



**Knolling & Geometry: a coloring book for
structure and pattern lovers (ANALINEA)
(Volume 1)**

Ana Lidia Gonzalez

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24 illustrations for coloring, 21 different designs, in some designs you will find two difficulty levels. Visit my blog (analinea in wordpress) in order to read about the included designs and see some colored pages.

Knolling is the art of arranging related objects in parallel or 90-degree angles as a method of organization. I hope that coloring my designs, with their clear geometry and ordered arrangement, helps you to relax, as seeing order around you helps to reproduce it inside you. The act of coloring complex geometric patterns induces a beneficial meditative state, especially to those suffering from anxiety. Similar to meditation, the concentration required by illustration helps us to put aside negative thoughts and focus our mind.

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