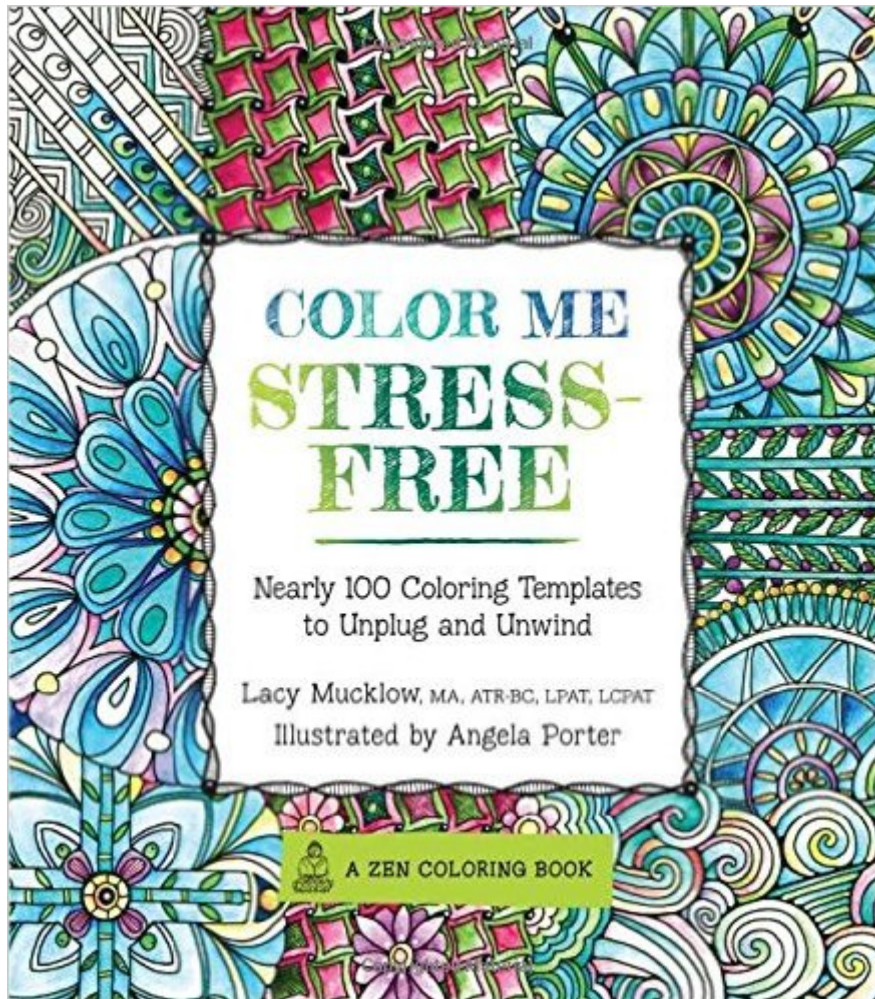


The book was found

Color Me Stress-Free: Nearly 100 Coloring Templates To Unplug And Unwind (A Zen Coloring Book)



Synopsis

The perfect book for stressed-out adults who want to reconnect, simply and easily, with their inner creativity. Work, kids, relationships, meetings, traffic, bills...we are all faced with stress on a daily basis. And sometimes you just need a way to relieve the tension and avoid burnout, illness, or worse. A simple and inexpensive way to relieve stress is by coloring images, which can be soothing. Some even consider it an alternative to stressors, ultimately aiding in reversing the effects of anxiety. Refocusing your attention on something completely different to engage in a mental, physical, and emotional shift can help break the pattern of consistent stress and allow one to rejuvenate. Part of the international bestselling Color Me series, Color Me Stress-Free is a guided coloring book designed for harried adults. Art therapist Lacy Mucklow and artist Angela Porter offer up 100 coloring templates, all designed to help you unplug and unwind at the end of each day. Organized into seven therapeutically themed chapters, readers can explore the benefits of putting pencil (or crayon!) to paper and channel their day-to-day stresses into a satisfying, creative environment. Color Me Stress-Free is the perfect way step back from the stress of everyday life, color, and relax! Don't forget to try Color Me Happy and Color Me Calm!

Book Information

Age Range: 5 and up

Series: A Zen Coloring Book

Paperback: 208 pages

Publisher: Race Point Publishing; Csm edition (September 15, 2015)

Language: English

ISBN-10: 1631061607

ISBN-13: 978-1631061608

Product Dimensions: 8.8 x 0.8 x 9.8 inches

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

Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (245 customer reviews)

Best Sellers Rank: #18,006 in Books (See Top 100 in Books) #54 in [Books > Arts & Photography > Graphic Design > Techniques > Use of Color](#) #219 in [Books > Humor & Entertainment > Puzzles & Games](#) #231 in [Books > Arts & Photography > Drawing > Coloring Books for Grown-Ups](#)

Customer Reviews

This is a wonderful Zen pattern coloring book, filled with imaginative, and original entwined, layered,

and entangled designs and patterns. You will find 17 circular mandalas, 57 rectangular full page patterns, plus 5 scenic type pictures for variety. This book is divided into 7 color coded sections, and each section concentrates on a different type of Zen pattern, you will find Balanced and Orderly patterns, Spirals and Labyrinths, Geometric, Symmetry, Abstract, Layered and Tangled, and Fractal images. This is a perfect addition to your coloring library and gift for adults, college students or older children. 1. This is a well made coloring book; it is (8 1/2 inches x 9 1/2 inches, and 1/4 inches thick), the cover is especially nice, and made of Quality heavy cardboard, each image is printed one per page and centered on that page, there are 79 illustrations to color in this book. 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 57 rectangular (6 1/2 inches wide by 7 1/2 inches high) pictures are centered on each page and are bordered, the front side of each page has a colored border 3/4th inches wide so you can easily find the chapter you want to color in. 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. Perfect for Colored pencils, 7. 17 circular mandalas, 5 scenic type added for variety, and 57 rectangular patterns for a total of 79 illustrations and you will want to color every single one.

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