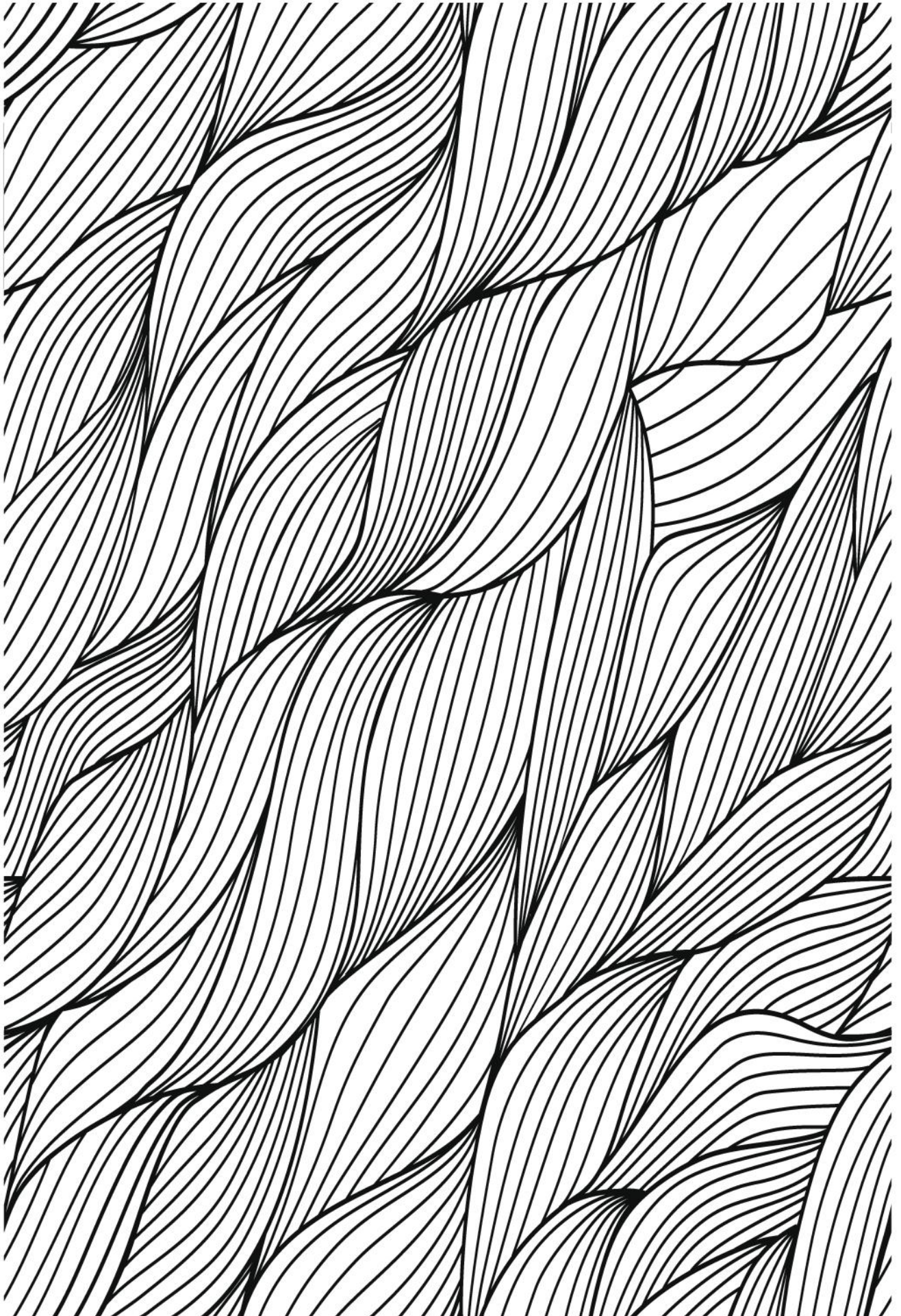




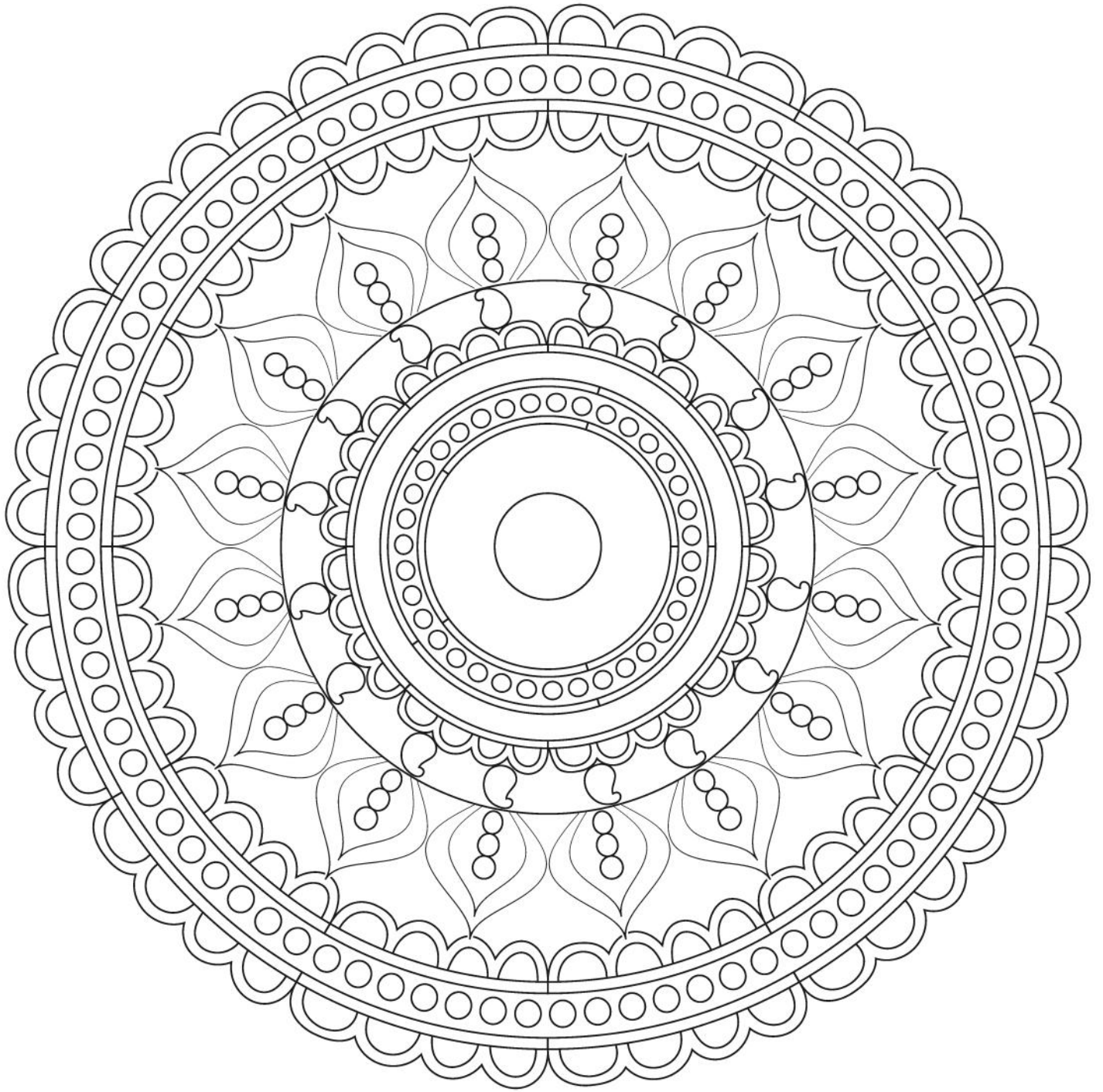


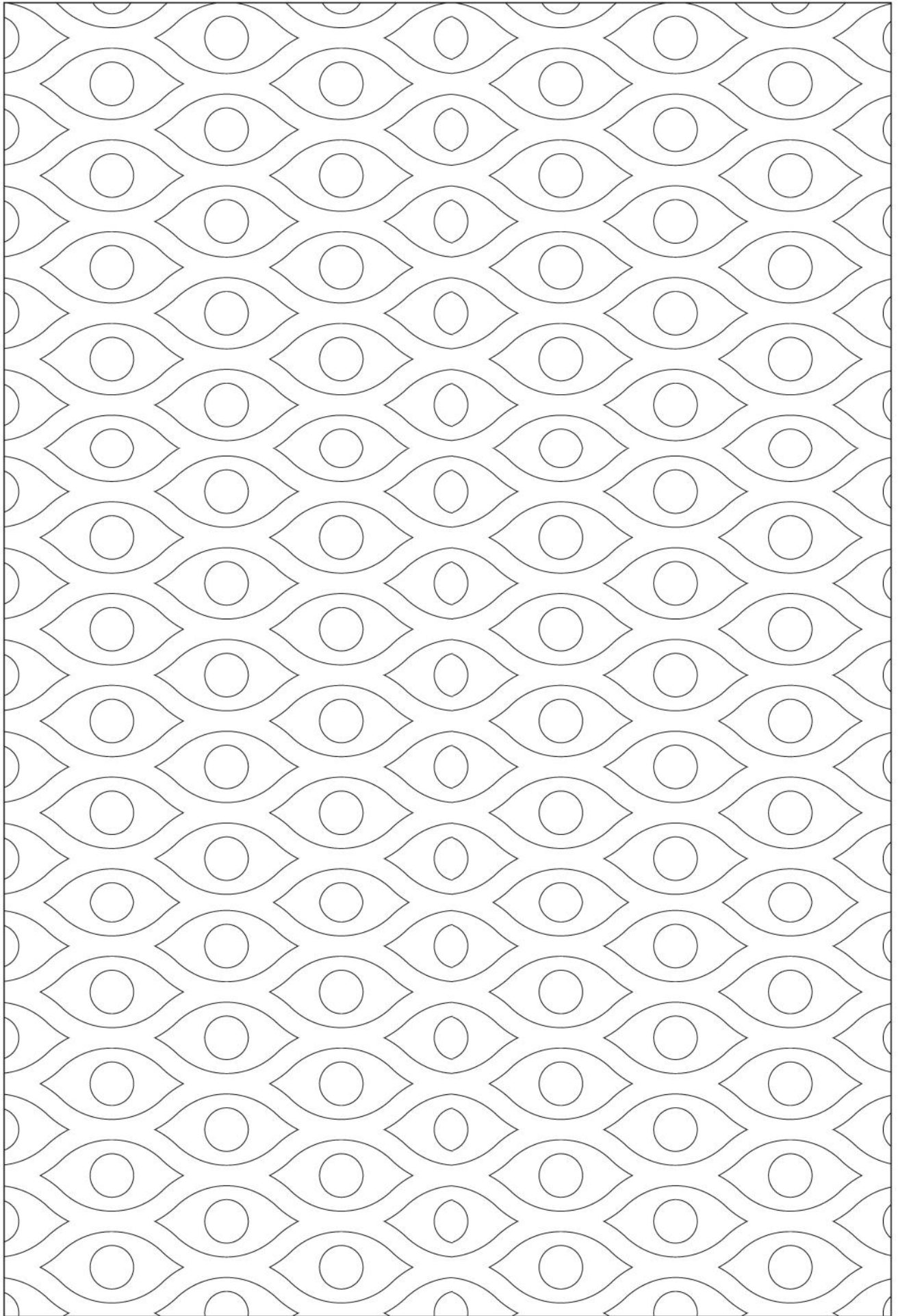


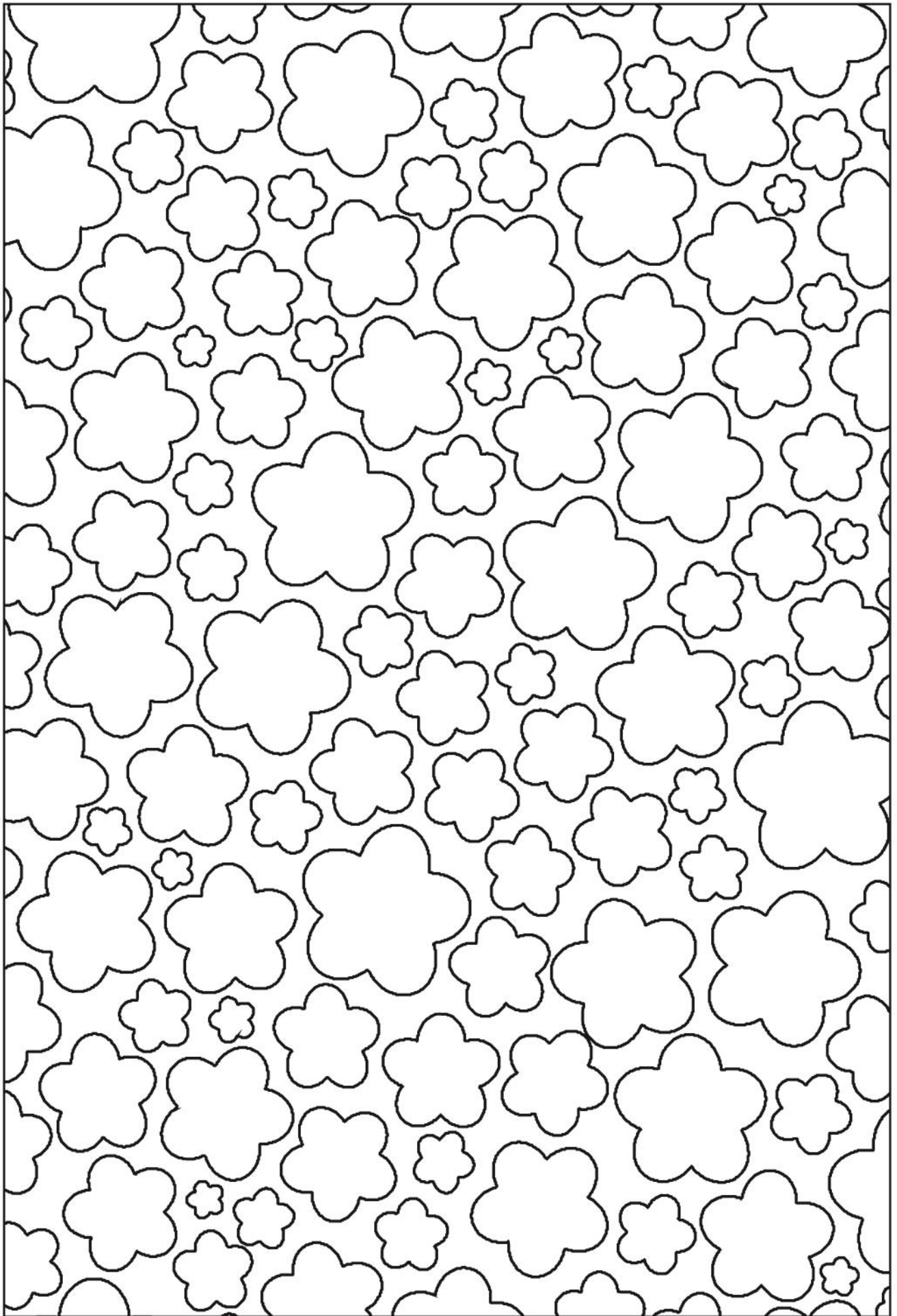


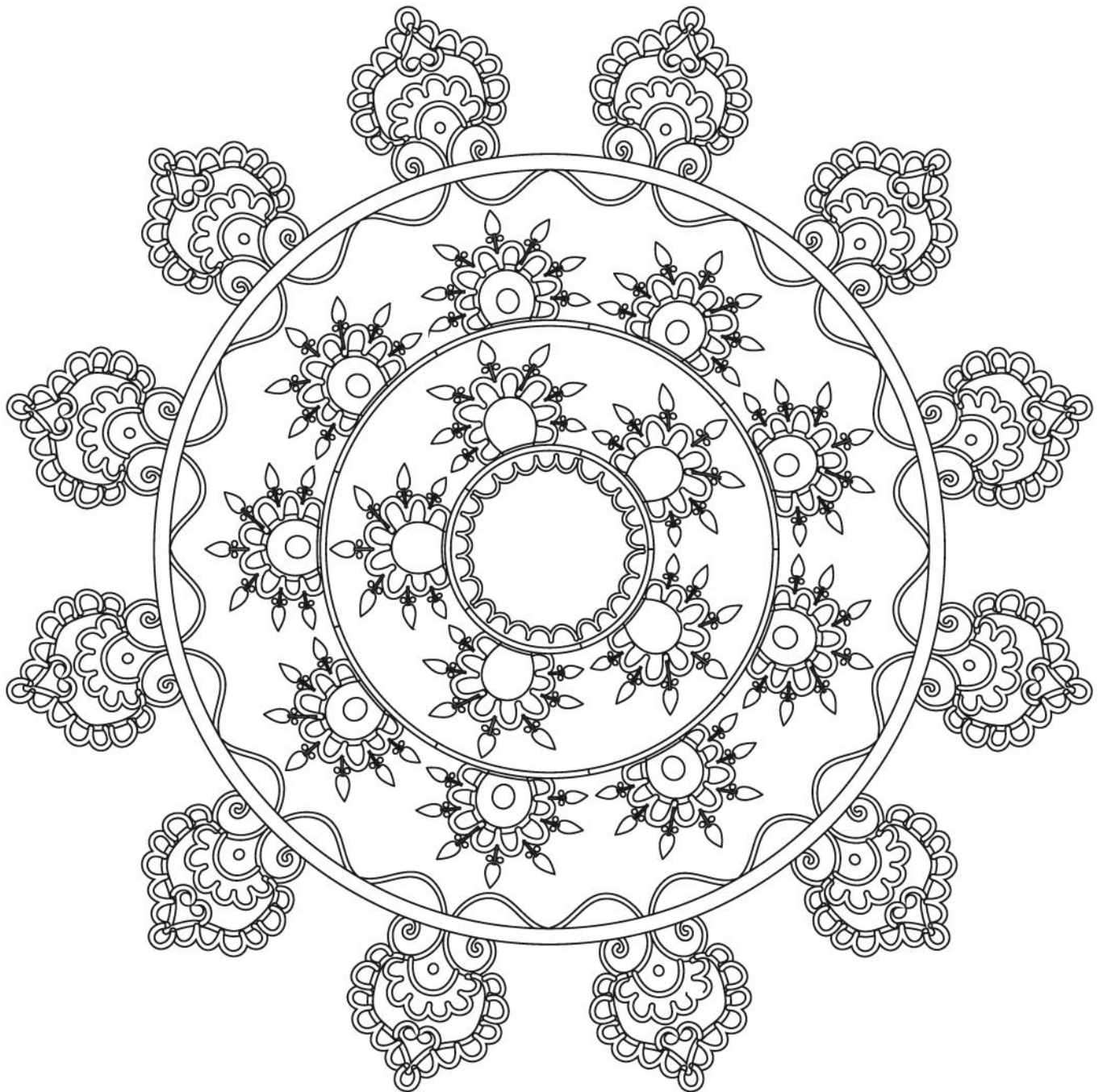


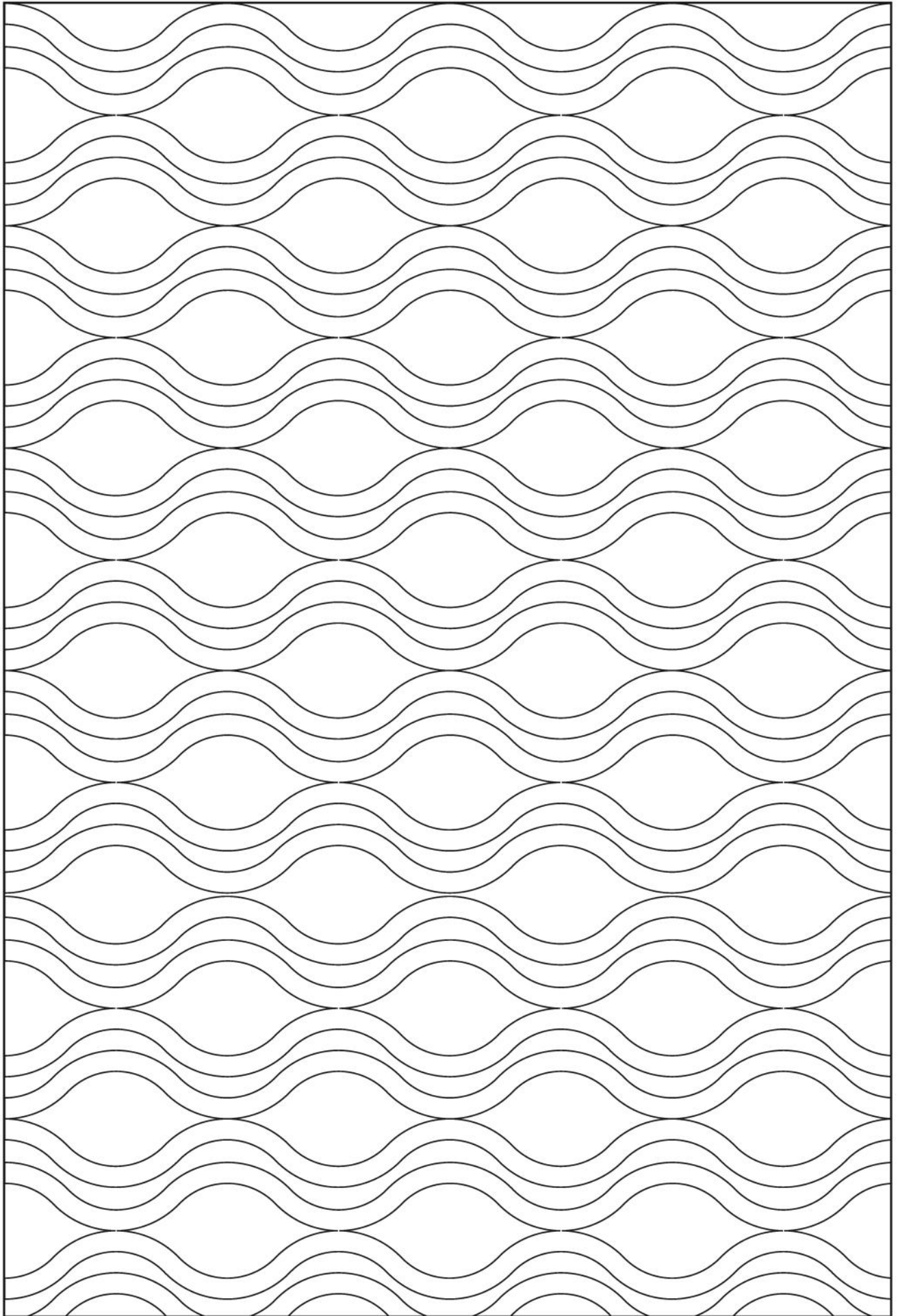


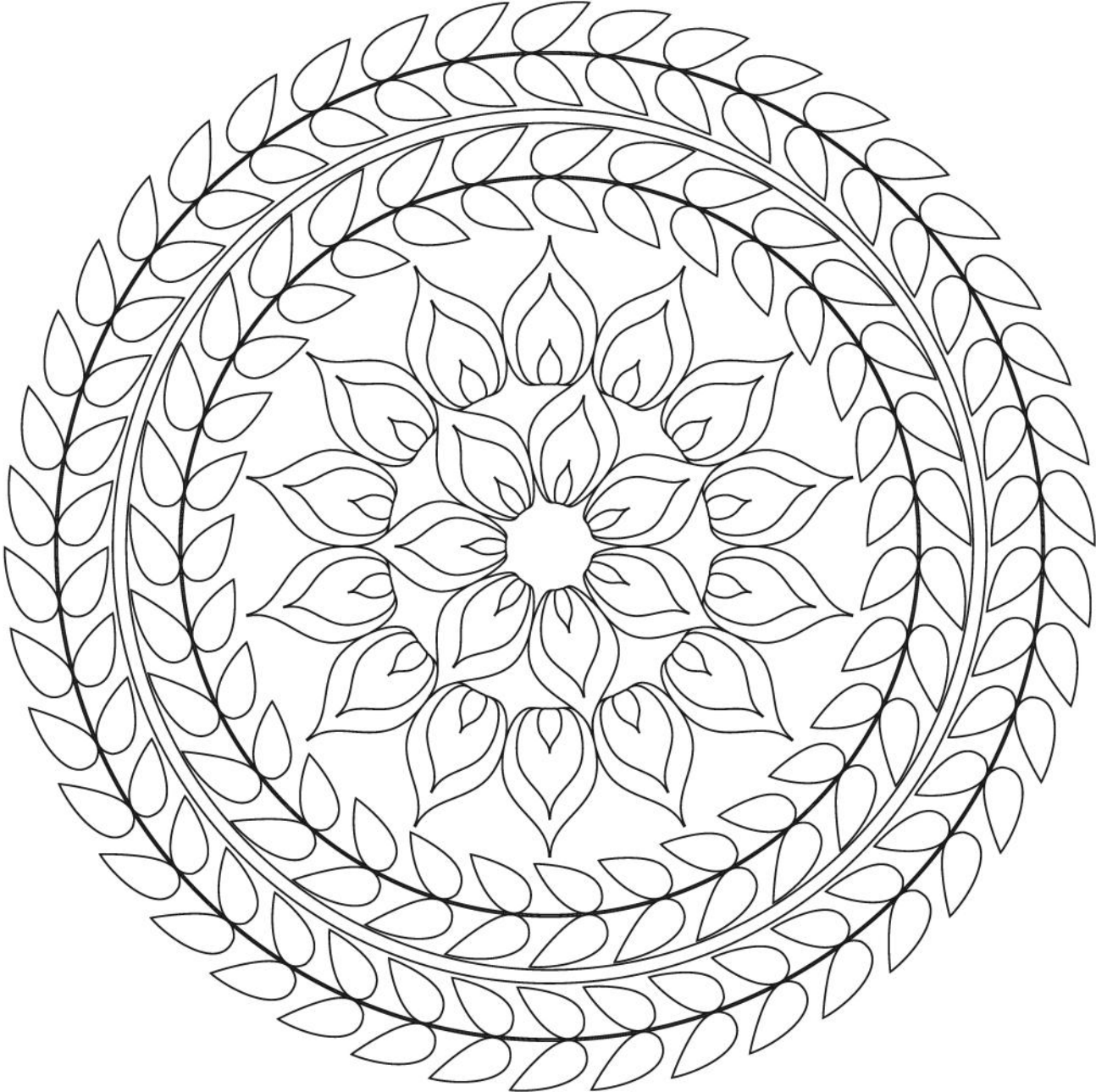


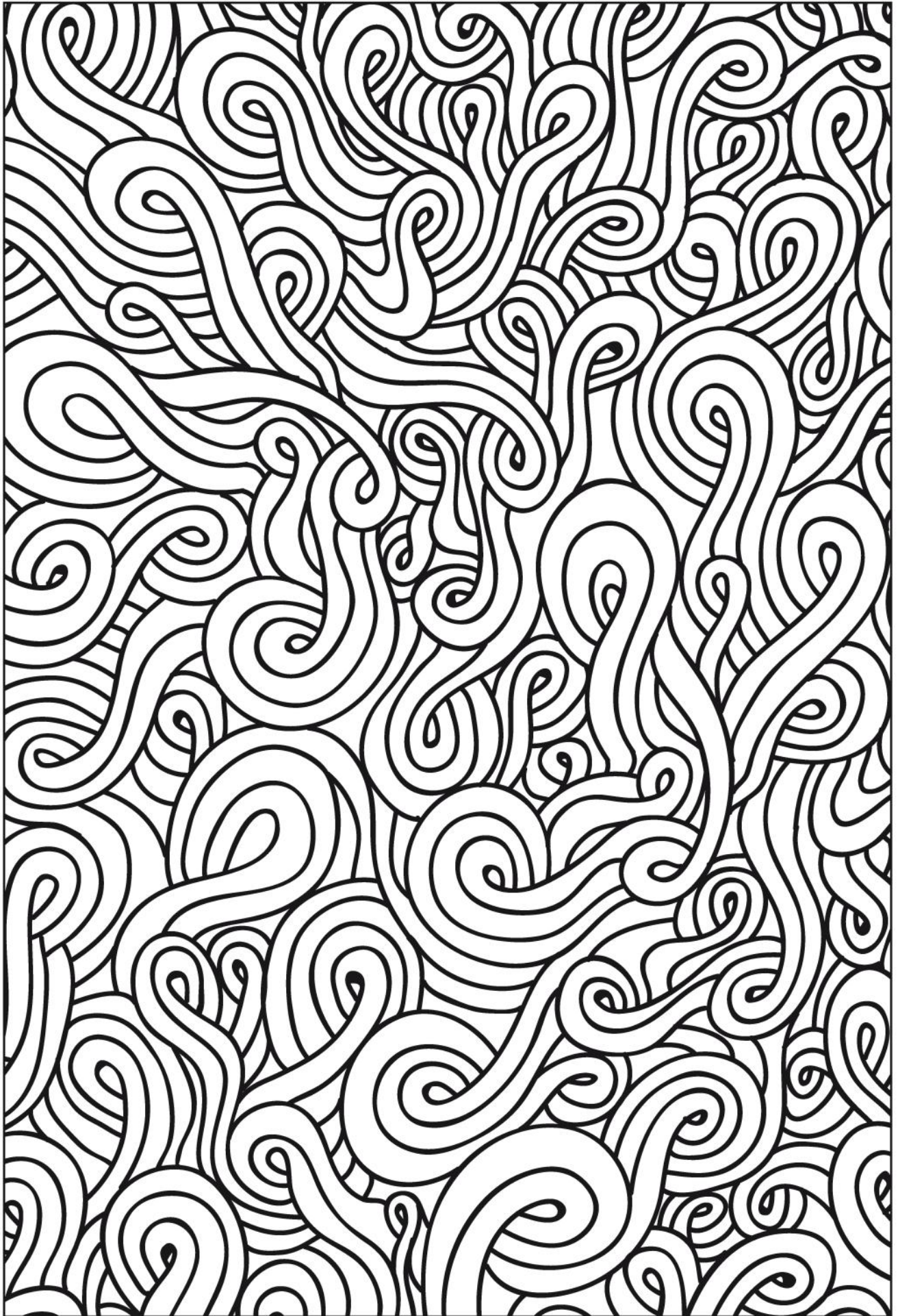


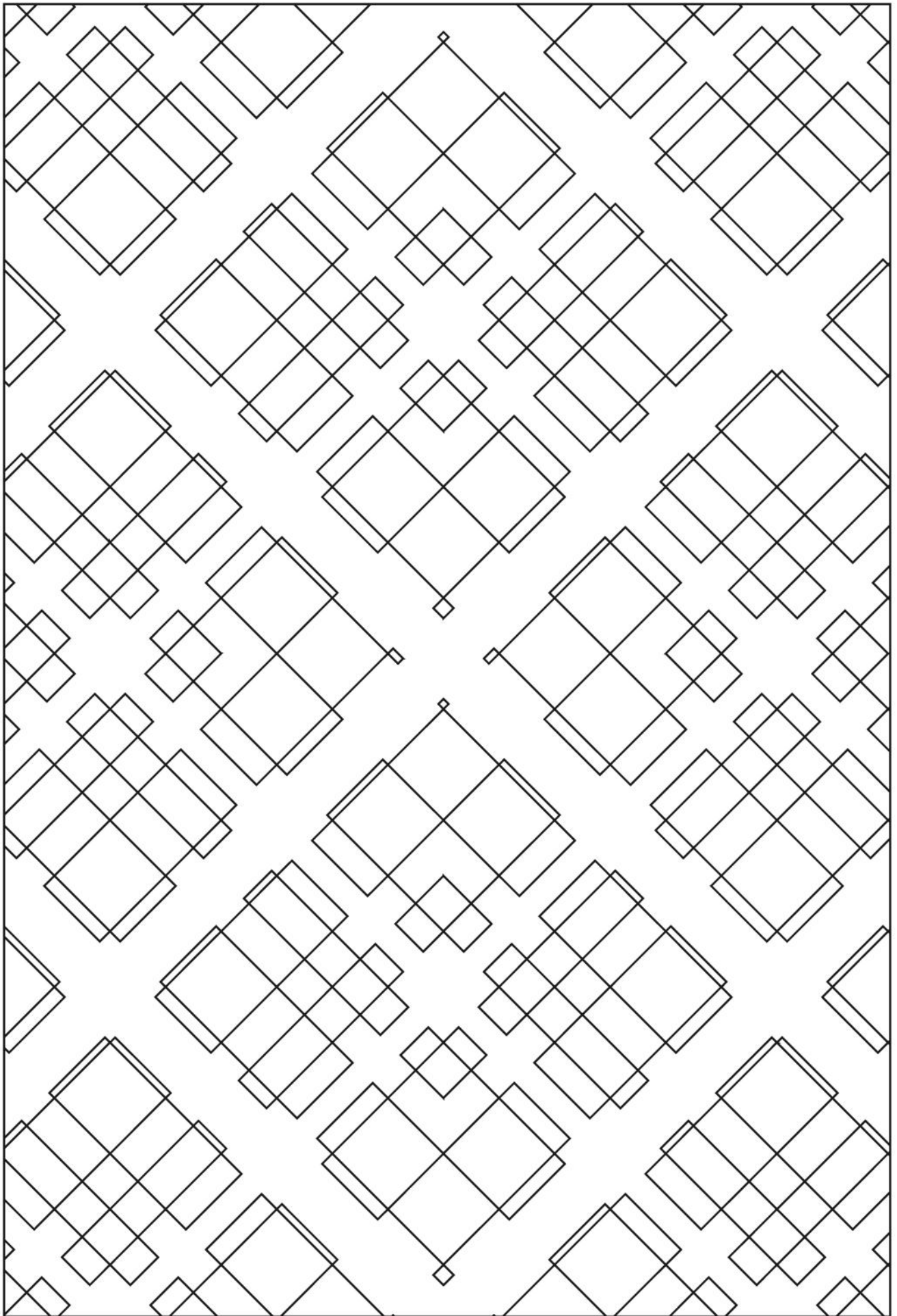




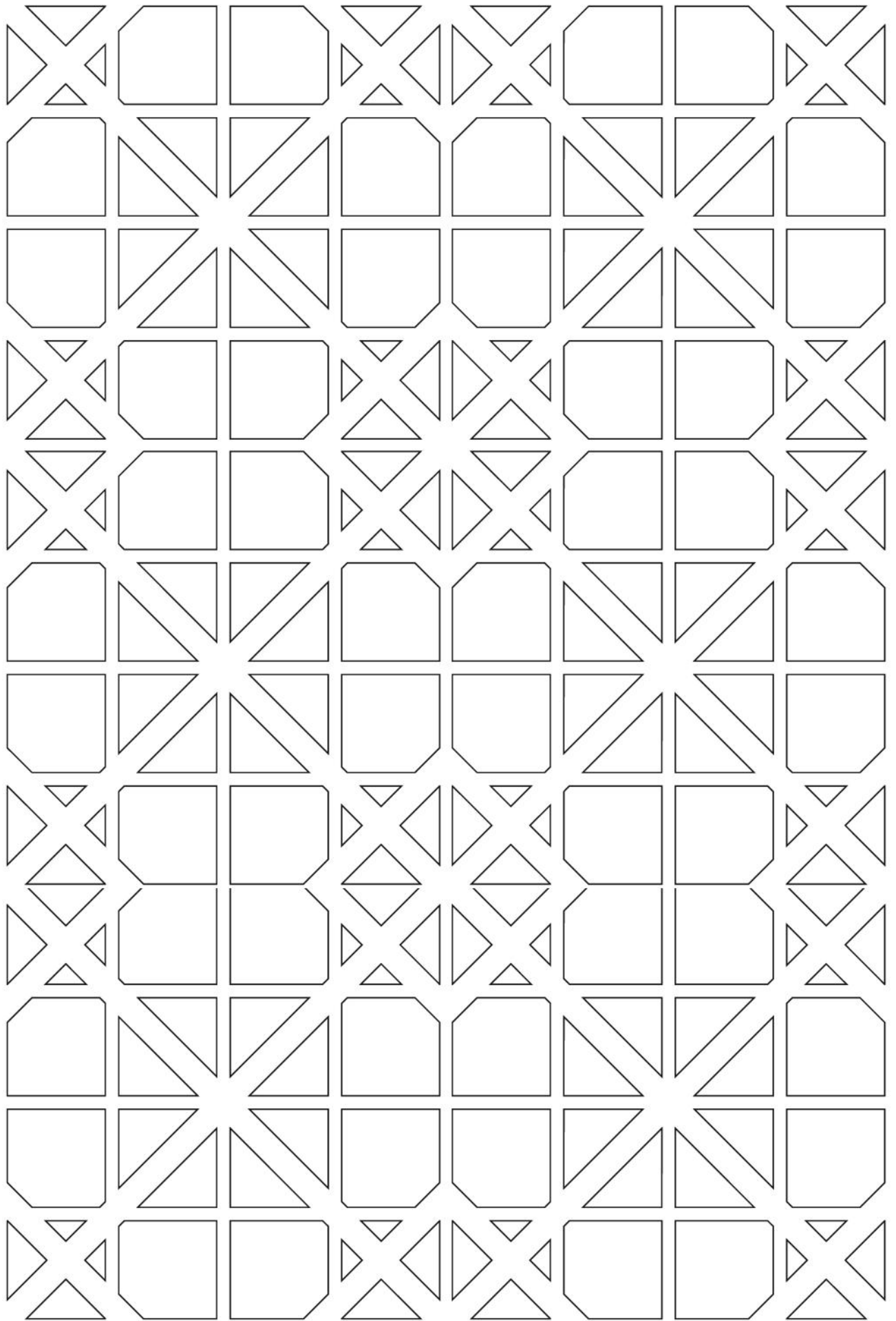


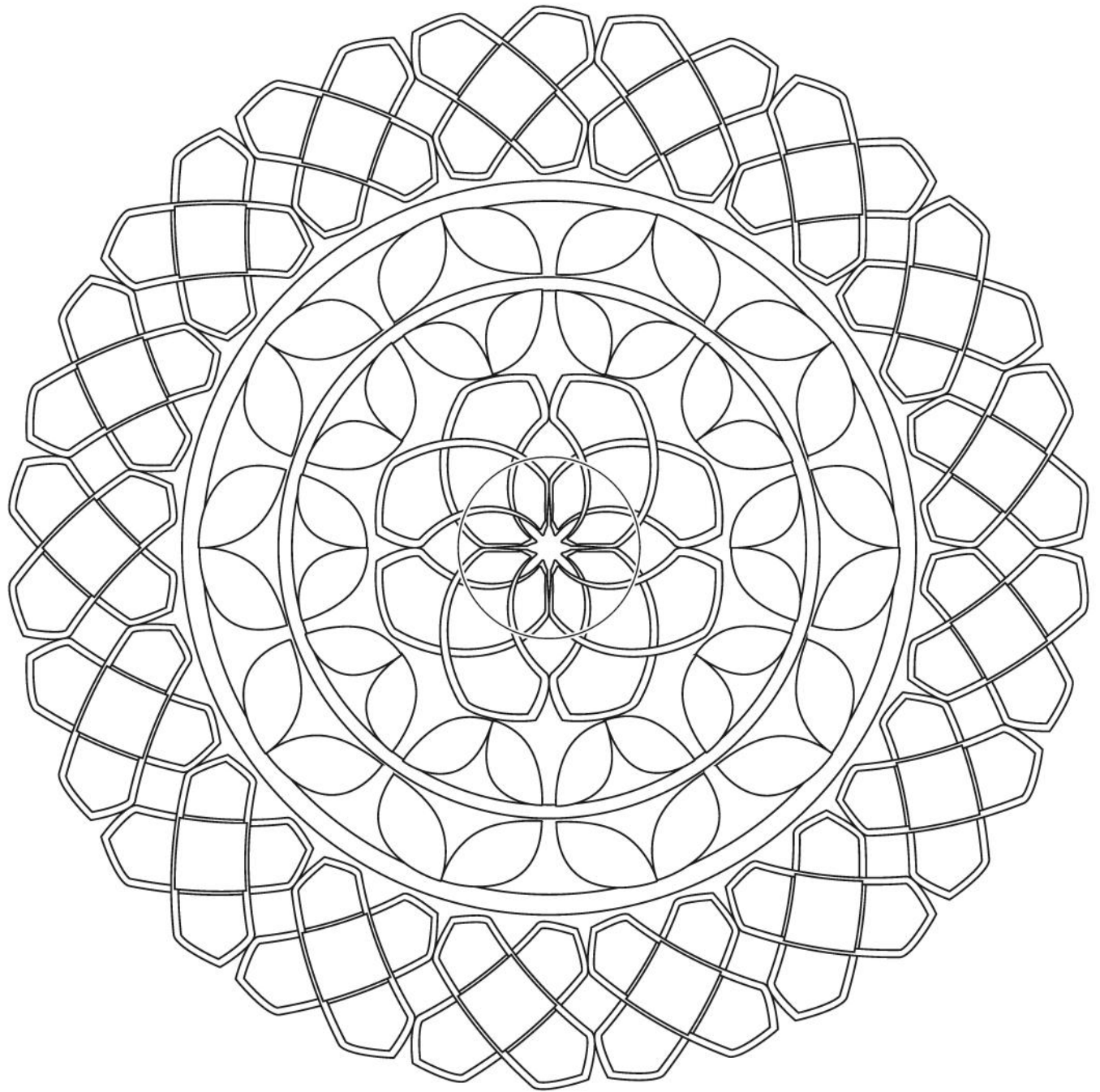


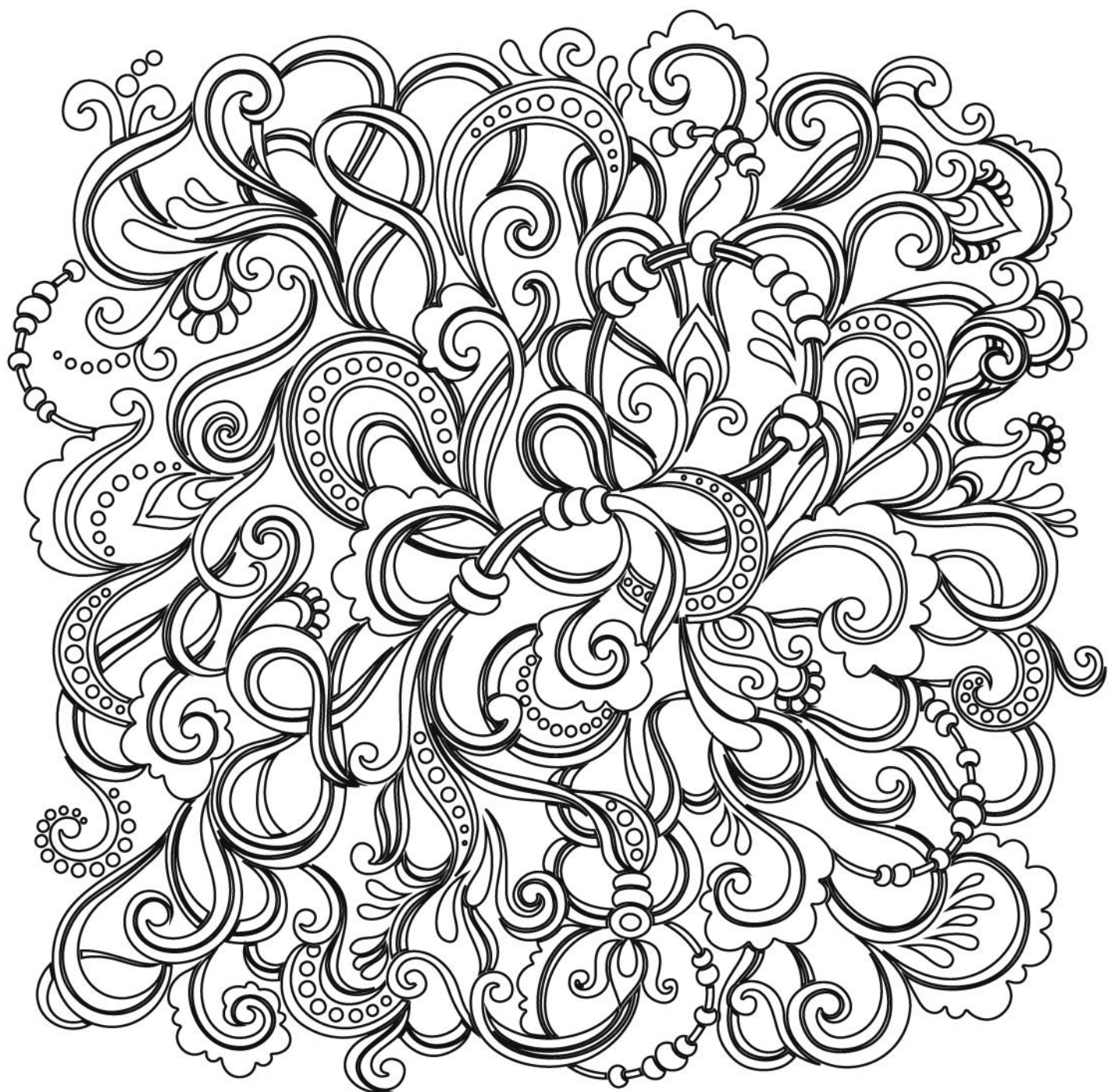


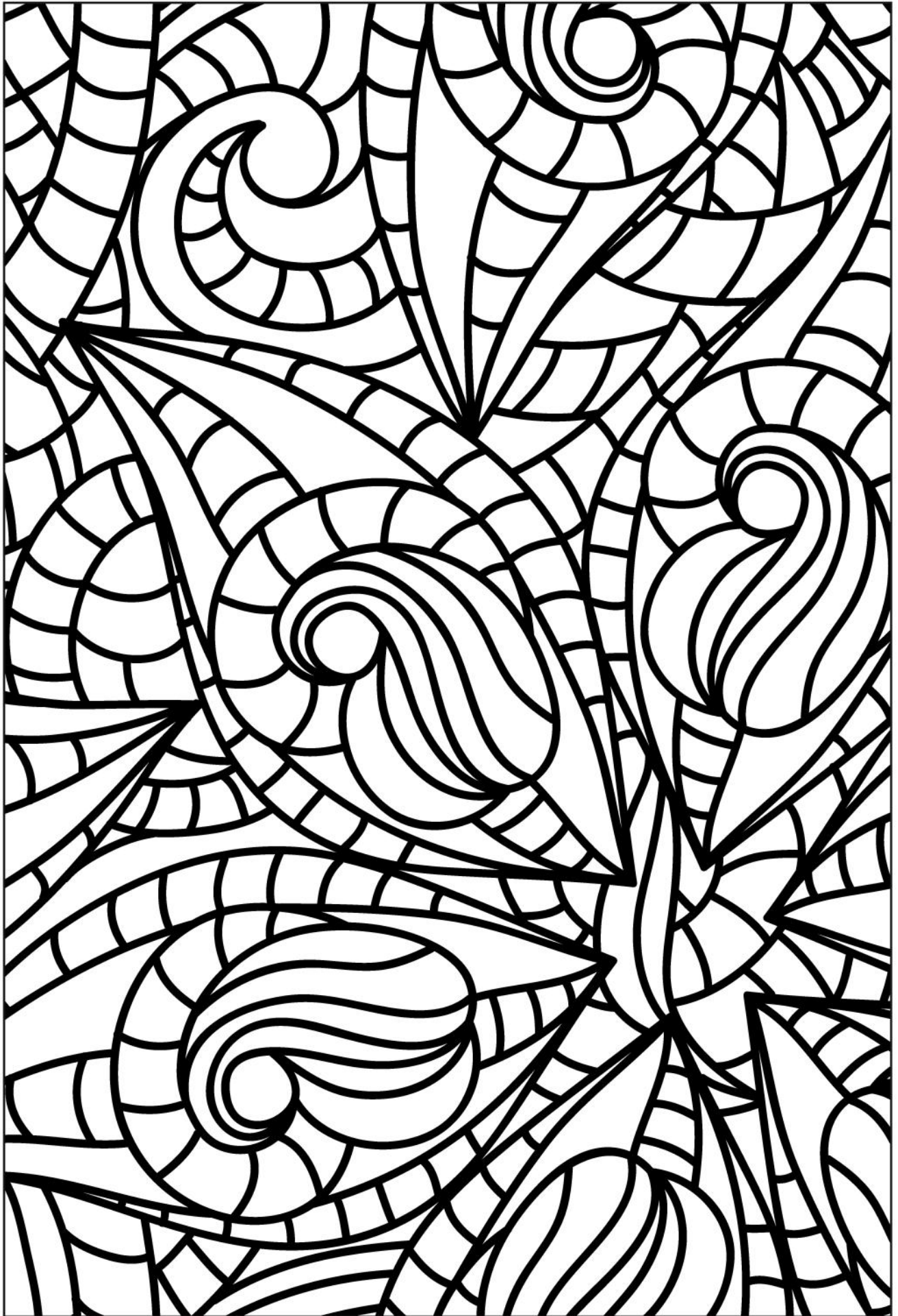


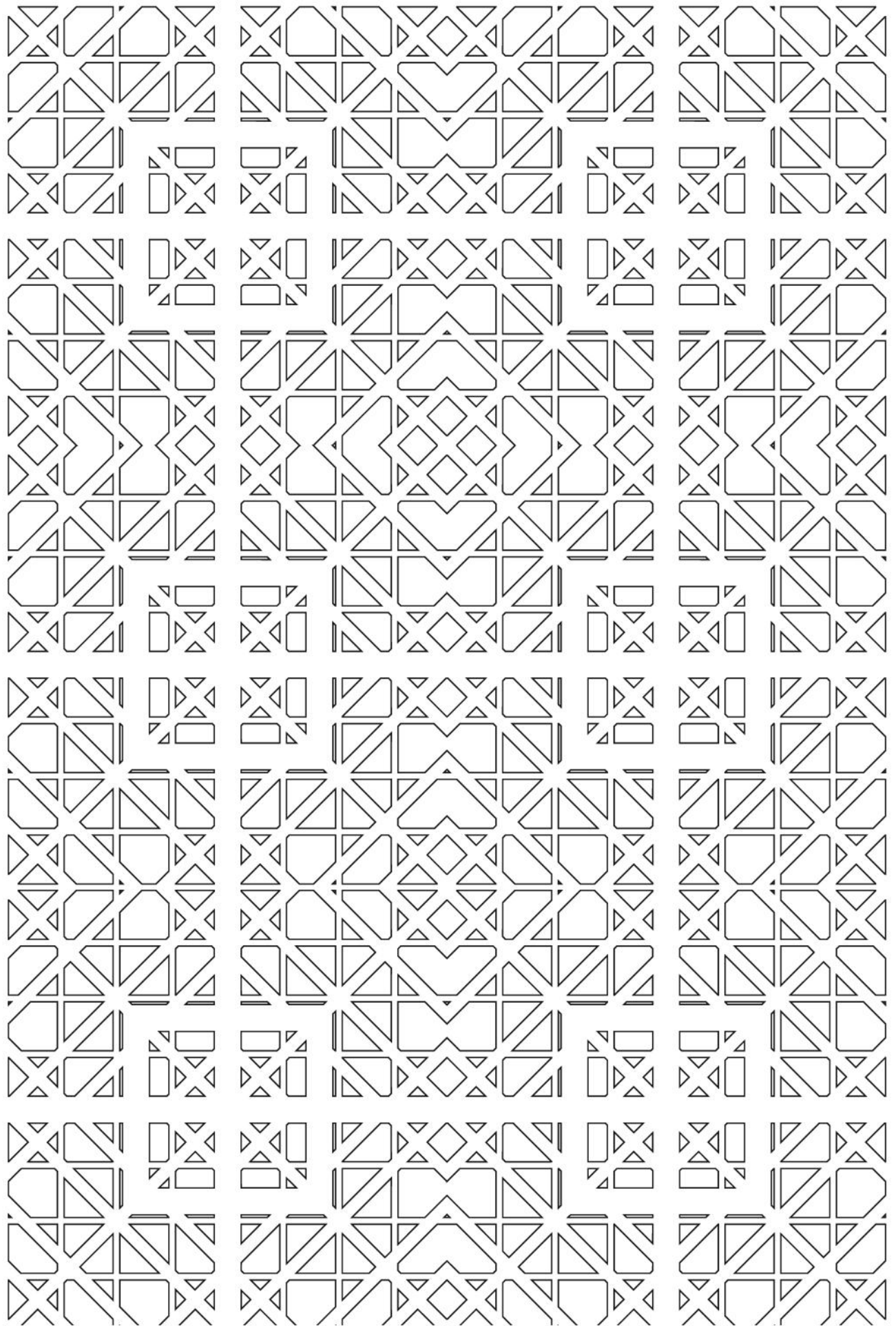


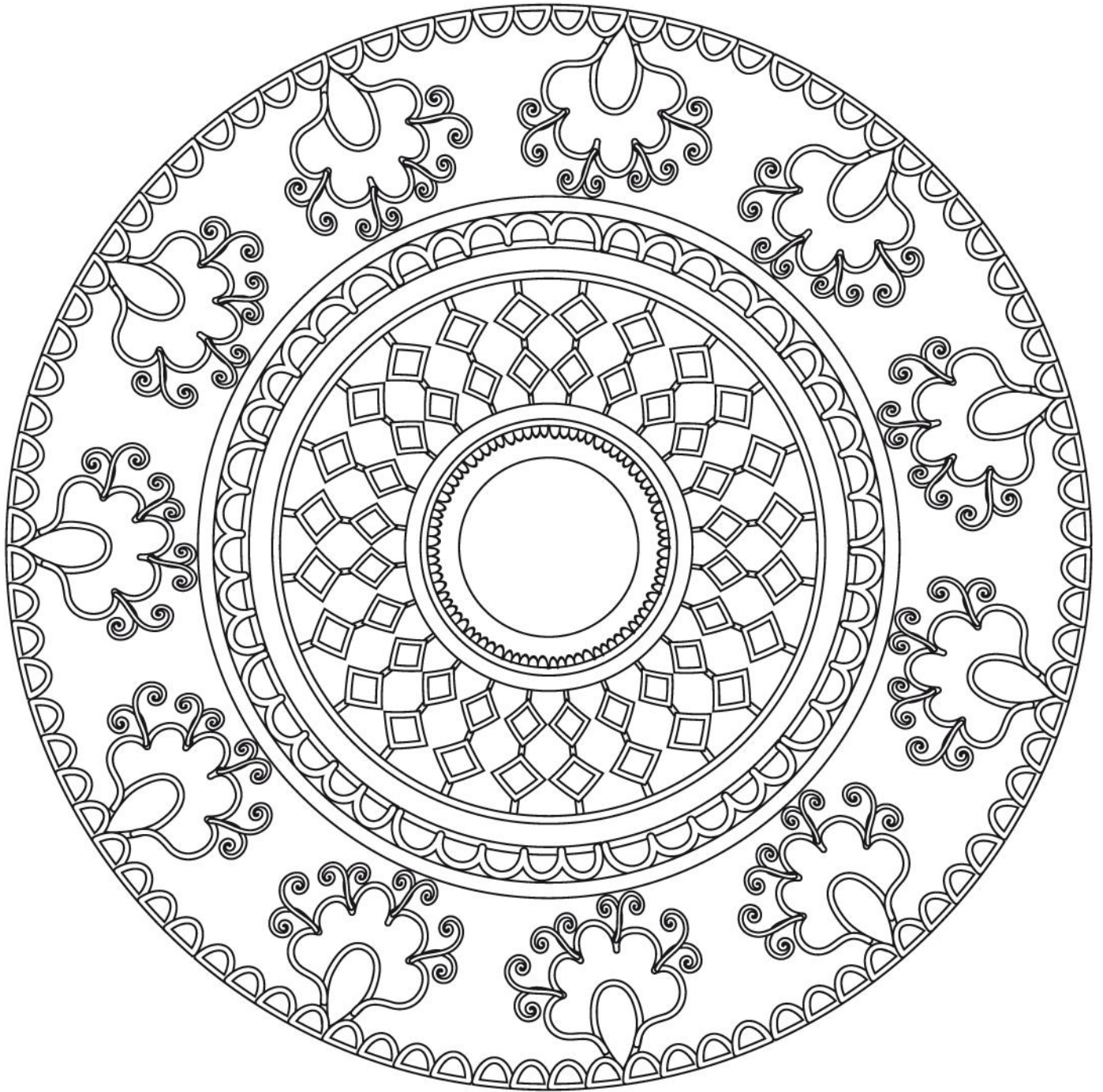


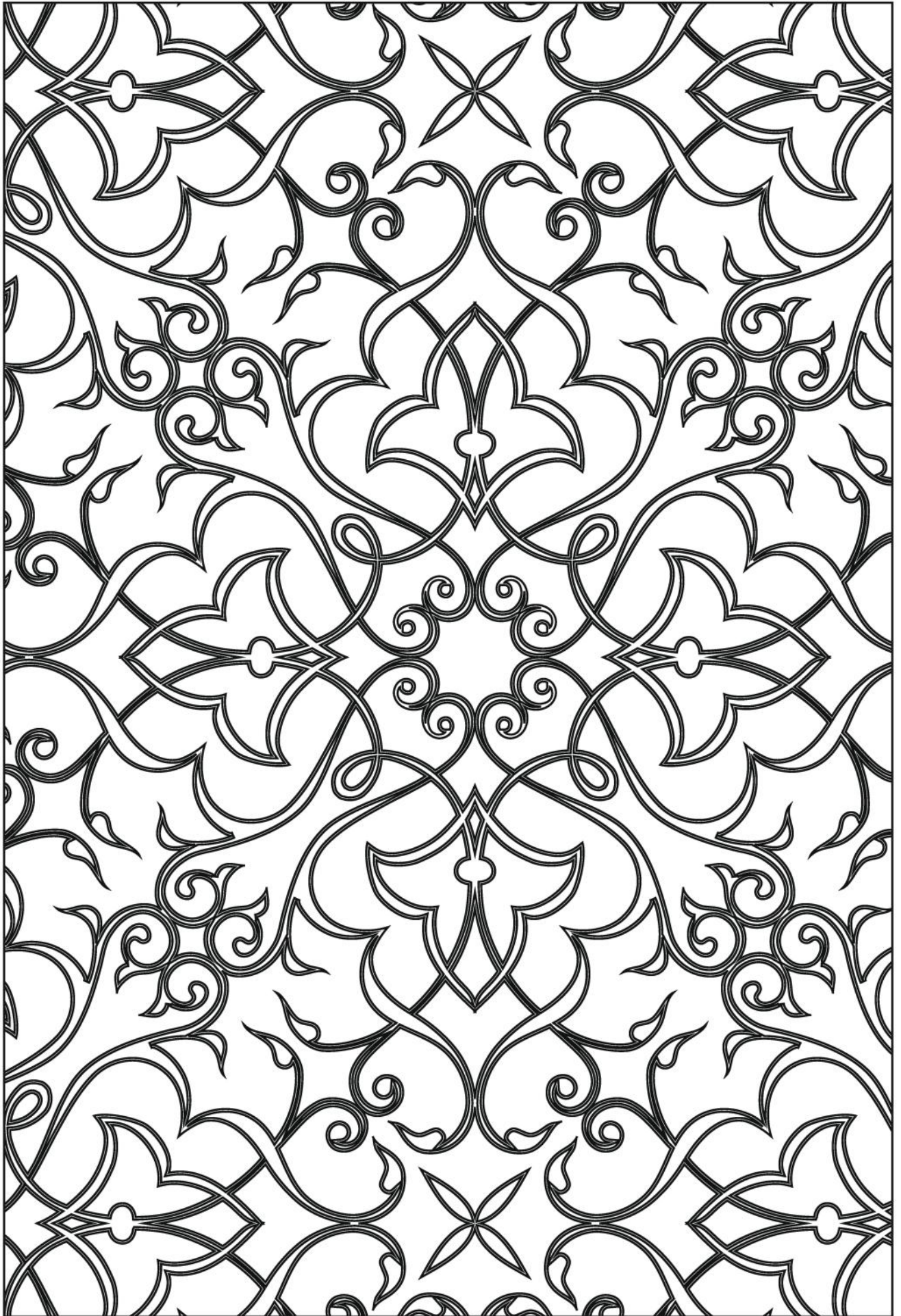


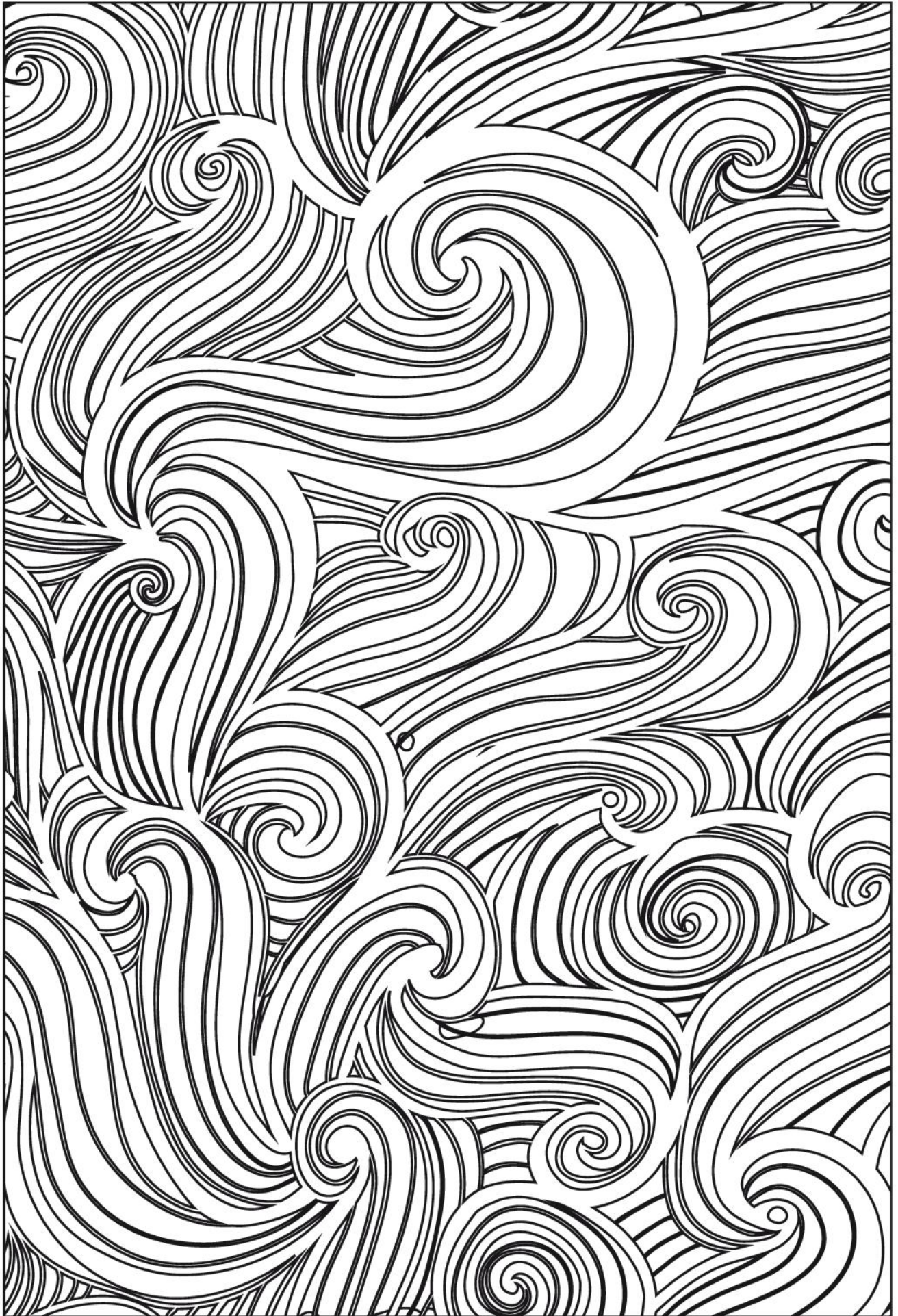


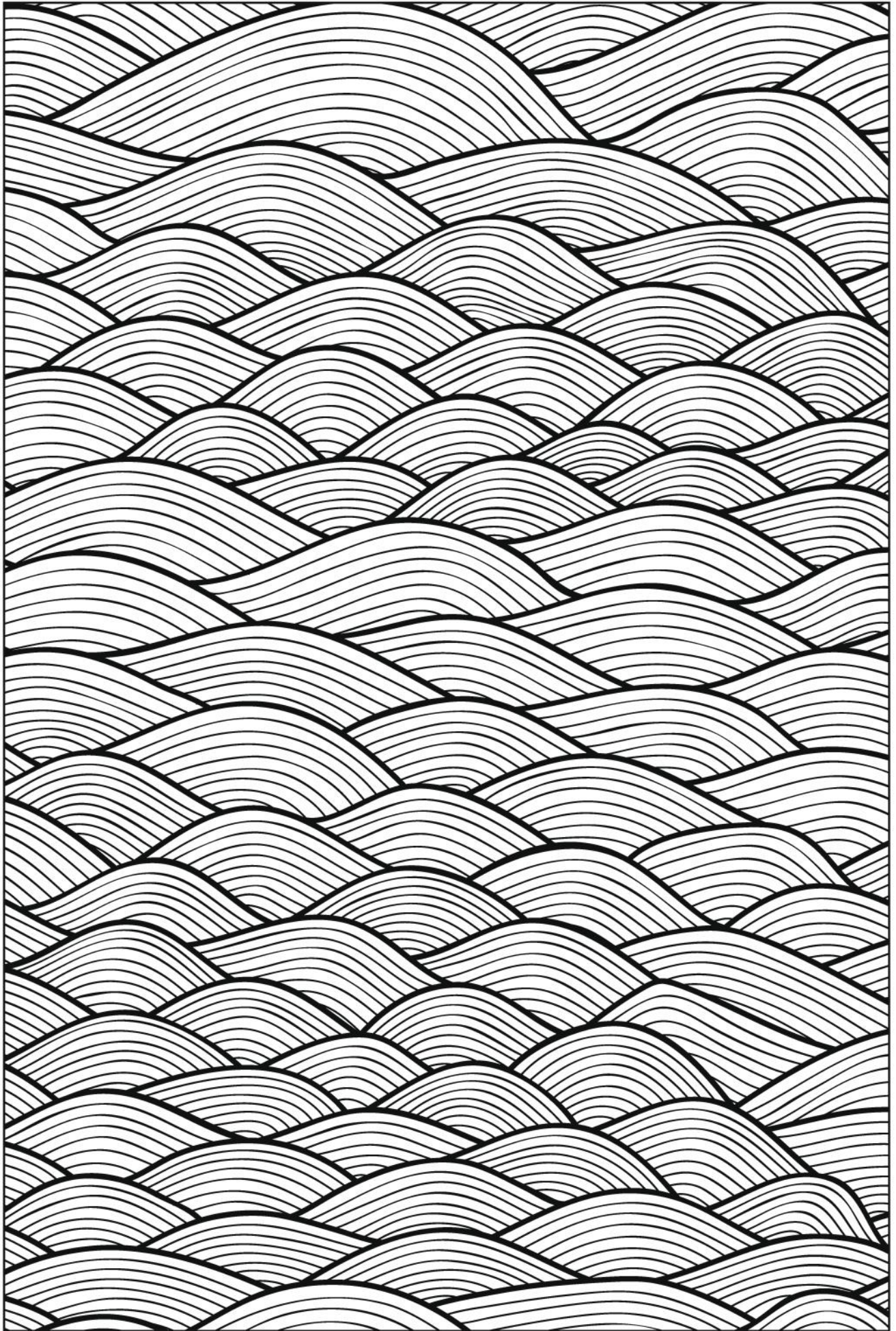


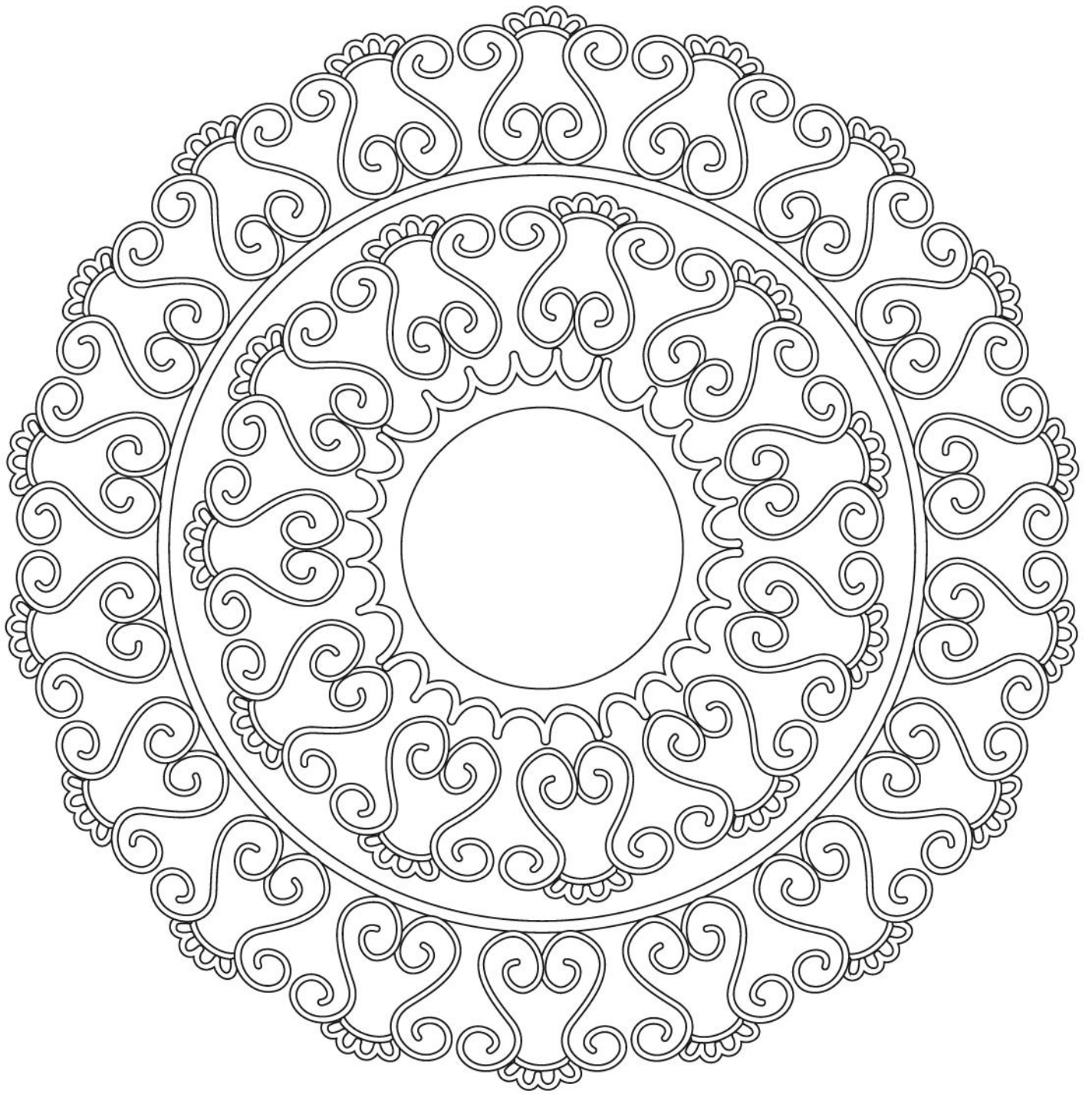


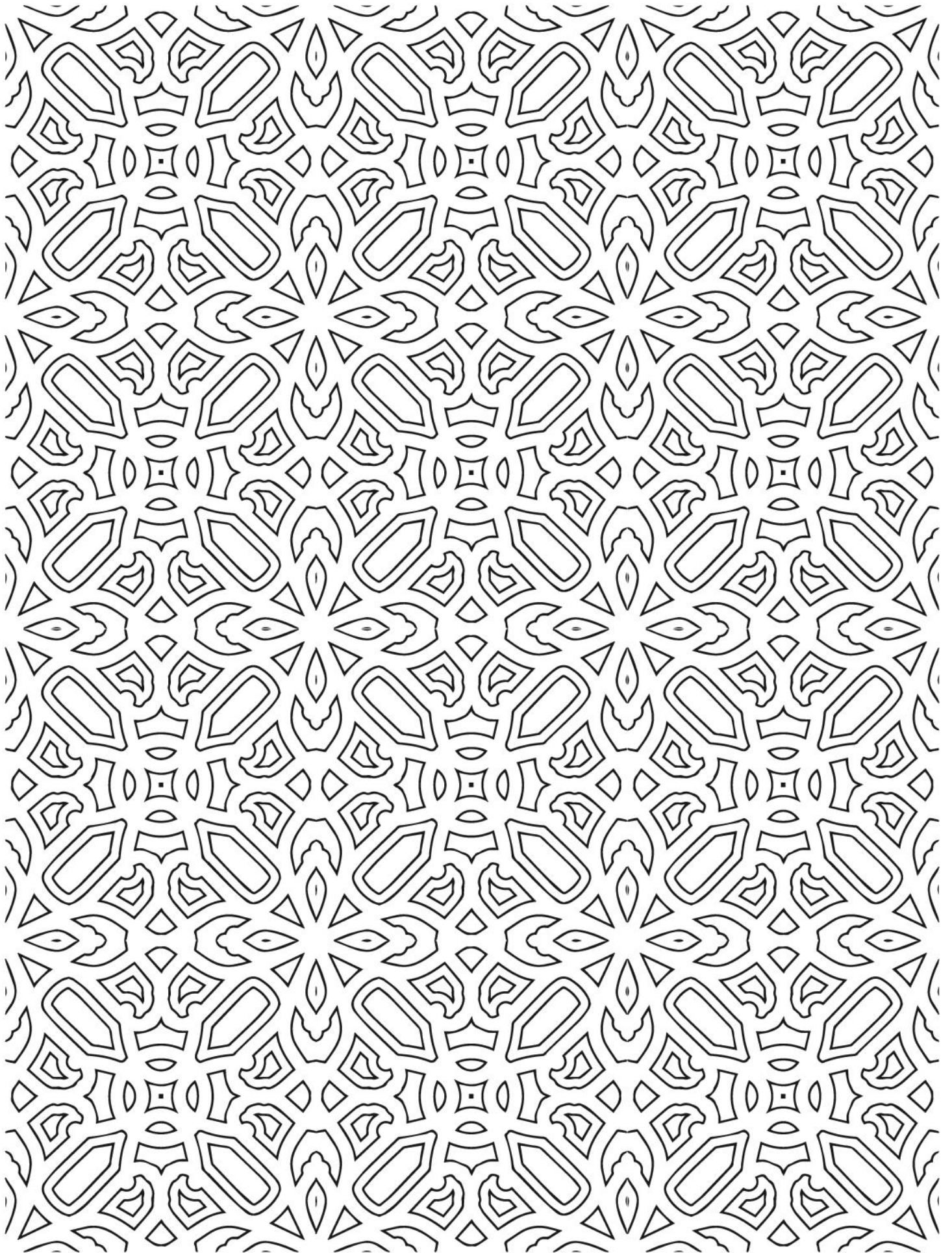


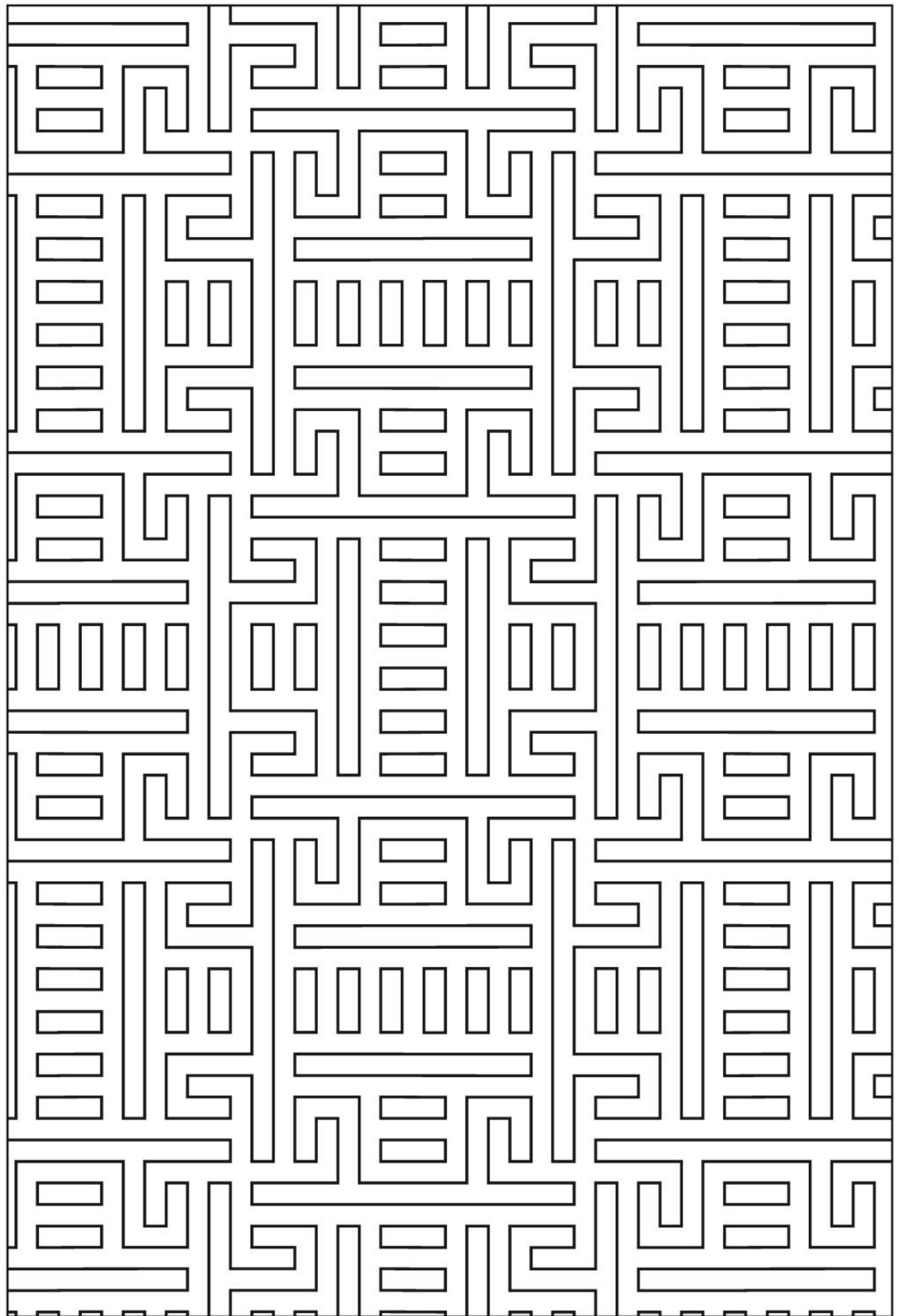


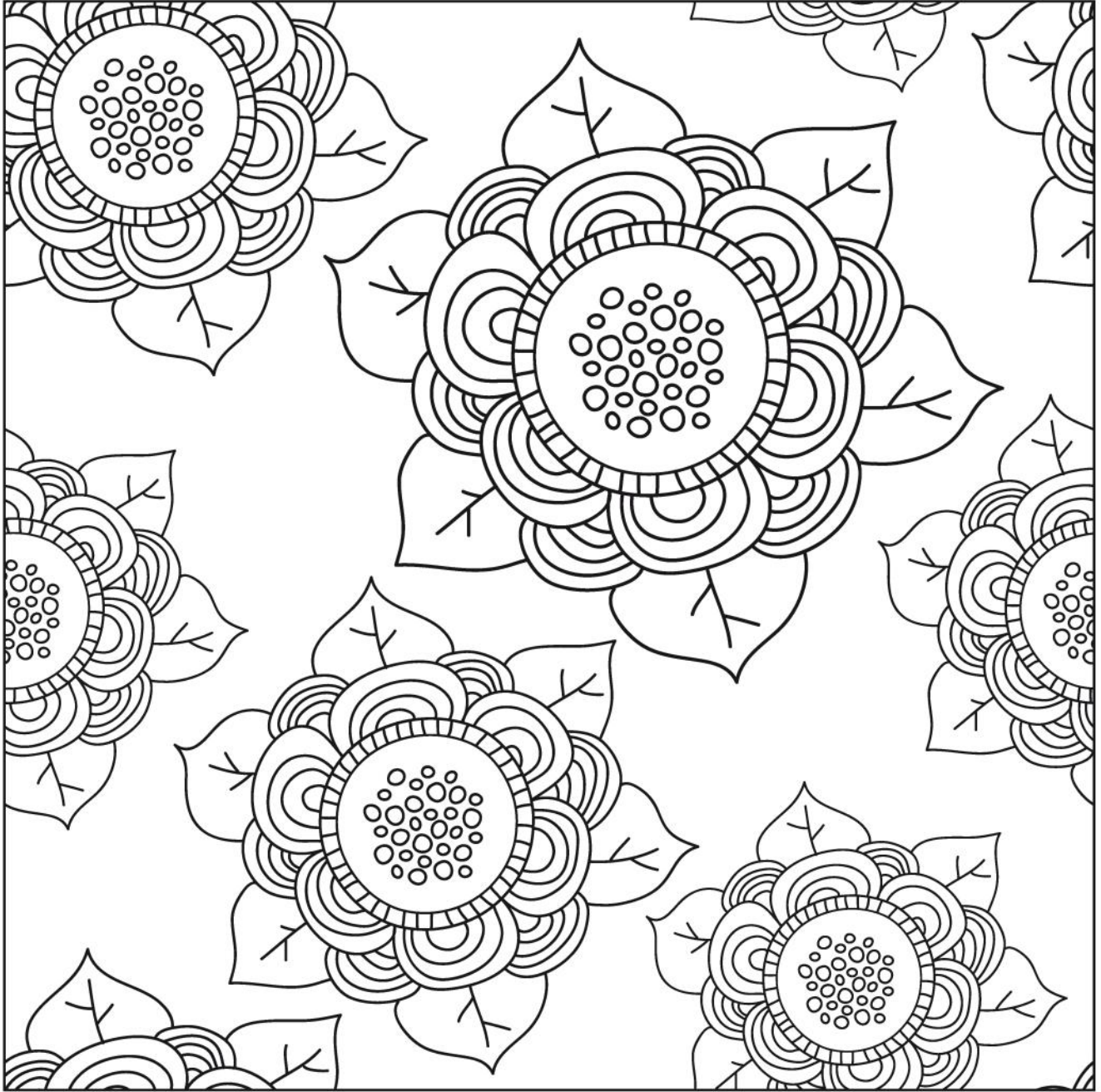


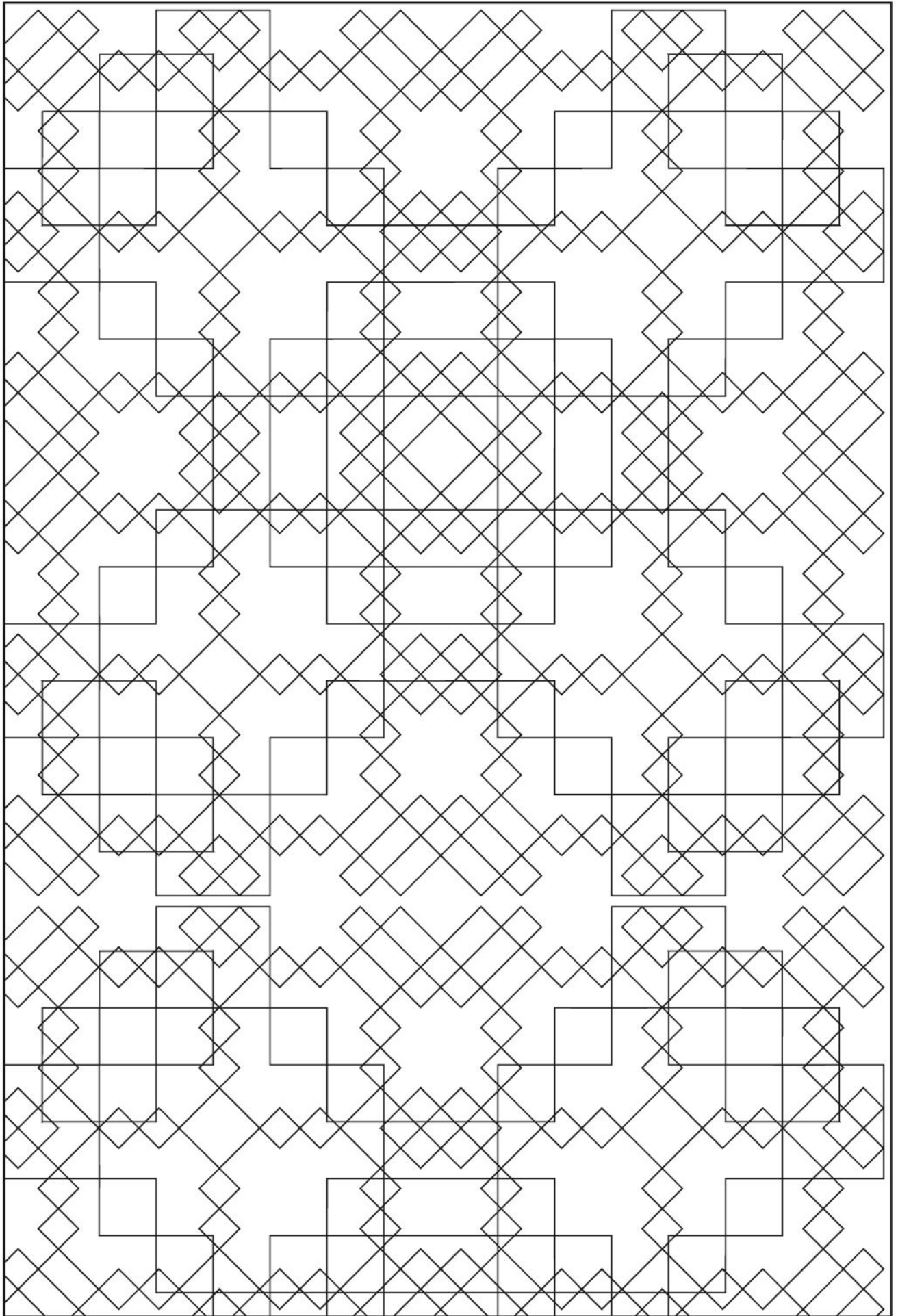


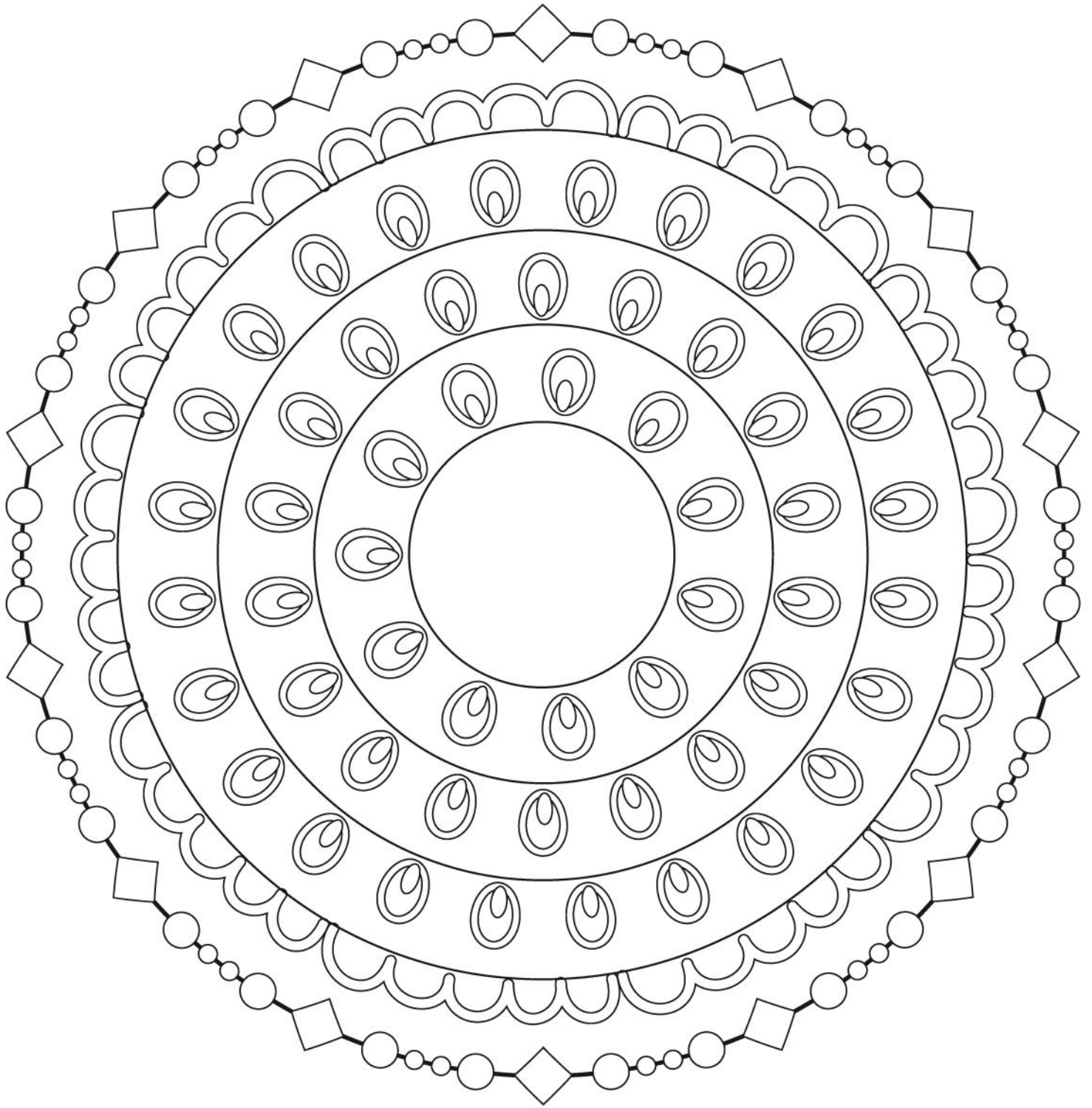


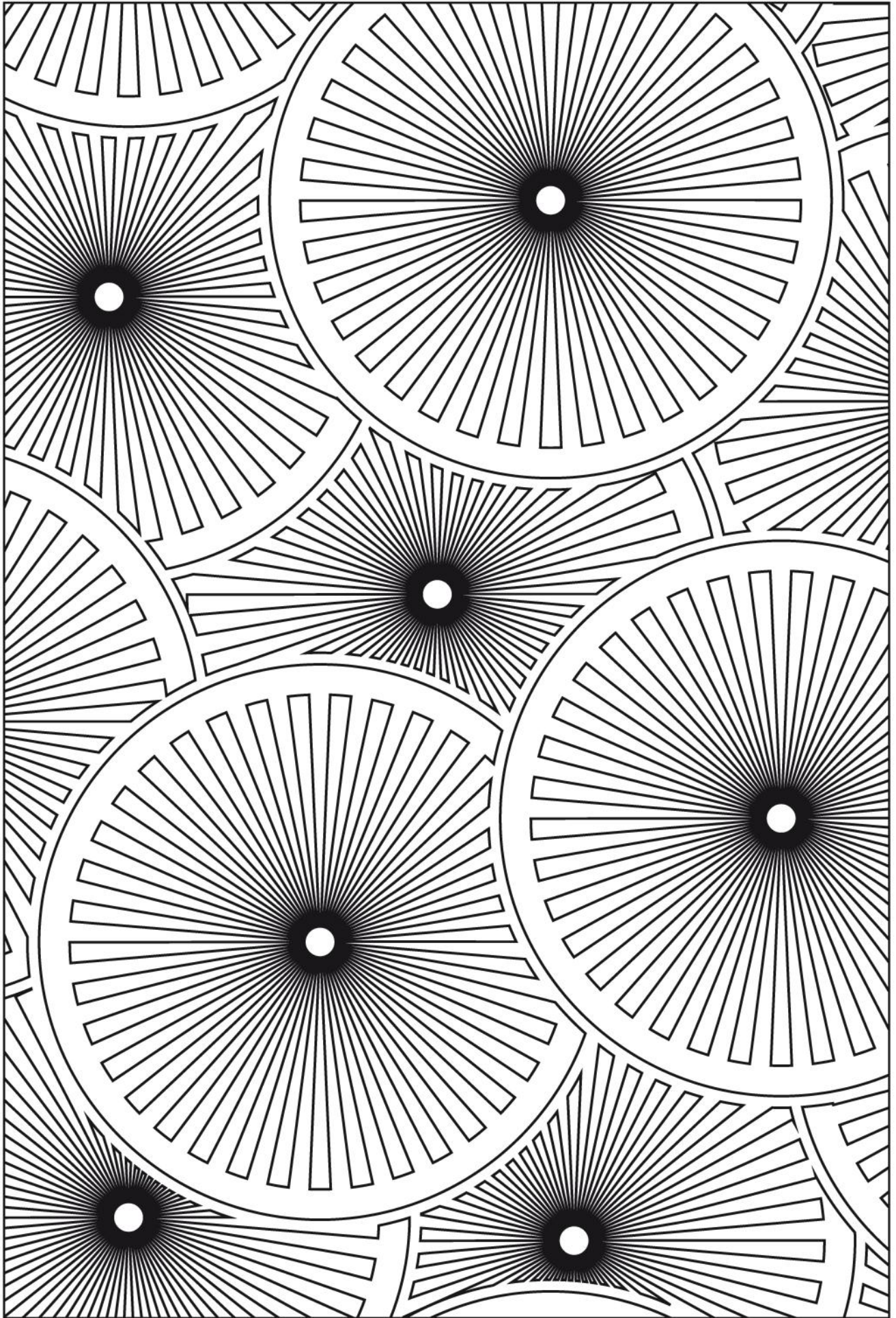


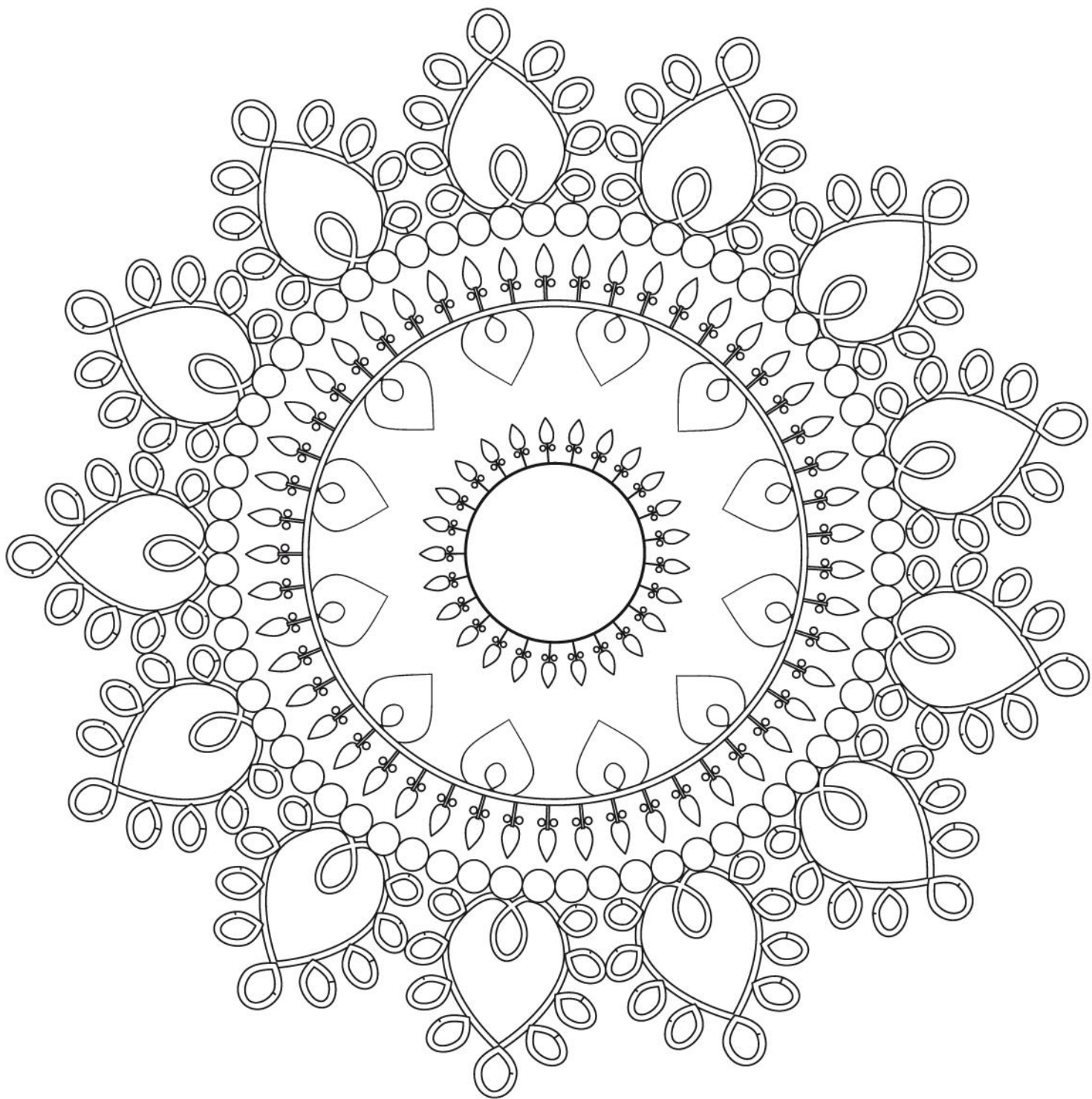


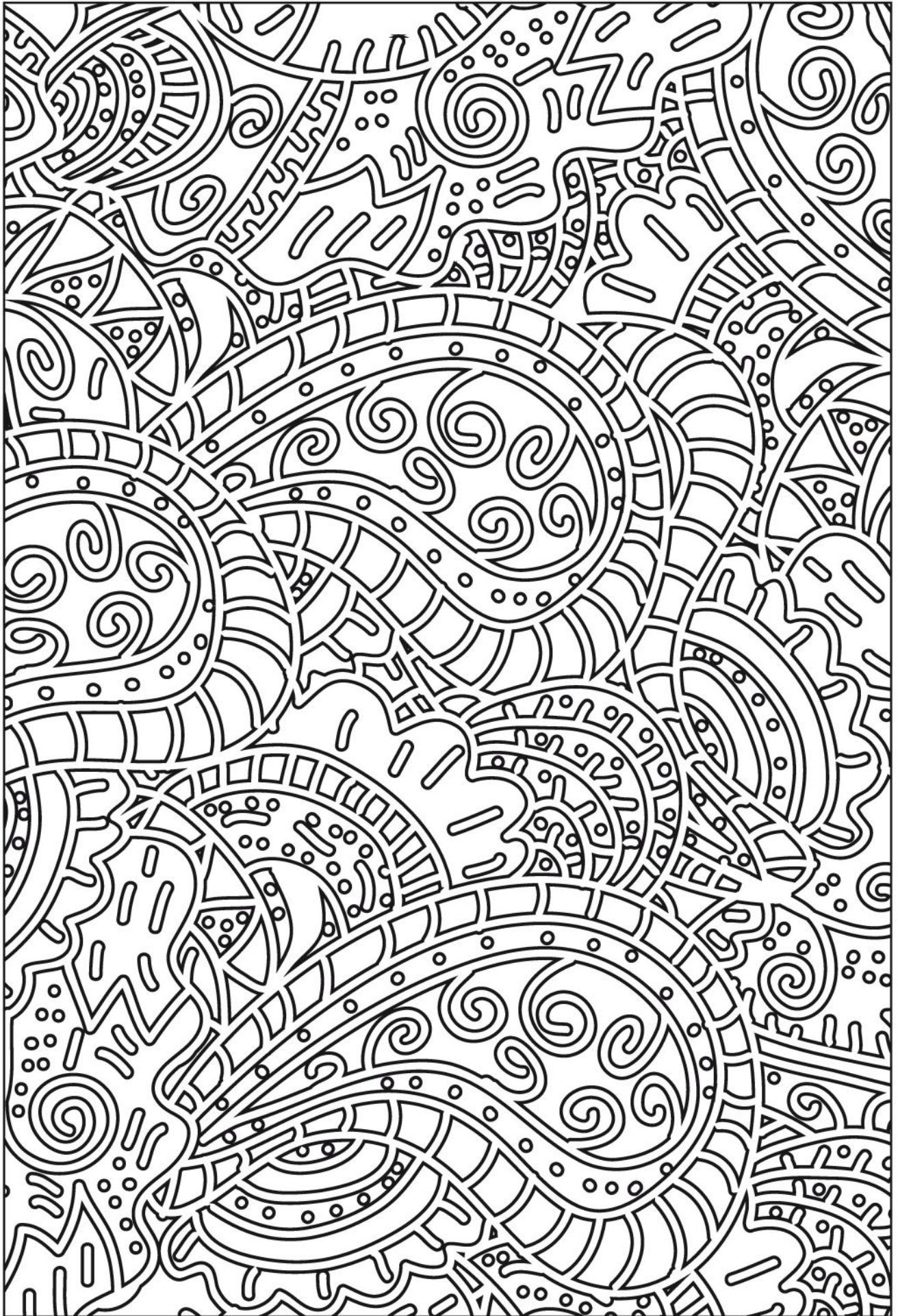




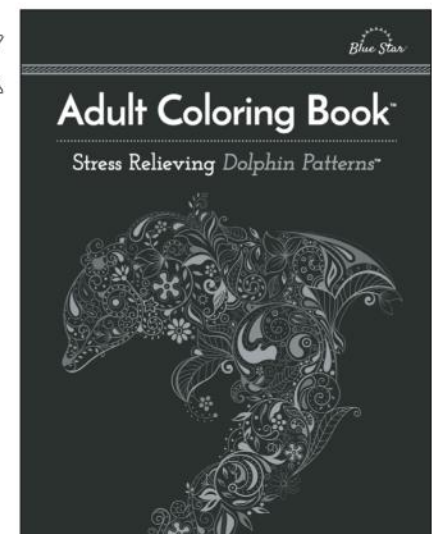
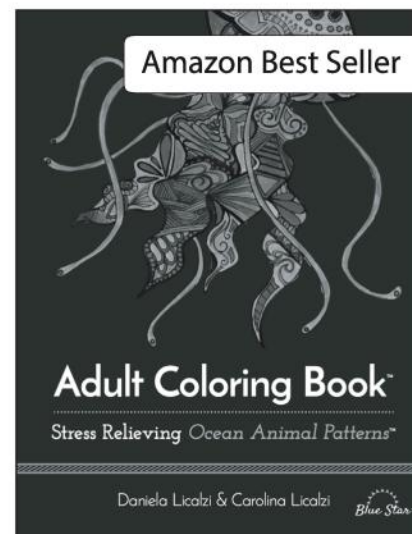
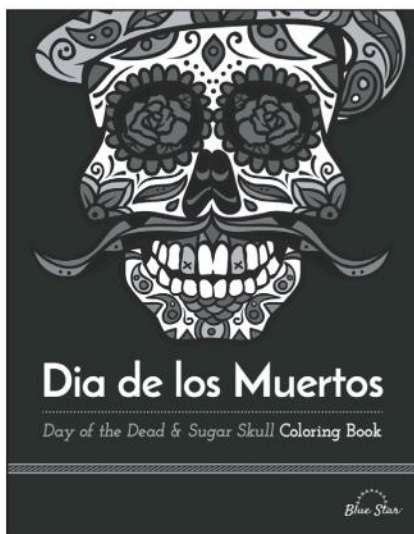
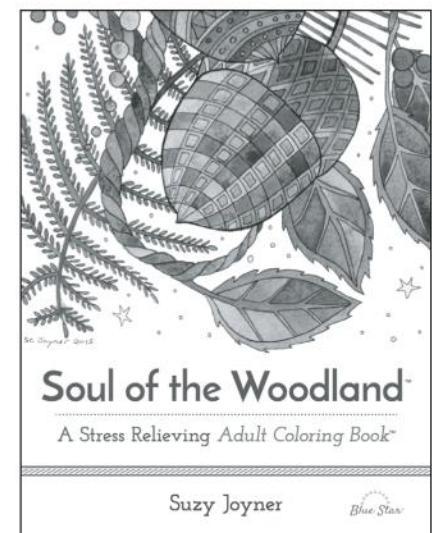
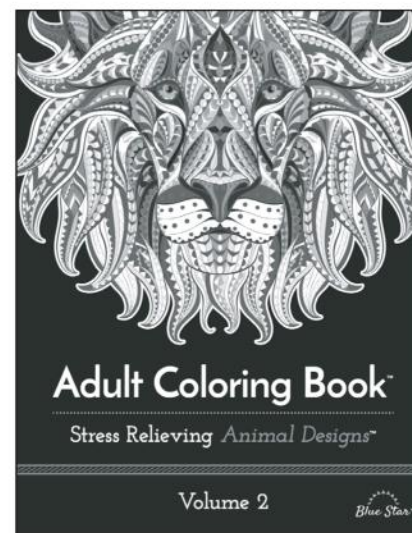
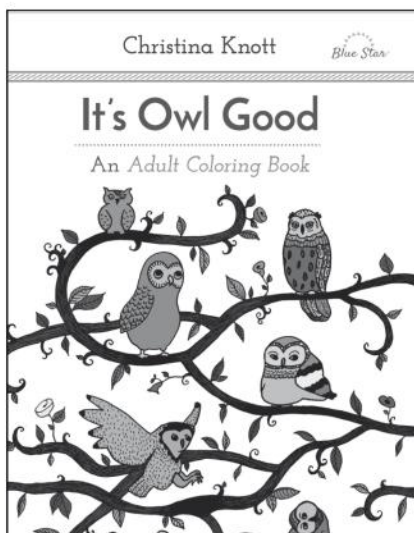
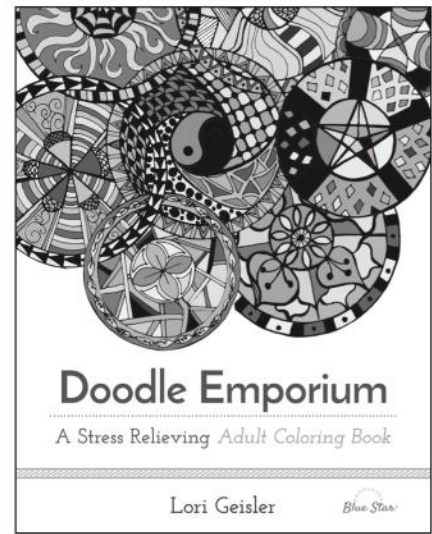
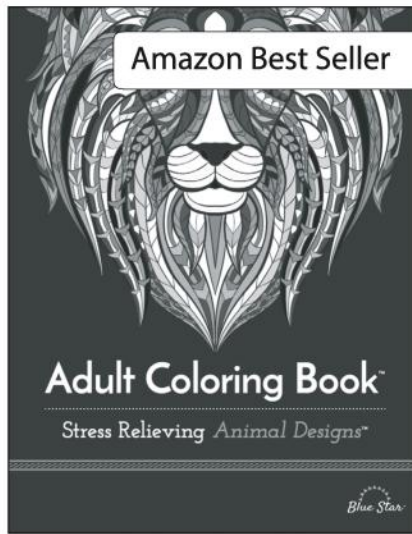
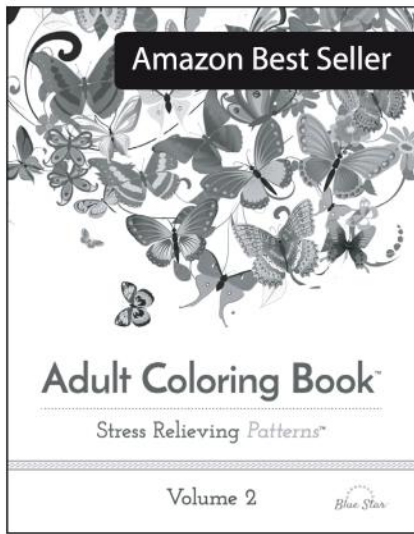


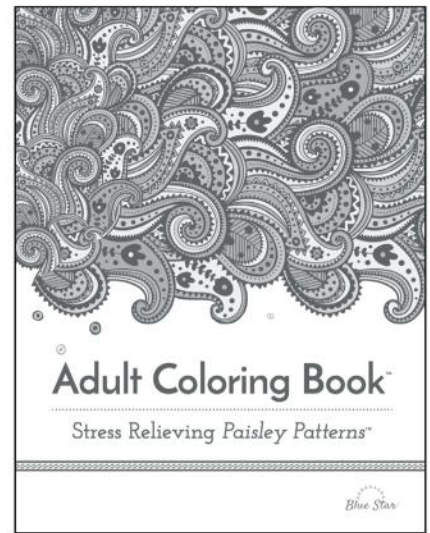
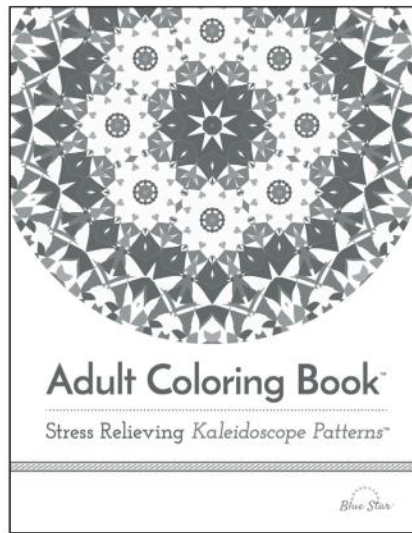
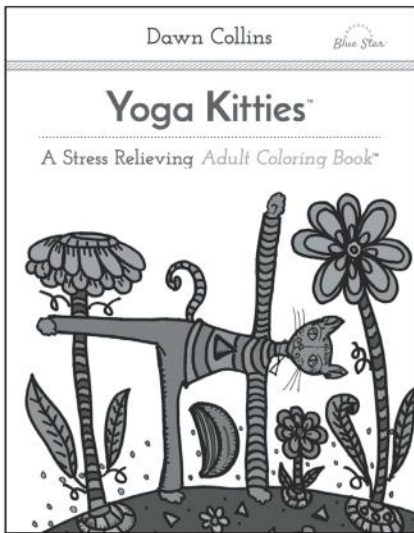
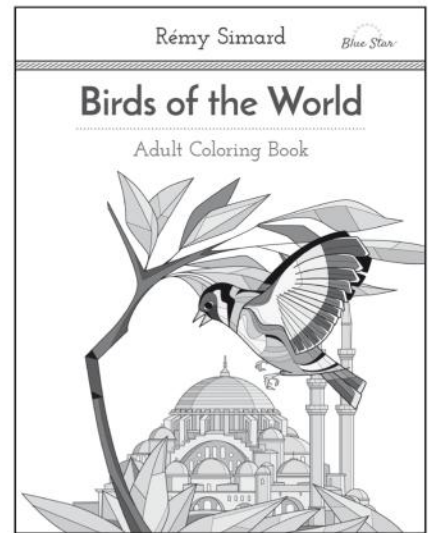
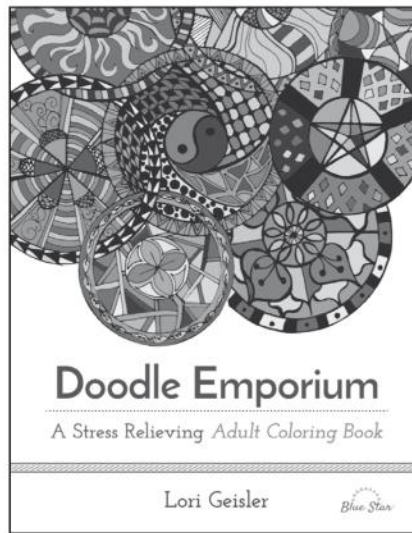
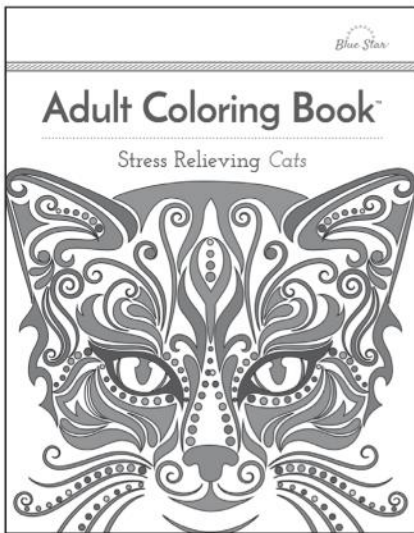
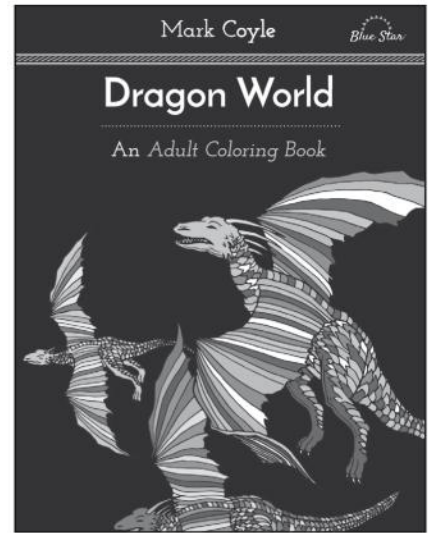
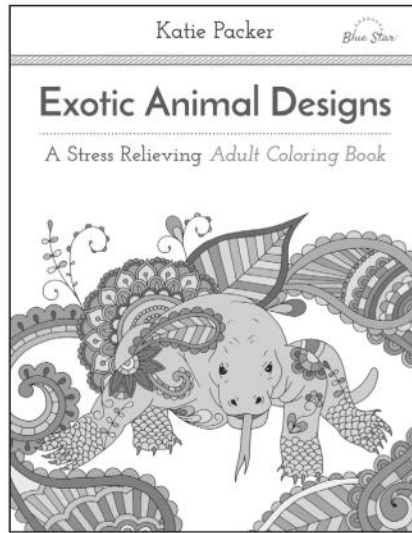
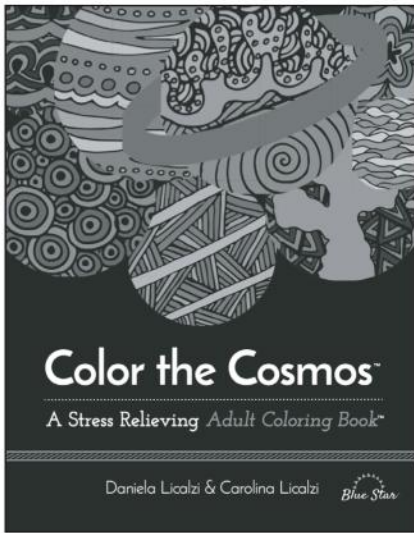






# READY FOR THE NEXT ONE?





Look for the  **Blue Star™**  
[bluestarcoloring.com](http://bluestarcoloring.com)

# inspire

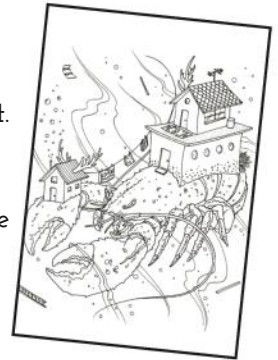
Blue Star

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## Connect. Receive. Share. Inspire

Introducing a new way to connect with your favorite coloring art.

This is huge. We here at Blue Star Coloring are proud to announce the launch of our new coloring subscription service: **Inspire**.

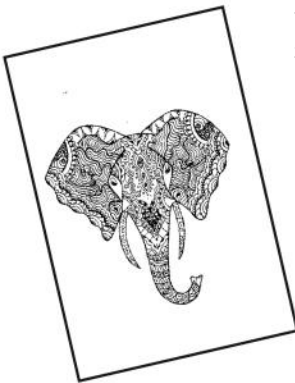


### Why a Subscription Service?

Because you asked and we listened. You told us that you wanted more variety, more styles and more artists to choose from without having to shell out for each individual book. With Inspire, you will receive new coloring images delivered to your email inbox each week. These images are exclusive – meaning they aren't available anywhere else, online or offline. Also, each coloring page is by a different Blue Star illustrator and will feature their distinctive style and imagination.

### Sounds Awesome! How do I get in on this?

It's easy - just sign up at [bluestarcoloring.com/inspire](http://bluestarcoloring.com/inspire), and you'll receive your coloring pages by email. You'll get pages every Wednesday for the rest of the month.



*relax & color*

We'll handle the rest.



..... [bluestarcoloring.com/inspire](http://bluestarcoloring.com/inspire) .....



# 48 Patterns to COLOR

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1. Break out your crayons or colored pencils.
2. Turn off your phone, tablet, computer, whatever.
3. Find your favorite page in the book. That is the beginning.
4. Start coloring.
5. If you notice at any point that you are forgetting your worries, daydreaming freely or feeling more creative, curious, excitable, delighted, relaxed or any combination thereof, take a deep breath and enjoy it. Remind yourself that coloring, like dancing or falling in love, does not have a point. It is the point.
6. When you don't feel like it anymore, stop.



*Blue Star*

