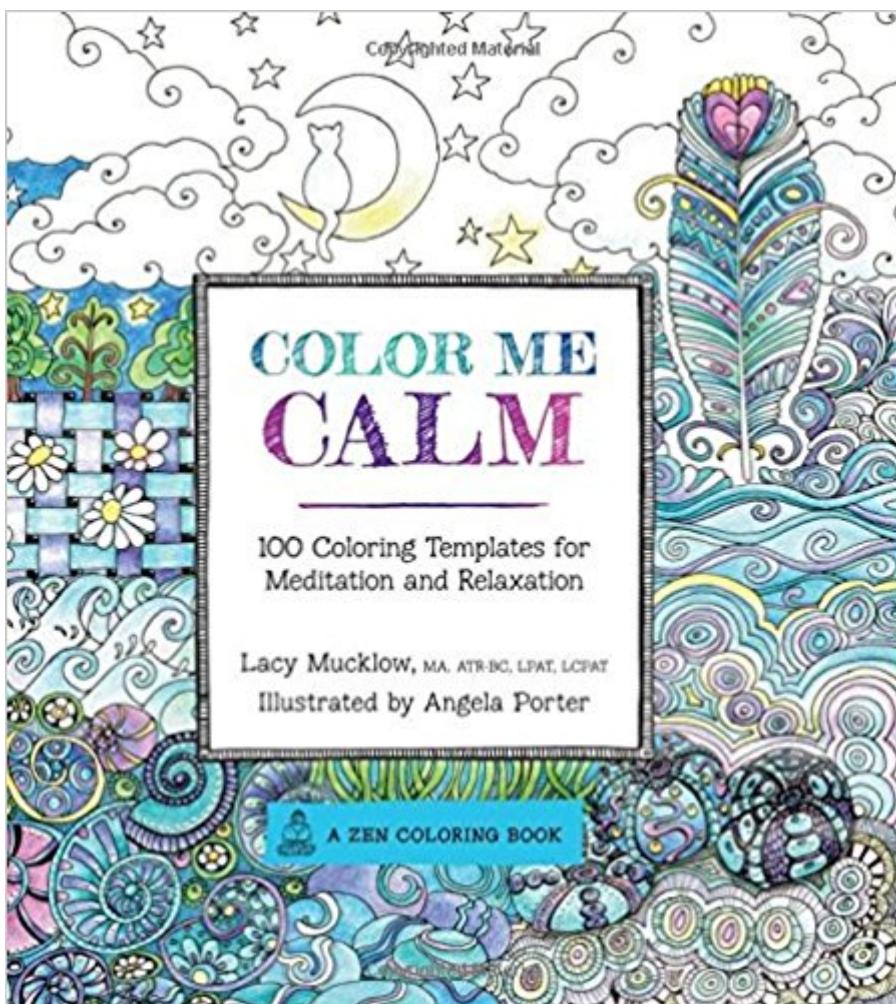


The book was found

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; Clr 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 stars 719 customer reviews

Best Sellers Rank: #17,853 in Books (See Top 100 in Books) #29 in Books > Arts & Photography > Graphic Design > Techniques > Use of Color #32 in Books > Self-Help > Art Therapy & Relaxation #76 in Books > Self-Help > Stress Management

Customer Reviews

Lacy Mucklow (MA. ATR-BC, LPAT, LCPAT) is a registered, board certified, and licensed art therapist who has been practicing art therapy in the Washington, DC area since 1999. She has experience working with a variety of mental health populations and settings, including schools, home-based counseling, and hospitals with adolescents, families, and adults. Lacy holds a Bachelor

of Arts degree in Psychology with a minor in Studio Art from Oklahoma State University, and a Master of Arts degree in Art Therapy from The George Washington University. Angela Porter is a self-taught artist who finds inspiration in nature, especially ammonite and other fossils. Much of her work is abstract with flowing lines, shapes, and colors that create textured and detailed artworks. She works with technical drawing pens, watercolors, inks, colored pencils, and metallic paints and pens. She lives in South Wales.

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, Stabilo 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 have attached 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.

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!

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.

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.

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.

Really nice coloring book, images for every mood you may be in. Small enough to finish in an hour or so. Nice heavy quality paper if you like using felt tip pens. Great price for 100 images.

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