



NATIONAL BESTSELLER

COLOR ME CALM

100 Coloring Templates for
Meditation and Relaxation

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Illustrated by Angela Porter

 A ZEN COLORING BOOK

Lacy Mucklow

Color Me Calm: 100 Coloring Templates for Meditation and Relaxation
(A Zen Coloring Book)



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Art therapist Lacy Mucklow and artist Angela Porter offer up 100 coloring templates all designed to help you to get coloring and obtain relaxed. Area of the international bestselling Color Me series, Color Me Calm may be the perfect way stage back from the strain of everyday activity, color, and relax! "Right now" has become a thing that happens online, not really in the space and time that we actually occupy. Color Me Calm is normally a guided coloring publication created for harried adults. Our lives become busier with each passing time, and as technology escalates, so does our usage of work, obligations, and tension. Organized into seven therapeutically-themed chapters including Mandalas, Water Scenes, Wooded Moments, Geometric Patterns, Flora & Fauna, Natural Patterns, and Spirituality - the book examines the advantages of putting pencil to paper and offers adults an opportunity to channel their stress into satisfying, creative accomplishment. Regular stimulation and expectation have gone us burnt out and distanced from the present moment. Do not forget to try Color Me Content and Color Me Stress-Free!



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Good variety and quality I am fairly new to adult coloring books but I've now acquired several. Pics attached to provide you with a sampling of what you will find in this publication. The paper is reasonably thick compared to additional books I have. I've used Crayola , Artist's Loft (Michael's shop brand) and CraZart color pencils, Bic Mark-it, Sharpie, Stabilio 88, and Staedtler Triplus markers, and a wide selection of gel pens including Jelly Roll, Target's Up brand, staples store brand and many others I'm not ever certain of the brand anymore. The binding is indeed tight that it is impossible to open this flat. I really like this book and would buy it again. This reserve is so very much fun to color. The center of the publication is harder to bend the cover back again but I still manage Fine. Great gift Got it for my aunt as something special and she loved it. I could find something for whatever disposition i am in which is befitting whatever medium i want to color in, pencils , gel pens or markers. For the most part I have seen small bleed through also from the Bics and Sharpies, but to become safe I keep a sheet of scrap paper between the coloring page and the next one. Nice large quality paper if you want using felt suggestion pens. I recommend this for colorists who like variety or are just starting and do not really know very well what types of images they will enjoy. The desk of contents gives web page numbers for chapters, but non-e of the webpages are numbered.. It's a planner/coloring book, I've shaded about 80 percent, extremely relaxing. Lines are lacking on many drawings and variation in patterns is limited. C- for effort A few 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. My just complaint is that it's hard/nearly impossible to get the book to lay flat, therefore coloring close to the spine is difficult. My only complaint is that it's hard/nearly impossible to get . Not enough polishing or quality control to justify full price for a published book. Disappointing. I ave attache some pages that I've completed and there is at least one from each section and carried out in each kind of media that I've. I love this book and when I finish I will be ordering another one out of this series. I don't find this calming at all! Five Stars Completely LOVE LOVE LOVE this publication! Really nice coloring book Really nice coloring book, images for every mood you may be in. Love ?? this coloring book Angela is such an amazing illustrator. I have seen some issues about the quality of the image reproduction and i have seen what they're talking about, but so far it hasn't been an issue with my capability to color the imagel like that the variety of pictures gives me some easy and simple to quickly surface finish for instant gratification and others that are more technical and take me several sessions to full. Great price for 100 images. This is an excellent coloring book This is an excellent coloring book. This publication includes 6 chapters mandalas, drinking water scenes, wooded scenes, geometric patterns, floral & fauna, and natural patterns. I love that this coloring book has therefore many options. At the beginning of each chapter is an review and a coloured example. By the end is usually a blank page. The paper is similar to printer paper nevertheless the images are single sided and you also get so many pictures for the purchase price. I really like there are so many selections for me to choose from. It will require a long time to get board. I really enjoy coloring in this book. The image illustrations I provided I used a mix of bic and sharpie markers. I did have got a spiral binding put on my book since it didn't lay toned. I usually color sitting down on the couch with the reserve cover folded back and find yourself turning it in all directions with respect to the image. Printed on one side- big book. Also with the images just being using one side I could use markers, shaded pencils, and gel pens. There's something for everyone. The only real drawback may be the binding helps it be hard to keep the book open. Love it. The pictures are printed on one side only which is big book. I really like this one because of the variety of the images. Little enough to finish in an

hour or so. Because the cover is fine and stiff, my coloring surface area is pretty stable. Please join her Facebook coloring group. Angela Porters Coloring Book Fans Very calming I really appreciate this and also added a 12 months of dates to the back of the pages.. Love Coloring This is my first "adult" coloring book. I used to buy kids's books before. The images are mainly unsubtle. Good coloring book. With some persistent pressure, that issue can be minimized. Highly recommend I very much have loved this coloring book. I color at the end of the night time to relieve stress and this is one of my favorite coloring books. The webpages are very thick so I can use markers. Beautiful cover and high quality Love this book, right now I wish to collect all of them love it Great selection of pictures to color! It could be easier if it experienced a spiral binding.



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