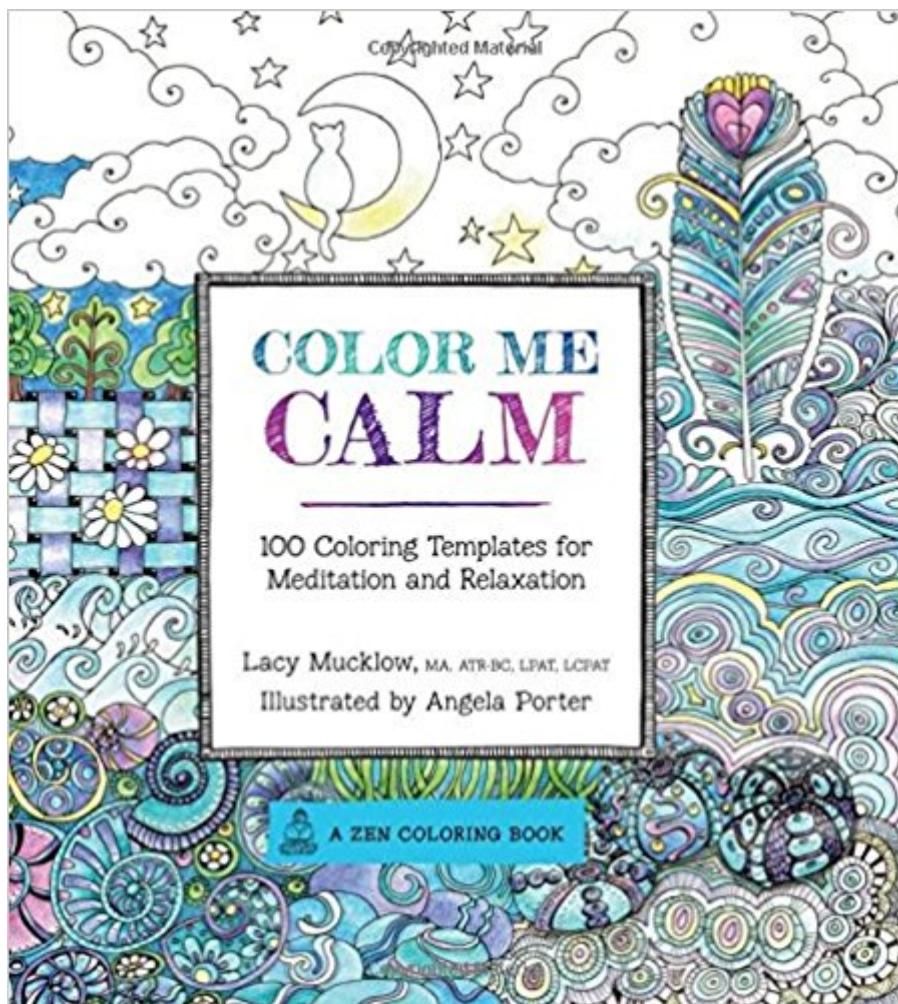


The book was found

# Color Me Calm: 100 Coloring Templates For Meditation And Relaxation (A Zen Coloring Book)



## **Synopsis**

Our lives become busier with each passing day, and as technology escalates, so does our access to work, obligations, and stress. Constant stimulation and expectation have left us burnt out and distanced from the present moment. "Now" has become something that happens online, not in the space and time that we physically occupy. *Color Me Calm* 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 get coloring and get relaxed. Organized into seven therapeutically-themed chapters including Mandalas, Water Scenes, Wooded Scenes, Geometric Patterns, Flora & Fauna, Natural Patterns, and Spirituality - the book examines the benefits of putting pencil to paper and offers adults an opportunity to channel their anxiety into satisfying, creative accomplishment. Part of the international bestselling *Color Me* series, *Color Me Calm* 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 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: 1937994775

ISBN-13: 978-1937994778

Product Dimensions: 8.8 x 0.8 x 9.8 inches

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

Average Customer Review: 4.7 out of 5 starsÂ  See all reviewsÂ  (668 customer reviews)

Best Sellers Rank: #5,821 in Books (See Top 100 in Books) #8 inÂ  Books > Self-Help > Art Therapy & Relaxation #15 inÂ  Books > Arts & Photography > Graphic Design > Techniques > Use of Color #53 inÂ  Books > Health, Fitness & Dieting > Alternative Medicine > Meditation

## **Customer Reviews**

I am fairly new to adult coloring books but I have now acquired several. I really like this one because of the variety of the images. I can find something for whatever mood i am in and that is appropriate for whatever medium i want to color in, pencils , gel pens or markers. I have used Crayola , Artist's Loft (Michael's store brand) and CraZart color pencils, Bic Mark-it, Sharpie, Stabilio 88, and

Staedtler Triplus markers, and a wide variety of gel pens including Jelly Roll, Target's Up brand, staples store brand and many others I'm not ever sure of the brand anymore. I ave attache some pages that I have completed and there is at least one from each section and done in each type of media that I have.I usually color sitting on the couch with the book cover folded back and end up turning it in all directions depending on the image. Because the cover is nice and stiff, my coloring surface is pretty stable. The middle of the book is harder to bend the cover back but I still manage OK. It would be much easier if it had a spiral binding. The paper is reasonably thick compared to a few other books I have. For the most part I have seen little bleed through even from the Bics and Sharpies, but to be safe I keep a sheet of scrap paper between the coloring page and the next one. I have seen some complaints about the quality of the image reproduction and i have seen what they are talking about, but so far it hasn't been an issue with my ability to color the image! like that the variety of images gives me some simple and easy to quickly finish for instant gratification and others that are more complex and take me several sessions to complete.I recommend this for colorists who like variety or are just starting and don't really know what types of images they will enjoy.

Some of the pre-colored pictures don't appear as blank templates in the book, one template is used twice, and a few are visibly pixelated. Lines are missing on several drawings and variation in patterns is limited. The table of contents gives page numbers for chapters, but none of the pages are numbered. Not enough polishing or quality control to justify full price for a published book.

My only complaint is that it's hard/nearly impossible to get the book to lay flat, so coloring near the spine is difficult.

The binding is so tight that it is impossible to open this flat. The images are mostly unsubtle. I don't find this calming at all!

Absolutely LOVE LOVE LOVE this book!

color me calm is a great coloring book. There are 6 different chapters with only 1 chapter of mandalas, I thought when I first got the book I wasn't going to be happy with only 1 section having mandalas but I am very happy and challenged by the different types of pictures. I have found each picture I have done in this book to be calming and I tend to concentrate more on the picture I am coloring which helps me to deal with everything else with a calm, clear, open mind.

Based on some of the reviews, I had low expectations for this book but when it arrived (received as a gift from my mother) I was pleasantly surprised. I agree some of the images appear not to have copied well, the black lines are a touch blurry, but these are in the minority. Most are just fine. I love the huge assortment and the appealing pictures, and the fact I can use any medium because the paper is relatively thick and images are one sided, so no bleed through. The binding is nice and durable and lays open flat easily even though it's not spiral bound. The designs are a nice break from some of my coloring books that are extremely intricate. This one doesn't take as long to complete but it's still satisfying.

Going to be sending this one back. The pages have a ridiculous amount of white space and some of the "examples" in the book aren't even included! The coloring pages are poor print quality and some are quite pixelated.

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