



# Stress Free Adult Coloring Book (Series 1): Fractal Patterns

*Midwest Journal Press*

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Color Yourself Stress Free Coloring books are a form of adult therapy that have seen a growth in popularity in the 2010s. Adult coloring books reportedly bring people a sense of their childhood, and help with developing fine motor skills and vision, reducing anxiety and creating focus, and relieving stress and anxiety in a manner similar to meditation. Concentrating on coloring may facilitate the replacement of negative thoughts and images with pleasant ones. The books are also a way to get away from technology, which some regard as beneficial to people's health. Coloring books can be used by people who are uncomfortable with more creatively expressive forms of art. Blogger Dominic Bulsuto ultimately sees the trend as a good thing, noting that adults are increasingly buying books they want to buy, rather than books they are supposed to buy. (Wikipedia) This second edition is filled with new fractal designs that you can color any way you want. No Rules - Have Fun! Get Your Copy Now.

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