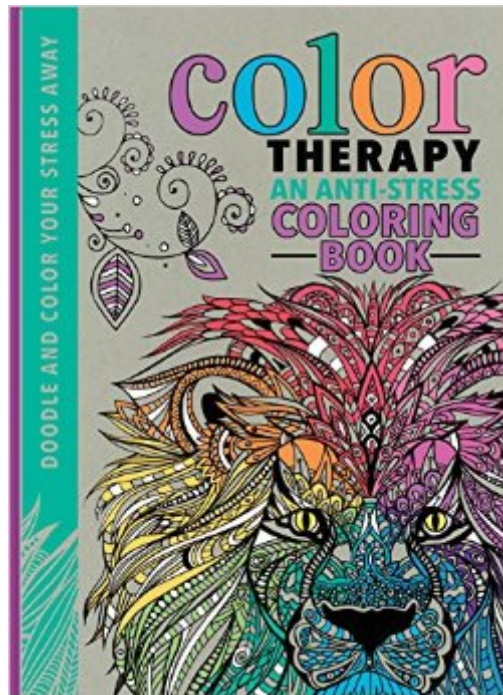


The book was found

# Color Therapy: An Anti-Stress Coloring Book



## Synopsis

From the Bestselling international coloring book series. Color can be therapeutic, and creating beautiful art is a soothing and stress-relieving activity. Choose any color section from the book and complete the stunning illustrations to lift your mood and focus your mind. Even amateur artists can create something exquisite, as no drawing skills are required.

## Book Information

Hardcover: 128 pages

Publisher: Running Press; Csm edition (May 26, 2015)

Language: English

ISBN-10: 0762458801

ISBN-13: 978-0762458806

Product Dimensions: 8.2 x 0.7 x 11.6 inches

Shipping Weight: 1.8 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (281 customer reviews)

Best Sellers Rank: #7,391 in Books (See Top 100 in Books) #8 in [Books > Crafts, Hobbies & Home > Crafts & Hobbies > Papercrafts, Stamping & Stenciling > Papercrafts](#) #93 in [Books > Arts & Photography > Drawing > Coloring Books for Grown-Ups](#) #750 in [Books > Humor & Entertainment](#)

## Customer Reviews

What a beautiful book, a heavy cardboard cover, with 117 pages to color, divided into 7 color sections to match your every mood. Beautiful, highly detailed flowing patterns, images of animals adorned in patterns, stunning scenes many covering 2 pages, truly a book for adults. Then mixed within the book are pages left simply detailed for you to add your own doodles and create your own unique illustrations.

- 117 pages to color and or doodle on, printed front and back of each page, on heavy weight, bright white paper.
- Gel pens and colored pencils work well with this book, I tested Fiskars Gel Pens and Irma Gel Pens and neither leaked through the pages.
- I tested markers and Bic Mark-it, Sharpie, and Pentel, leaked through the page enough to ruin the picture on the backside of the page I tested.
- Staedtler Fine liners leaked through the least with only a couple dots of black actually going through the page so I am going to color a picture with these. The Staedtler Fibre tips some colors did leak through especially the very dark colors blue, green, black and other colors did not leak through at all.
- This is a beautiful book, the cover is thick heavy weight cardboard, the book is 11 1/2 inches by 8 1/2 inches and it is 1/2 of an inch thick.
- The background colors

and different colors for the drawing lines make this book special, and the book is divided into seven color sections. The second page of the book has a simple color wheel, a list of cool and warm colors, this is a nice touch.<sup>7</sup> The coloring pages are very detailed, the doodling pages simply detailed so you can add your own doodles and create your own unique illustrations.<sup>8</sup> With over a hundred illustrations I am going to add my favorites and one doodling page (the landscape with fish is the doodling page) for you to look at.

The positives:(1) hard bound which gives a sturdy surface for working no matter where you are(2) pages don't leak with gel pens(3) lots of pages  
Negatives:(1) some pictures are completely colored in(2) most are partially colored in(3) many are on colored backgrounds or have colored lines(4) there are pages that are mostly blank(5) some of the images are rudimentary not at all intricate like the one on the cover  
Doodlers who looked at this book on my shelf were thrilled, colorers who looked at this book on my shelf were annoyed or stressed out by it  
Overall, I found a lot of this book stressful not stress reducing. However, when I showed it to someone who doodles to de-stress they were thrilled by it. So I think there are lots of people who will love this book. For people like me, who want yo sit calmly and color or give to others to do the same,

Meh, I'm not really impressed with this book. I've purchased several therapeutic coloring books for adults in the recent past and this is the one that I have to say that I'm disappointed that I purchased. The drawings are gorgeous, don't get me wrong. But many if the drawings are cut off by the binding, many are already half colored for you and a few are double page drawings that are completely impeded by the binding. Great drawings, bad binding :( Very disappointed.

I love love love it !! The pages are so cute and fun to draw. Would have given in five stars but I don't like how parts of the book are already colored in. Like In the picture, the parts in Orange & the background were already colored in. I colored in the fish. But Other than that it's a must have coloring book !

Great for my grown kids! I got a few to give to them so they could put down their devices and find solitude in coloring! I love all the pictures in the book - something to please everyone!!

I received this as a gift from a friend. While I enjoy the coloring and doodle areas, I find myself annoyed with the pages that are already colored in. It limits my color palette, which bothers me

immensely. Otherwise, I have had some fun and some stress relief from this book. The hardcover and thick pages made mixed media images very easy to achieve.

I'm disappointed that the pages, and backgrounds are already shaded/ colored in. When I looked at the illustrations I just assumed the pages were colored in by the purchaser. Since it was only nine bucks I will keep it but will not in the future order anything already colored. What's the point if you already colored the thing.

A beautiful book with so many interesting pages! Paperstock is great. I use gel pens and colored pencils, working out great!

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Creative Oceans Coloring Book: Adult Coloring Book of Stress Relief Sea Animal Patterns and Designs (Ocean Coloring Book, Lost Ocean, Stress Relief Coloring Book, Anti Stress Coloring Book) (Volume 1) Mandala Adult Coloring Book Stress Relieving Patterns Relaxation: coloring book for Adult and grown ups, Anti-Stress Art Therapy, Stress Relieving Flower Patterns Color Therapy: An Anti-Stress Coloring Book The Mindfulness Coloring Book: Anti-Stress Art Therapy for Busy People (The Mindfulness Coloring Series) Teacher Life: A Snarky Chalkboard Coloring Book: A Unique Black Background Paper Adult Coloring Book For Teachers With Stress Relieving Patterns, ... Relaxation Stress Relief & Art Color Therapy) Dad Life: A Manly Adult Coloring Book: A Unique Funny Adult Coloring Book For Men Fathers & Dads With Mindfulness Mandalas, Easy Stress Relieving ... Relaxation Stress Relief & Art Color Therapy) Creepie Crawlies Without Stress: Rolling Voice Adult Colouring Books (Anti Stress Book 1) Mindful Mandalas: A Mandala Coloring Book: A Unique & Uplifting Mandalas Adult Coloring Book For Men Women Teens Children & Seniors Featuring ... Relaxation Stress Relief & Art Color Therapy) Adult Coloring Book: Share The Love: A Unique Cute Adult Coloring Book With Owls Hearts Trees Pigs Puppies Folk Art Florals Henna Beginner Mandalas ... Relaxation Stress Relief & Art Color Therapy) Dog Sugar Skull Coloring Book: Dia de Los Perros: A Unique White & Black Background Paper Adult Coloring Book For Dog Lovers, Men, Women, Teens & ... Relaxation Stress Relief & Art Color Therapy) Sugar Skulls at Midnight Adult Coloring Book : Volume 2 Animals & Aliens: A Unique Midnight Edition Black Background Paper Adult Coloring Book For Men ... Relaxation Stress Relief & Art Color Therapy) Sugar Skulls at Midnight Adult Coloring Book: A Unique Midnight Edition Black Background Paper Adult Coloring Book For Men Women & Teens With Day Of ... Stress Relief & Art Color Therapy) (Volume 1) Sugar Skull Coloring Book: Dia De Los Muertos: A Unique White & Black Background

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