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Abstract Symmetry is packed with 175 stress-relieving geometric designs to color. There's a great variety to the designs: some pages have one design per page, some have multiple designs per page; some designs are intricate, some simple.

This book features:

- 175 designs, printed on one side only
- Mix of single and multiple designs per page
- Introduction to art therapy, written by an art therapist
- Large format 8.5 x 8.5 inches (square)
- Bright white paper (60 pound / 90 gsm)
- Perfect bound matte cover on 10 pt stock

Ten percent of book sales go towards enabling youth in developing countries to access better educational opportunities. This money is being donated to Build to Learn, an initiative started by The Mindful Word.

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