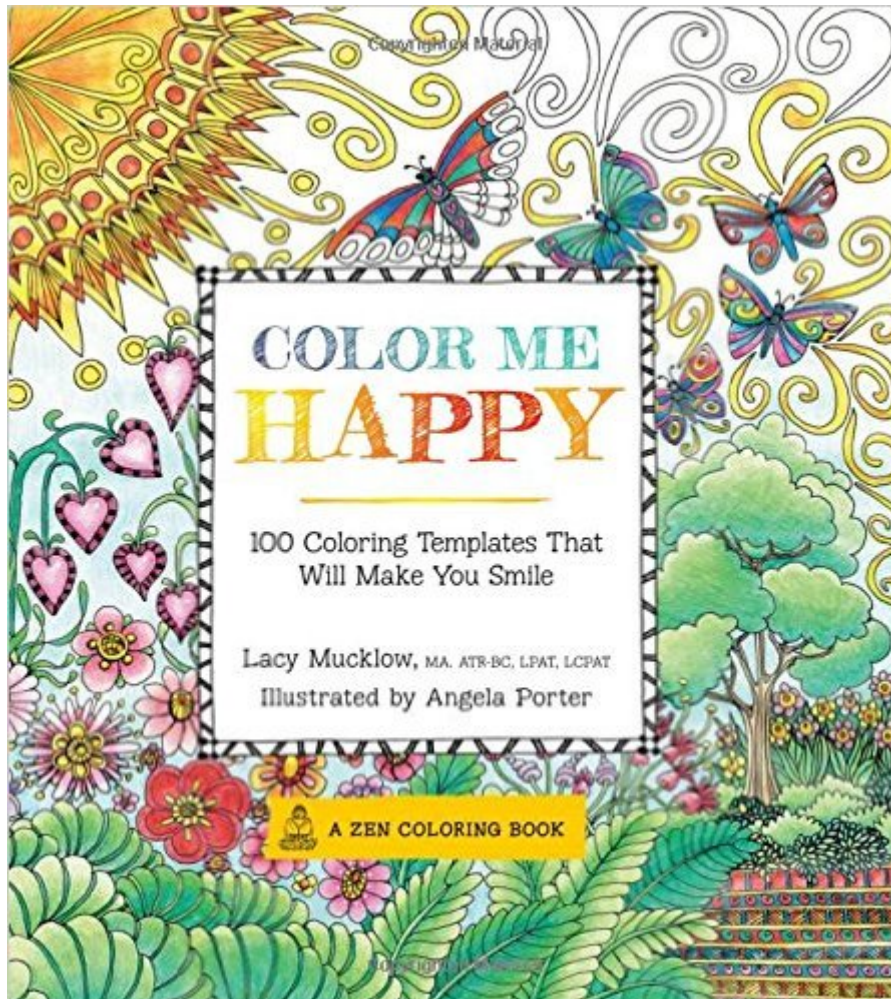


The book was found

Color Me Happy: 100 Coloring Templates That Will Make You Smile (A Zen Coloring Book)



Synopsis

With each development in technology, our lives become more complicated. We move through our days in a blur of emails, text messages, and social networking. This non-stop stimulation has left us stressed-out and distanced from the joys of the present moment. Art therapist Lacy Mucklow and artist Angela Porter offer a simple and satisfying solution to this disconnect from reality. Featuring over 100 joyful coloring templates, Color Me Happy is a guided coloring book designed for busy adults. Organized into therapeutically-themed chapters, this book examines the benefits of putting pencil to paper and offers adults an opportunity to channel their anxiety into joyful creative accomplishment. Part of the international bestselling Color Me series, Color Me Happy is the perfect way to step back from the chaos of everyday life, color, and feel happy! Don't forget to try Color Me Calm and Color Me Stress-Free!

Book Information

Age Range: 8 and up

Series: A Zen Coloring Book

Paperback: 208 pages

Publisher: Race Point Publishing; Csm edition (October 27, 2014)

Language: English

ISBN-10: 1937994767

ISBN-13: 978-1937994761

Product Dimensions: 8.8 x 0.8 x 9.8 inches

Shipping Weight: 1.6 pounds (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars Â Â See all reviews Â (241 customer reviews)

Best Sellers Rank: #11,949 in Books (See Top 100 in Books) #22 in Â Books > Self-Help > Art Therapy & Relaxation #27 in Â Books > Arts & Photography > Graphic Design > Techniques > Use of Color #90 in Â Books > Health, Fitness & Dieting > Alternative Medicine > Meditation

Customer Reviews

Everyone will find illustrations in this book that they will love; you will also find some you do not care for. However with 81 illustrations thatâ™s ok, you donâ™t need to like every one of them. The book is unique and special with a colored hard cardboard cover; the illustrations are whimsical and imaginative. This is a perfect book to add to your coloring library for those times when you cannot get your head in the present. When you are thinking too much, about the past, the future, work, or timelines, and your thoughts are going in circles keeping you from focusing and enjoying the right

now. Grab this book, choose an illustration and start coloring, within minutes you will feel yourself becoming calmer and your mind will clear. This is a perfect gift for adults, college students or older children. 1. This book is (8 1/2 inches x 9 1/2 inches, and 1/4 inches thick), The cover is especially nice, and made of thick cardboard, 2. TIP: This book has a good sturdy binding that you can bend completely backwards and hold together a few seconds to get the pages to lie flat for coloring. 3. The images (6 1/2 inches wide by 7 1/2 inches high) are all centered on each page and are bordered plus the outer side of each page has a colored border 3/4th inches wide. 4. All markers that I tested bled through the pages, so if you use markers place two pages behind the page you are coloring to prevent damaging the next picture. 5. Fiskars Gel pens and Irma Gel pens did not leak through the pages, 6.

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