

Alexandra Doffing



# Adult Coloring Book

Stress Relieving *Flower Patterns*



Alexandra Doffing



# Adult Coloring Book

.....  
*Stress Relieving Flower Patterns*







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

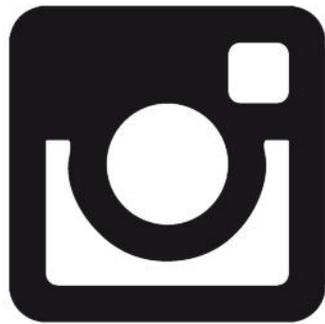
Teamwork makes the dream work: This book was illustrated by Alex, designed by Peter, written by Gabe and published by Camden. Adult Coloring Book, Stress Relieving Patterns and Blue Star are trademarks of PCG Publishing Group, LLC. The copyright © belongs to Blue Star as of 2016. We reserve all of our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

Printed in the United States of America.

# We Love What You Create

And We Want to Shout It From the Rooftops

---



*@bluestarcoloring*

*#bluestarcoloring*

---

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.

---



Turn off your phone, tablet, computer, whatever.

---



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

---



Start coloring.

---



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.

---



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

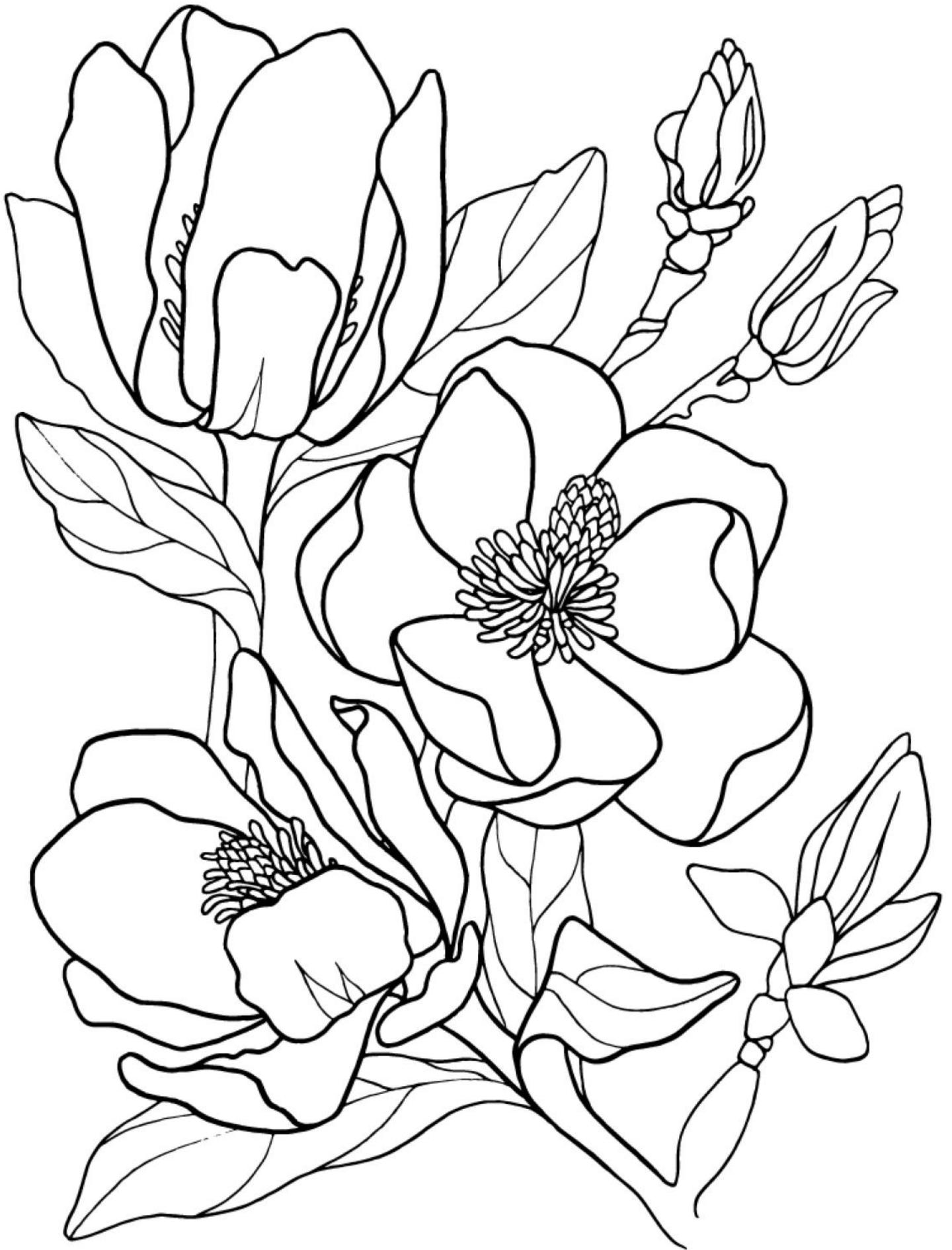
















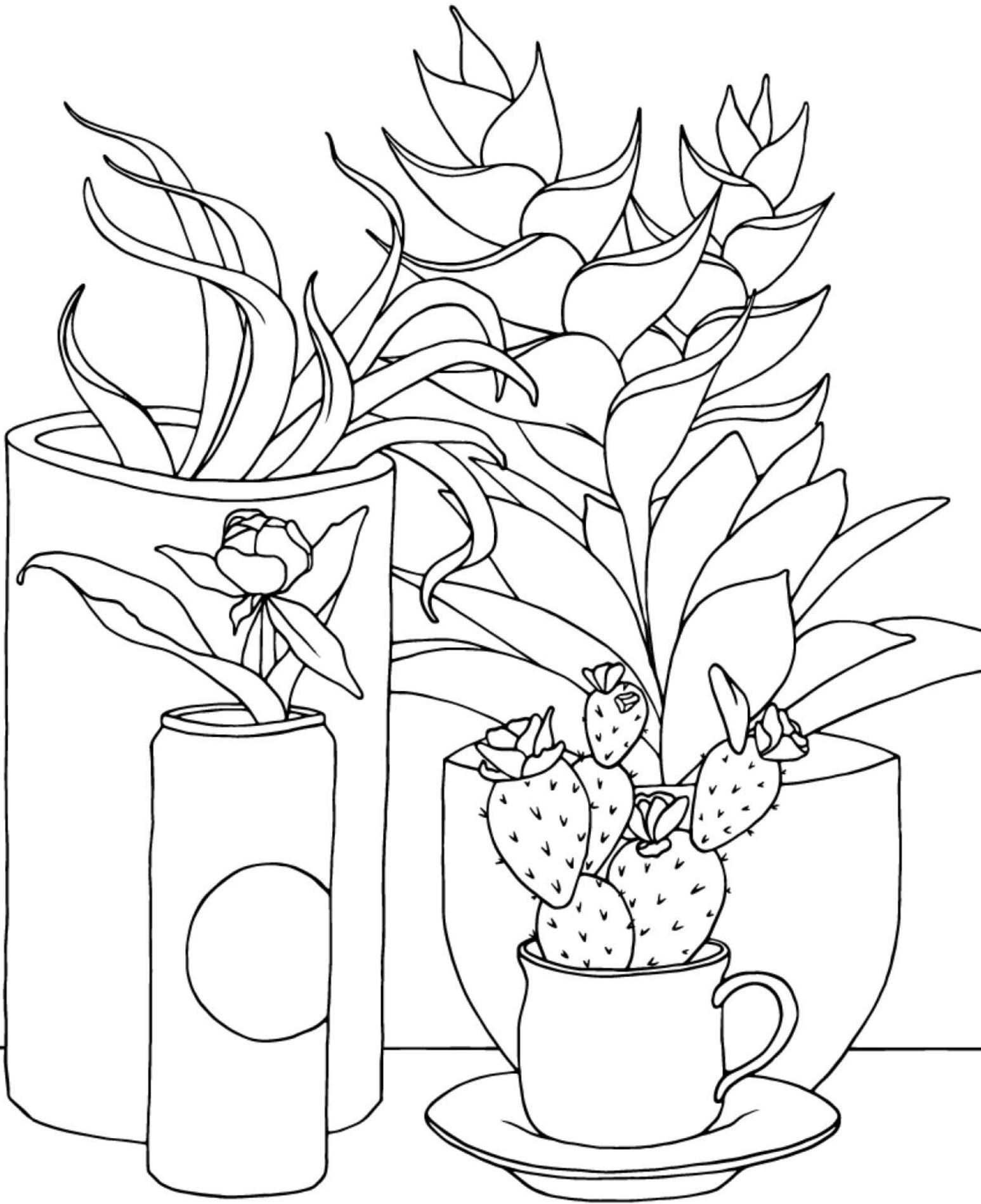








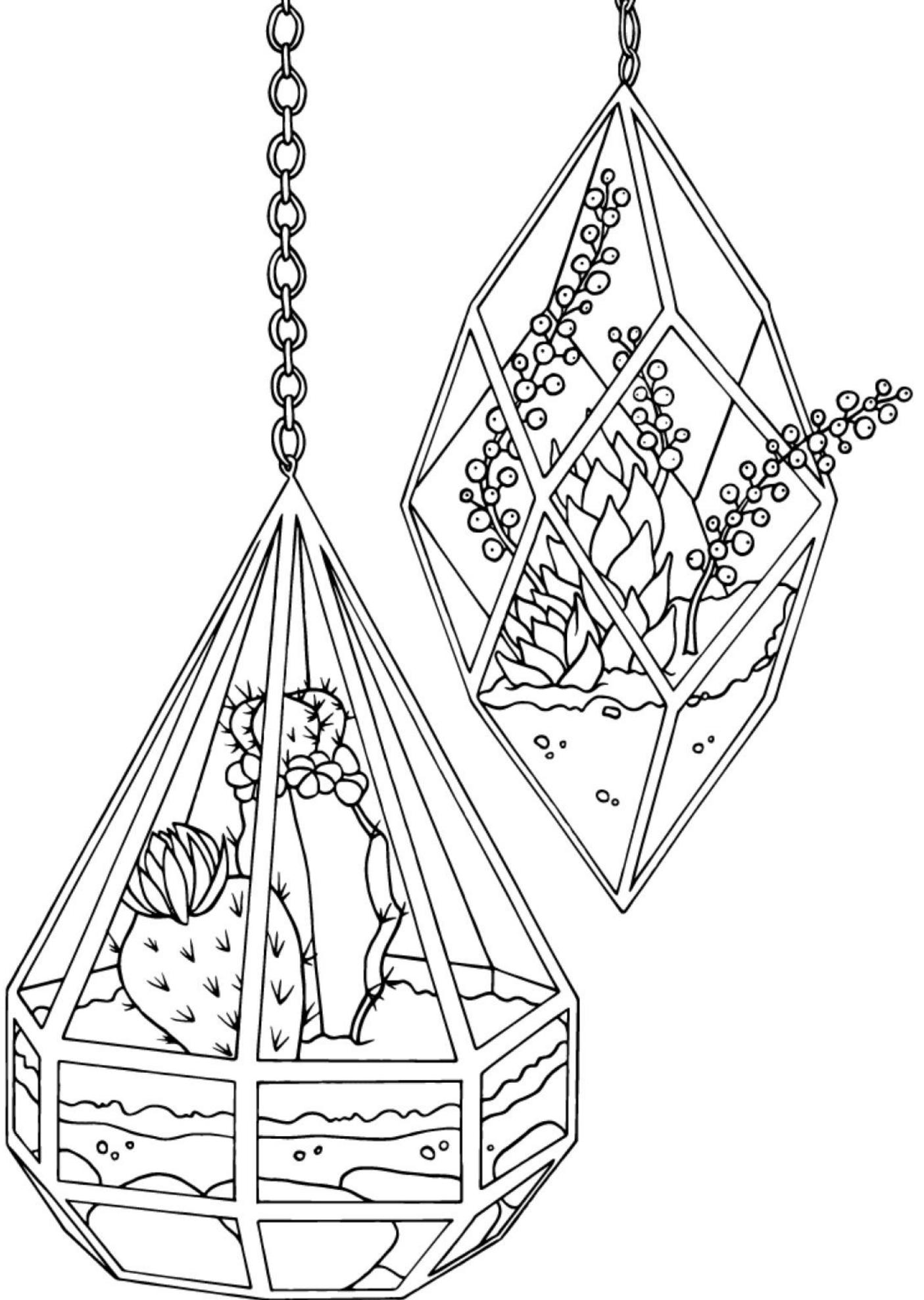




















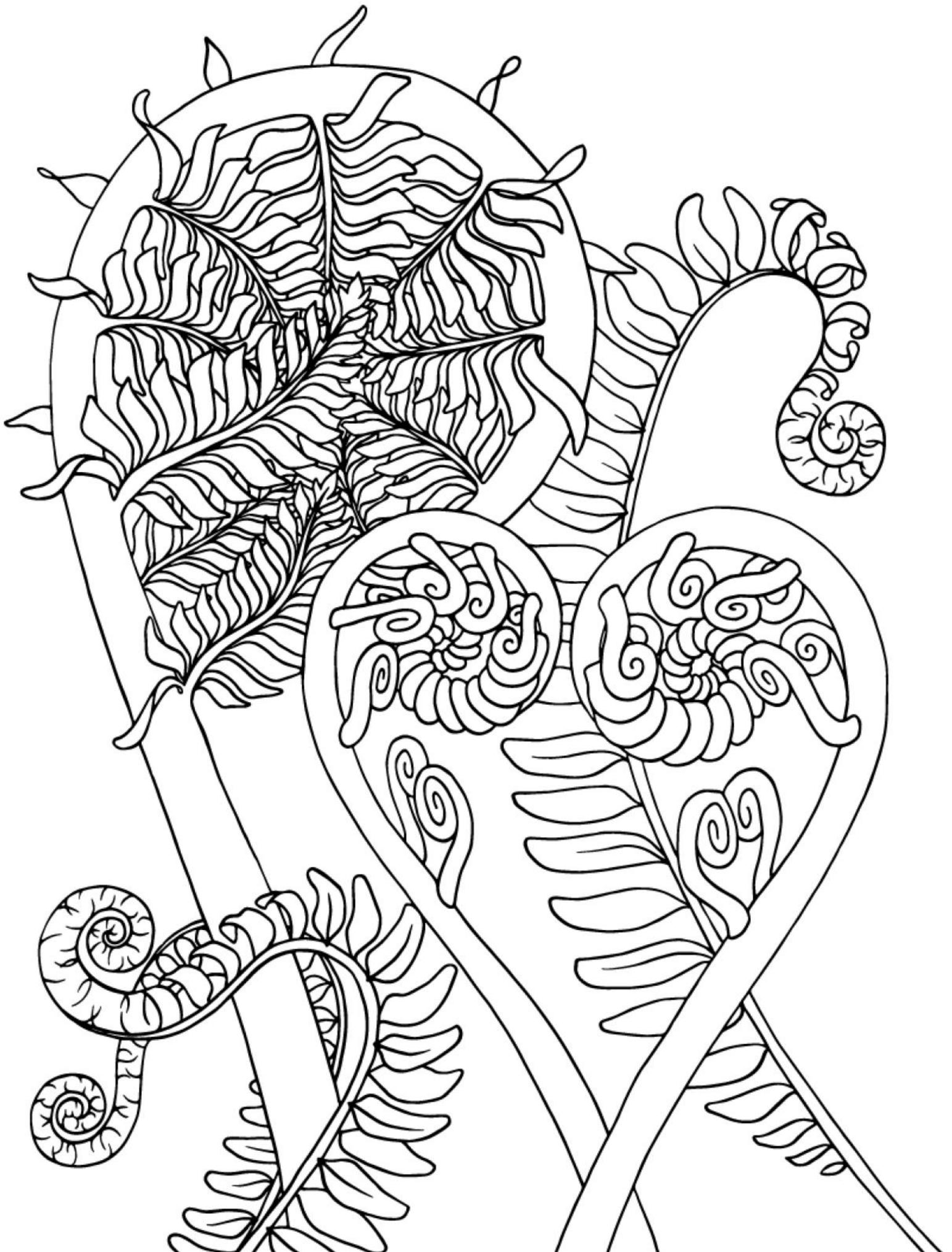




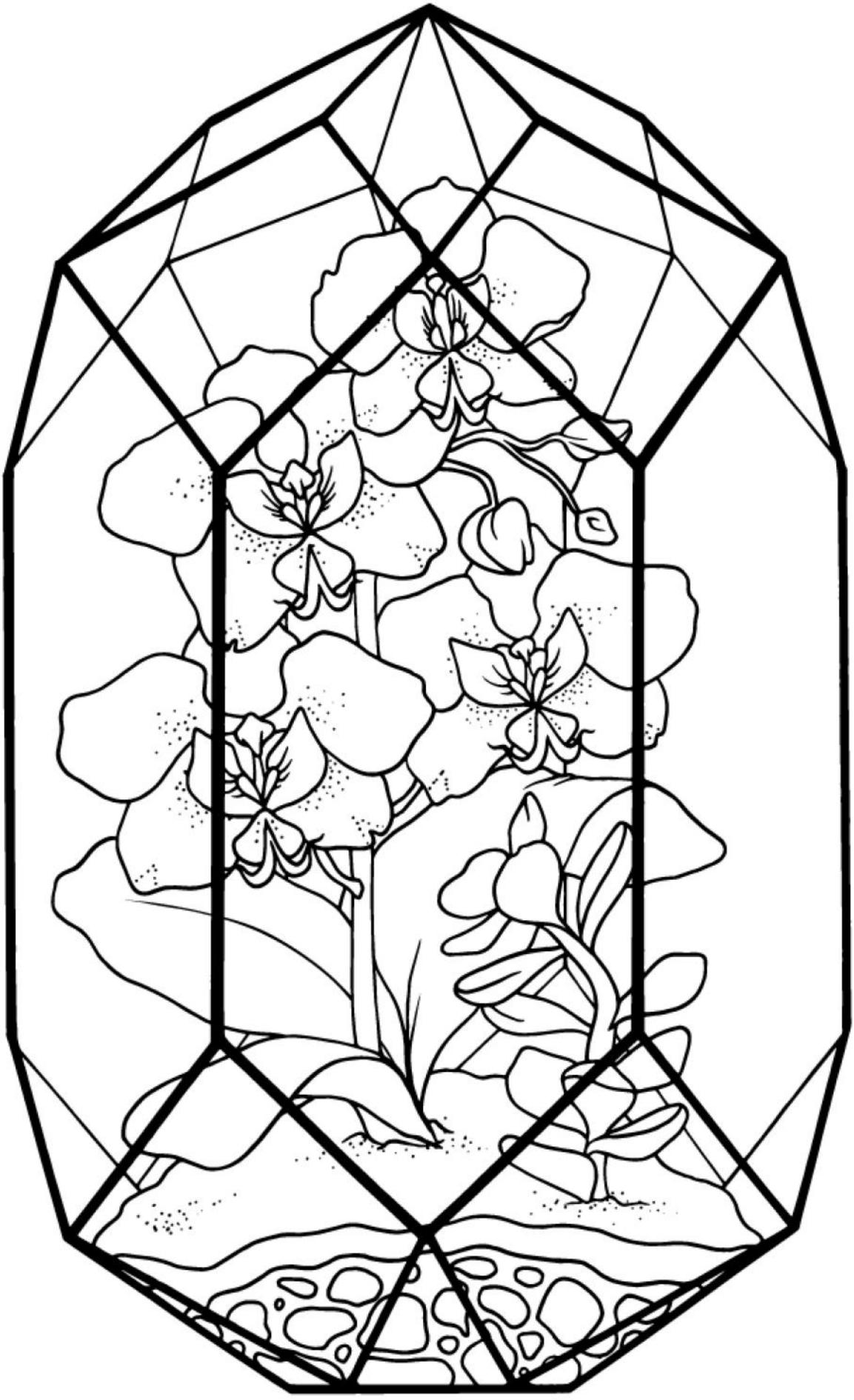




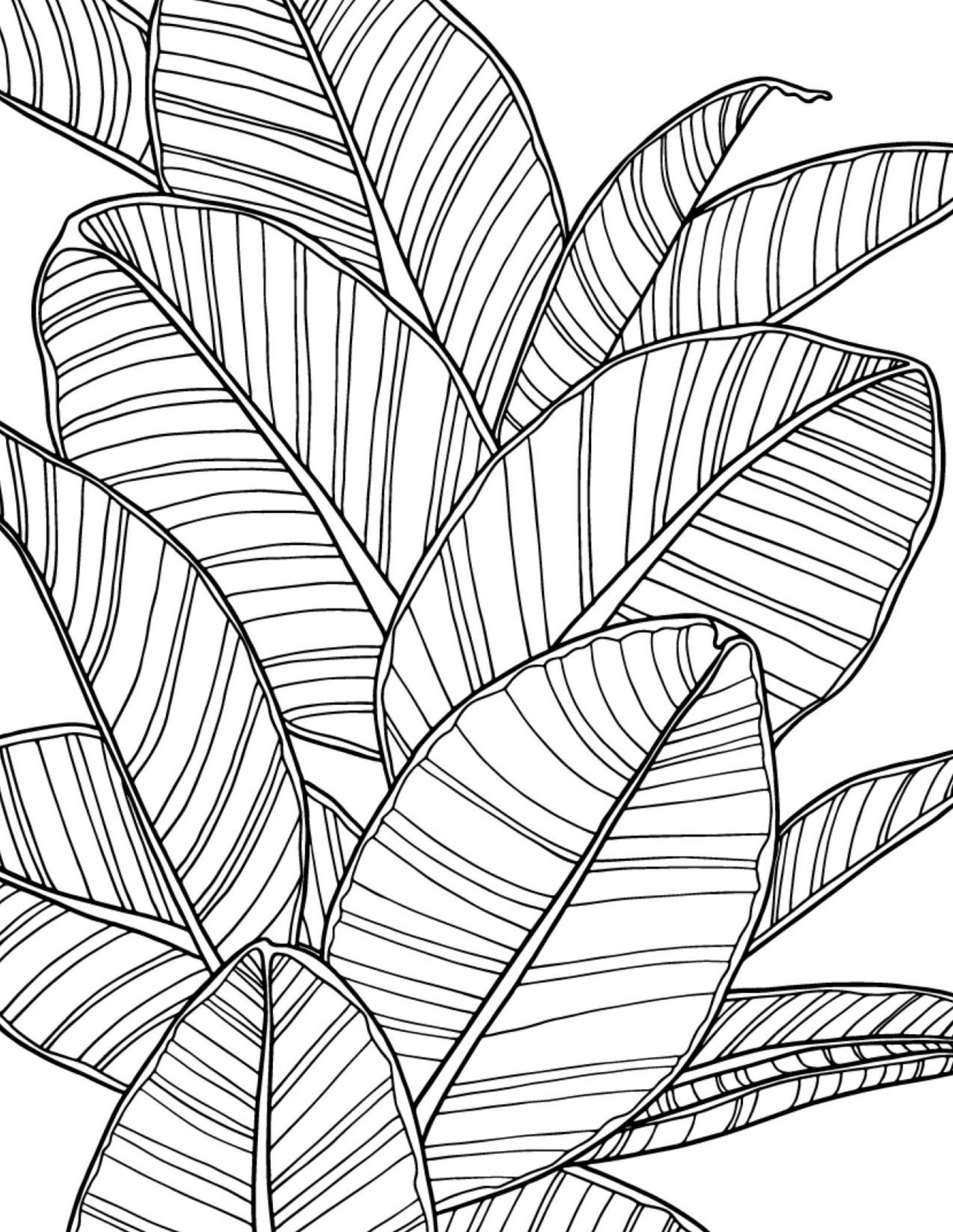




























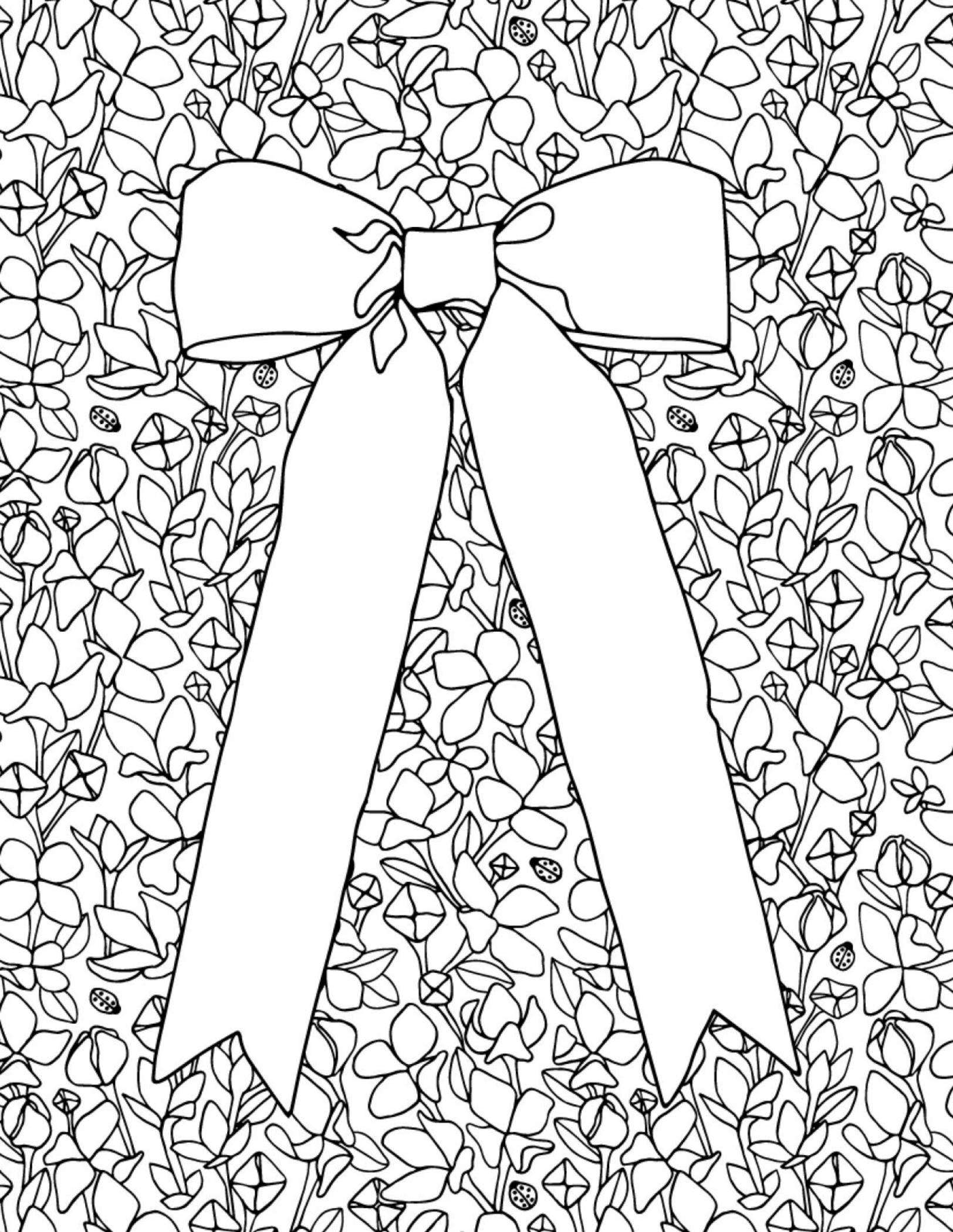








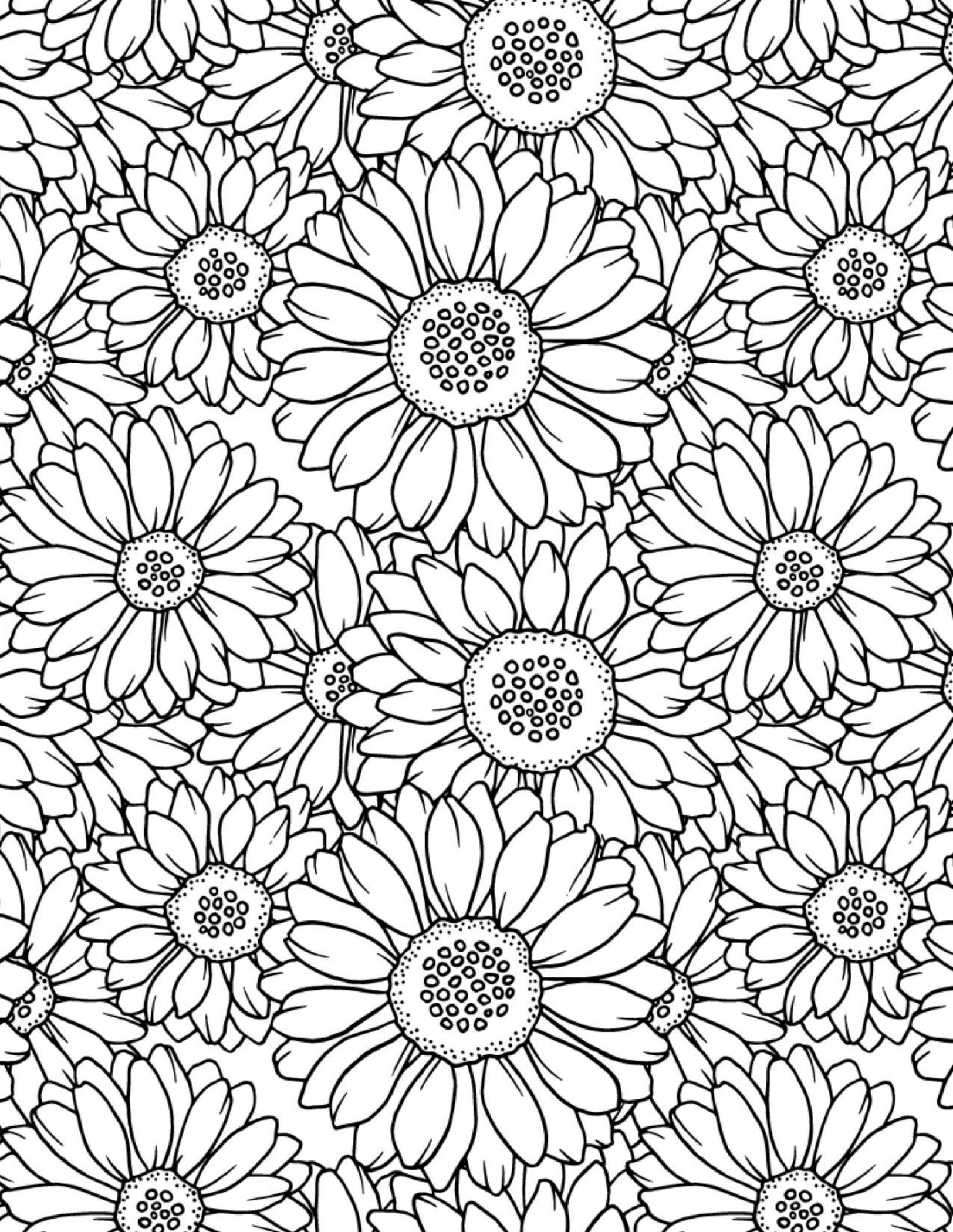












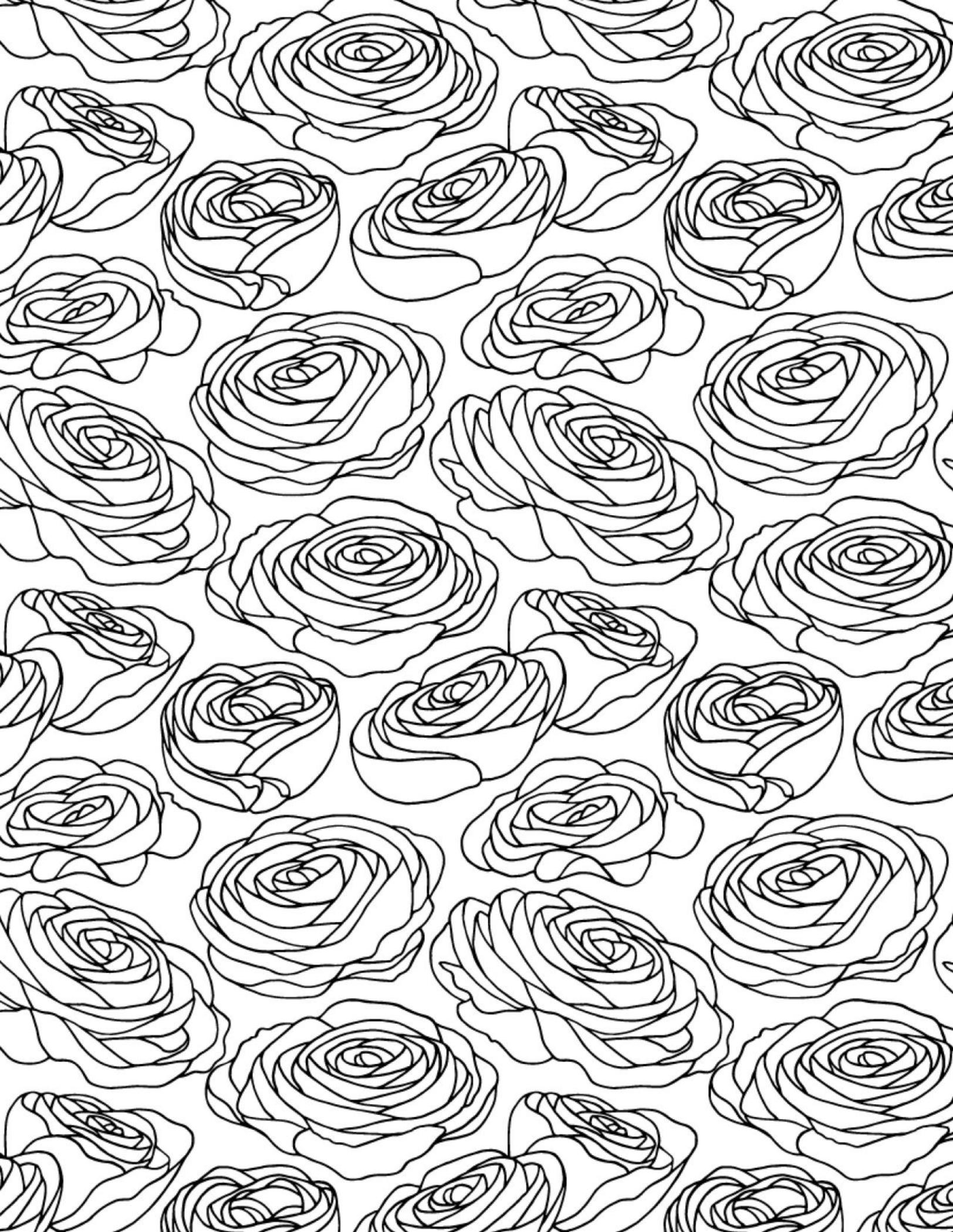




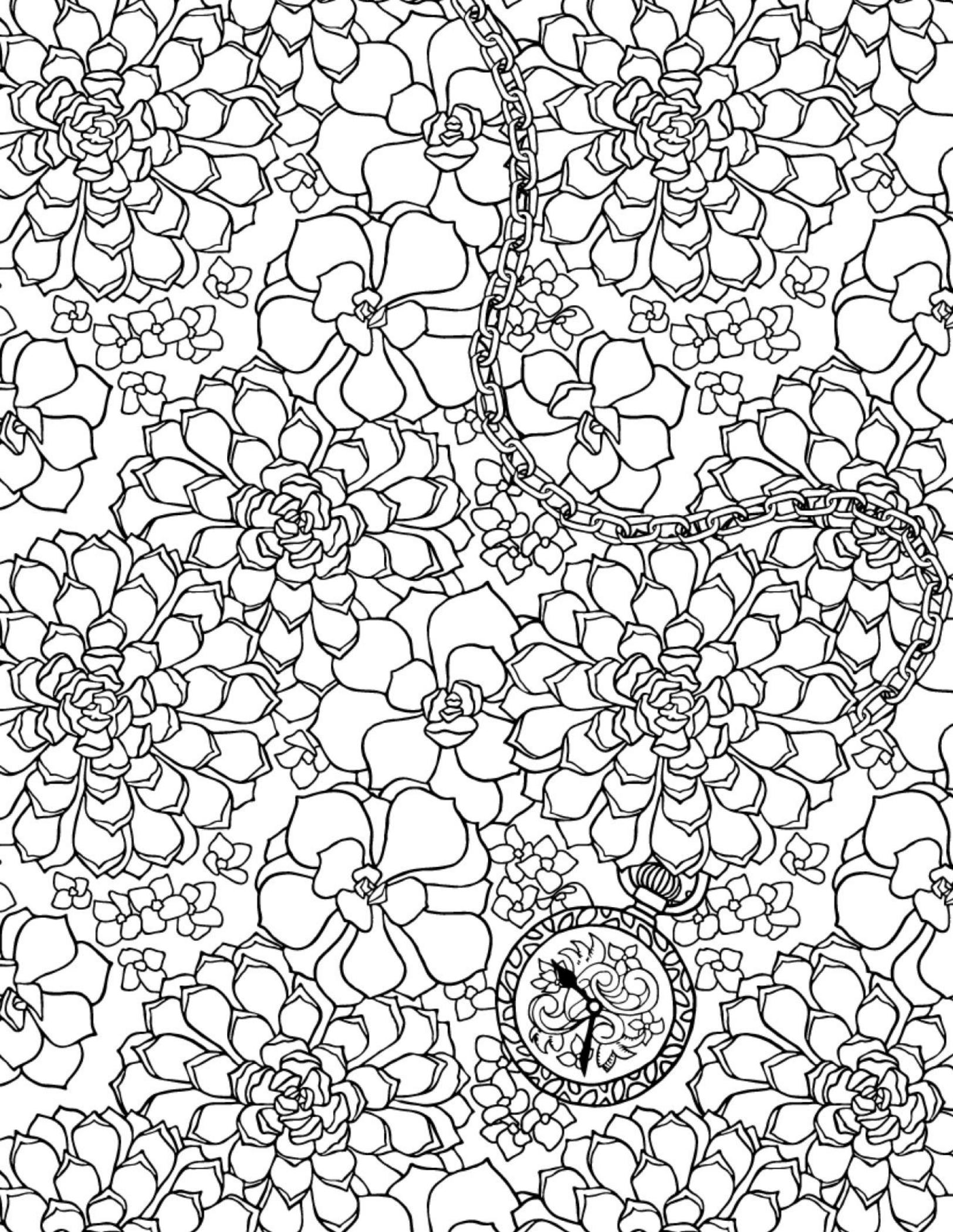




















**Gardenias**



**Greens**



**Magnolias**



**Monstera**



**Peonies**



**Pine Bow**



**Potted Plants**



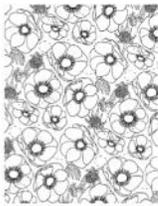
**Rose Stems**



**Terrariums**



**Waffle**



**Anemones**



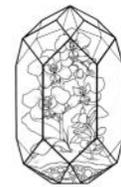
**Dahlias**



**Daisies**



**Fern Coil**



**Orchids**



**Palms**



**Paper Bouquet**



**Proteas**



**Sunflowers**



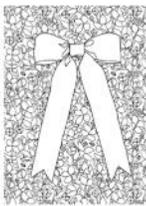
**Tulips**



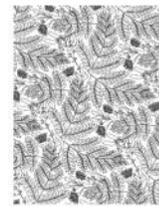
**Apple Blossoms**



**Boutonnieres**



**Bouvardia**



**Ferns**



**Gerber**



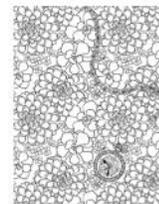
**Lilacs**



**Poppies**



**Ranunculus**



**Succulents**



**Winter**



# About the Artist



When she isn't creating, Alex spends her time exploring her city, biking around its beautiful lakes, going on road trips, cooking, and cozying up with a good book + her cat, Alphonse.

Creating intricate patterns is her happy place: where details and creativity reside in harmony. When a blank canvas looms before her, she inevitably finds herself drawing flowers and beautiful women

## Connect with Alex!

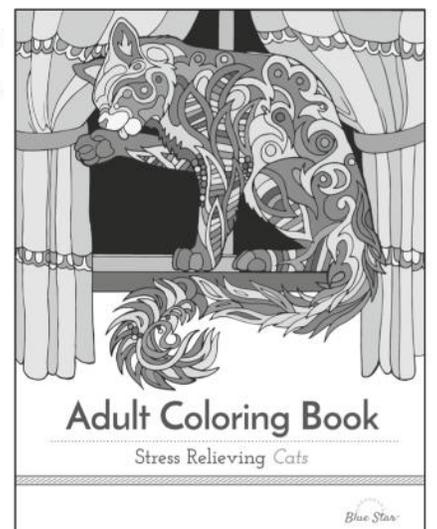
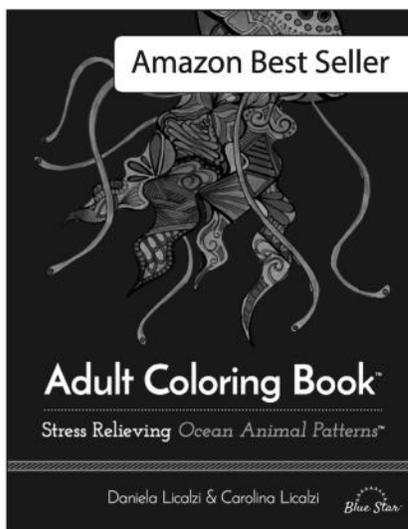
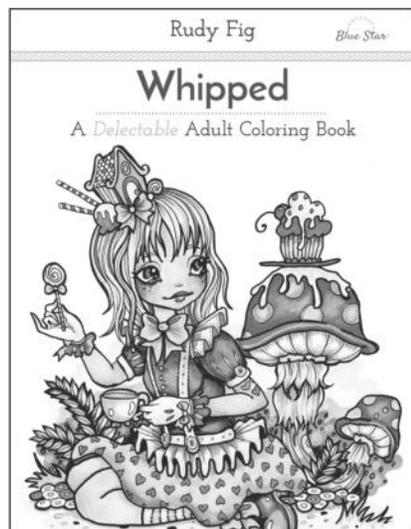
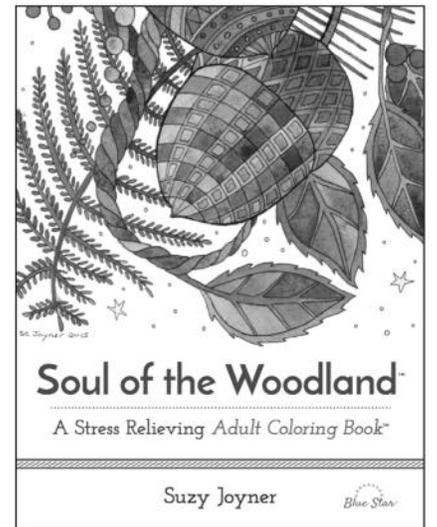
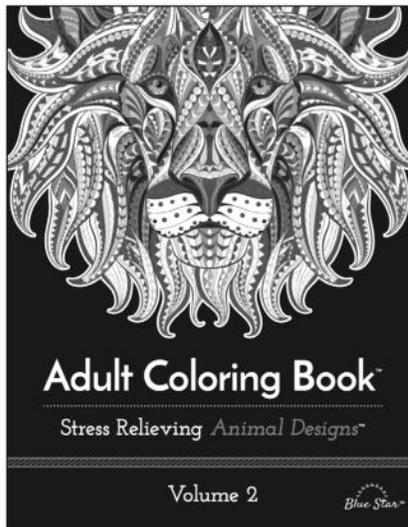
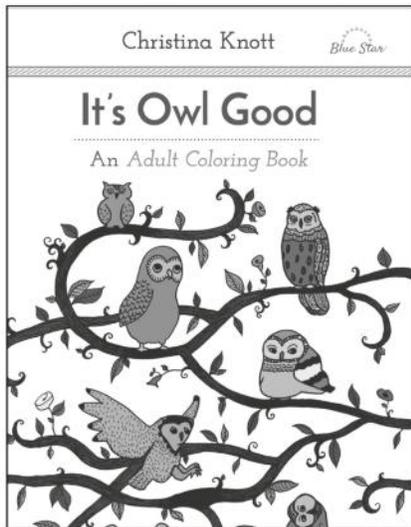
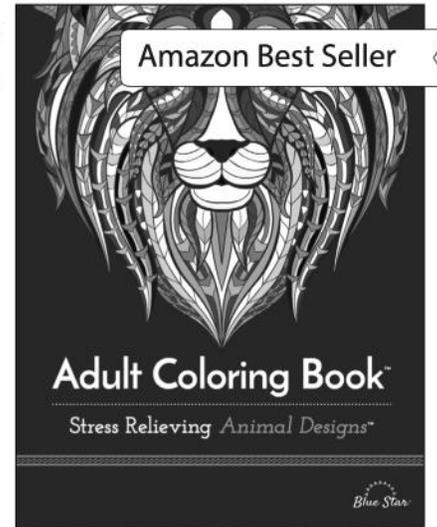
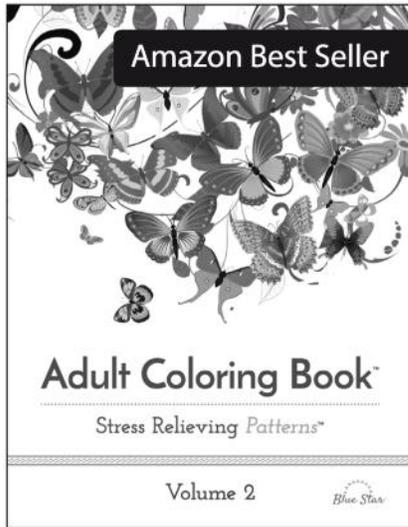
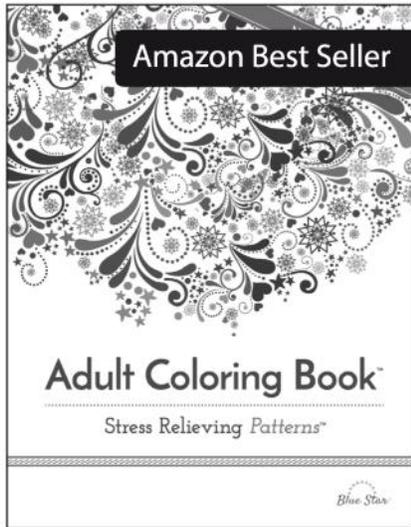
<http://www.alexandradoffing.com>

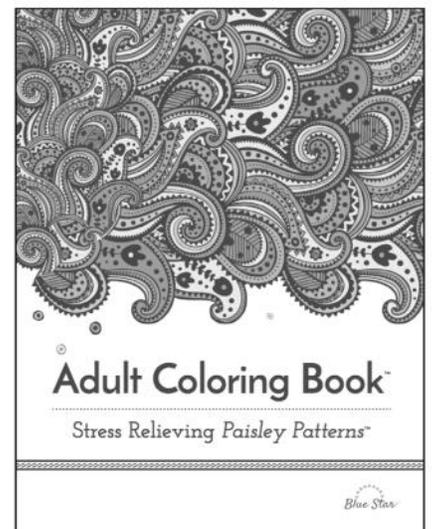
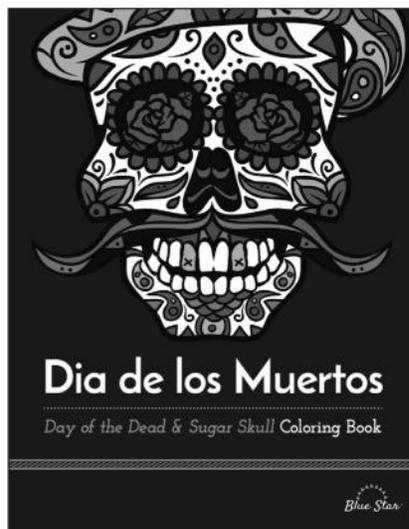
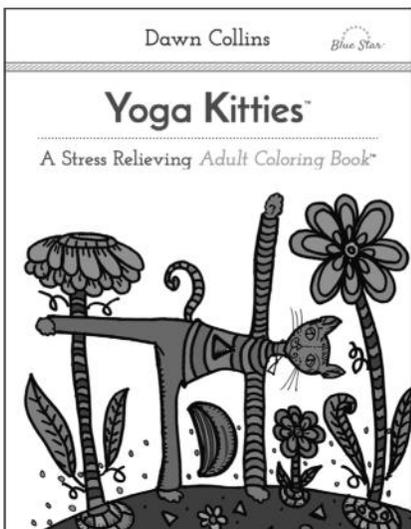
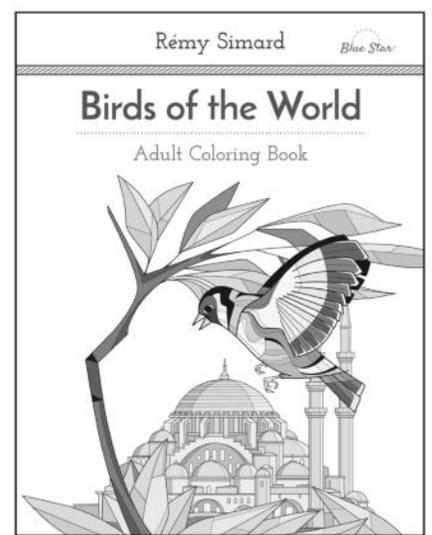
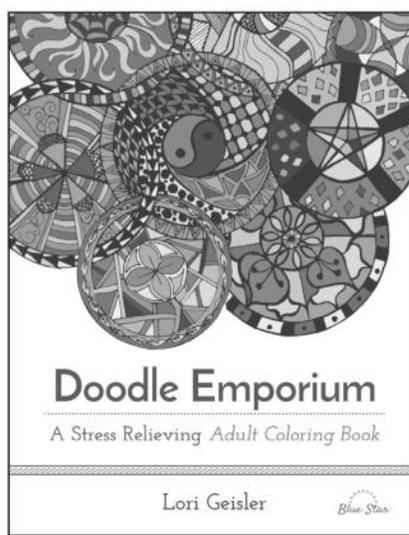
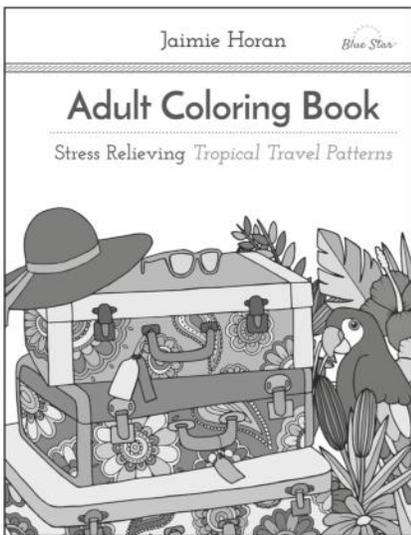
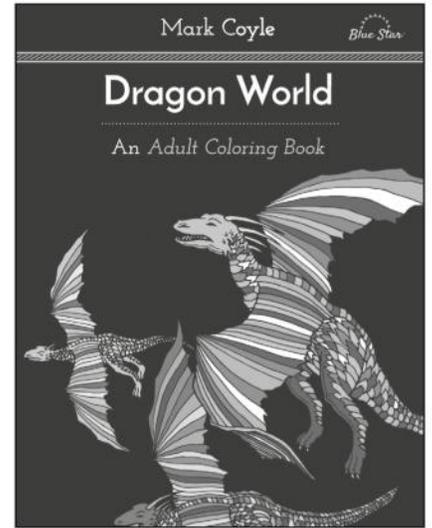
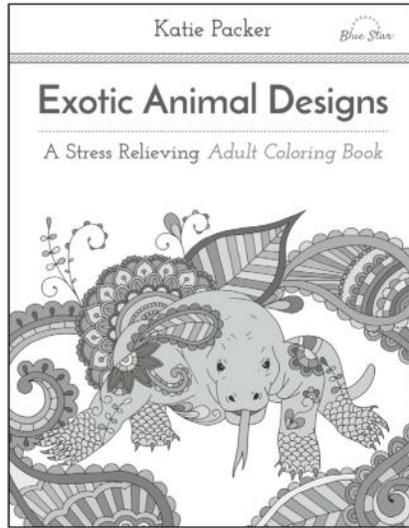
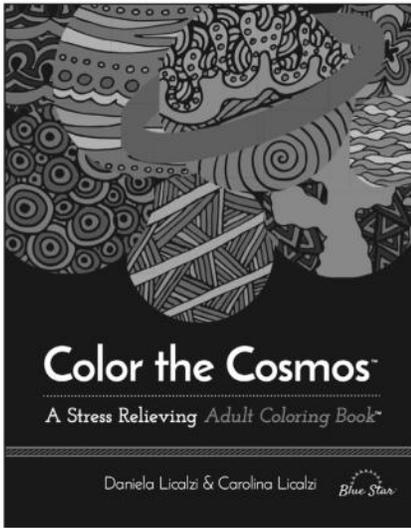


@doffingdesign

Just a reminder: Alex is an independent artist, meaning that her opinions and artistic expressions are hers, and not necessarily ours.

# READY FOR THE NEXT ONE?





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



"Our favorite coloring book company." -The Skimm

## 30 Flower Patterns to

# COLOR

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™

