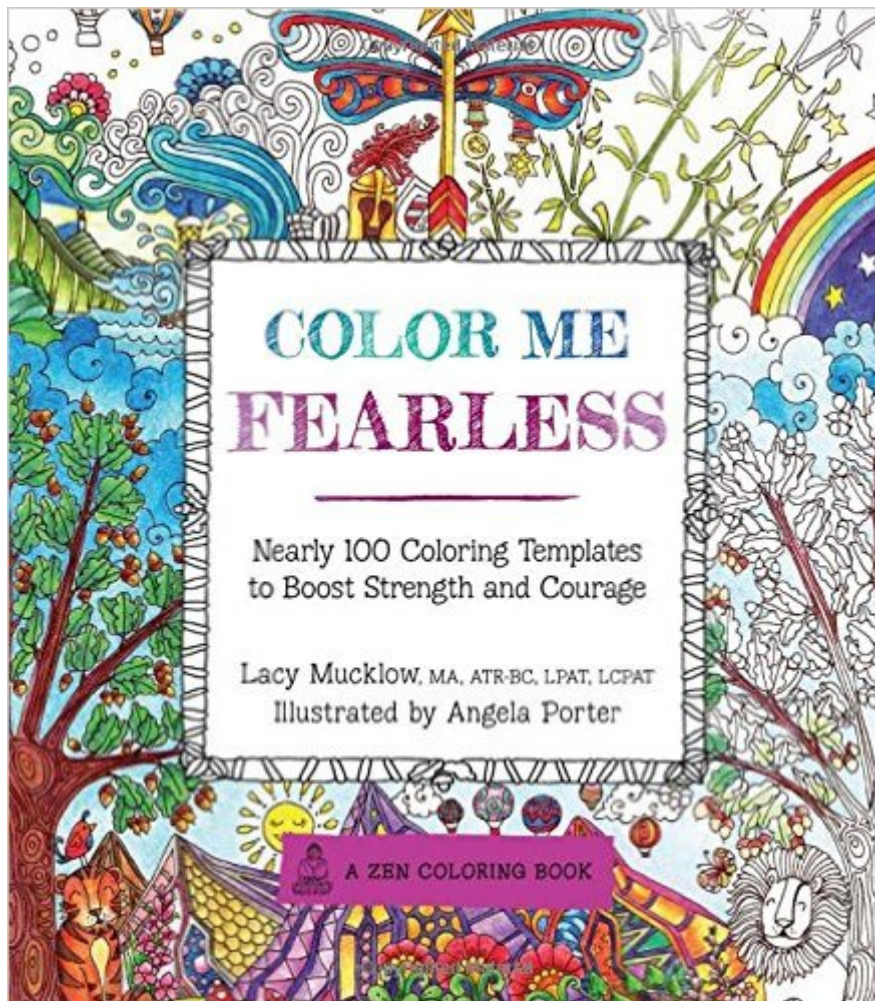


The book was found

Color Me Fearless: Nearly 100 Coloring Templates To Boost Strength And Courage (A Zen Coloring Book)



Synopsis

The perfect book for stressed-out adults who want to reconnect, simply and easily, with their inner creativity. Many of us experience fear every single day: job loss, loneliness, relationships, money, sickness, anxiety, and more. Fear has become infused in our culture, and it affects our day-to-day functioning and quality of life. 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 Fearless is a guided coloring book for adults coping with their own daily fears. Art therapist Lacy Mucklow and artist Angela Porter offer up 100 coloring templates, all designed to boost strength, courage, and confidence. 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 Fearless is the perfect way step back from the fears of everyday life, color, and relax! Don't forget to try Color Me Happy, Color Me Calm, and Color Me Stress-Free!

Book Information

Age Range: 8 and up

Series: A Zen Coloring Book

Paperback: 208 pages

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Average Customer Review: 4.5 out of 5 stars Â Â See all reviews Â (61 customer reviews)

Best Sellers Rank: #50,365 in Books (See Top 100 in Books) #66 in Â Books > Self-Help > Art Therapy & Relaxation #177 in Â Books > Arts & Photography > Graphic Design > Techniques > Use of Color #235 in Â Books > Self-Help > Stress Management

Customer Reviews

â œColor Me Fearlessâ • is my first full-size coloring book in this series. I have a couple of the books in the portable size and have enjoyed them, so I thought it time to pick up the larger format

book. The book has many different styles of designs. Of the 78 designs in the book, 33 are mandalas or mandala style designs. The designs have many intricate and small details and may take using sharp pointed coloring pencils or small nib pens to color. The book has seven chapters: Courage, Strength, Resilience, Confidence, Power, Adventure, and Freedom. The designs in each chapter is supposed to be symbolic of the title. I get it with some of the designs but others are a bit less obvious and I don't relate them to the title of the chapter. That doesn't bother me as I want to enjoy the book for the coloring opportunities first and foremost. While the subtitle of the book states there are nearly 100 designs, I only count 78. There are additional partially colored designs and some blank pages (as well as the patterns on the back of the designs) but I think that there was a bit of stretch in rounding the number up to 100. I chose a variety of designs for my first four projects in this book: two mandalas, a lighthouse and ocean scene, and an Egyptian inspired designs. I used different medium on the various designs with my Tombow water-based markers on two and a mix of Sharpies and Bic Mark-it ultra-fine point markers on the other two. The pictures of all four will be posted below.

This book has over 40 of the whimsical scenic type pictures that I love to color, twice as many as the previous books in this series, but still includes those artistic, balanced, flowing circular mandalas for a great variety, that will kick start your imagination and spark your creativity. Every single illustration is imaginative, original, whimsical and drawn in the same hand drawn style as the previous books in this series. This is a well made, nice looking book that boasts a thick cardboard cover, with 79 images for you to color and broken into 7 color coded chapters, this is more than just a coloring book, it will make a wonderful coffee table book once you have completed the pictures. This is a perfect addition to your coloring library, but with its hard cover, and color coded chapters is also great as a gift for adults, college students or older children. This book is one of the best made coloring books out there. This is my favorite series for gift giving; the recipients are always surprised with the quality and style of these special books. My grandchildren treasure these books and carry them everywhere to share with their friends. 1. This is a well made coloring book; it is (8 1/2 inches x 9 1/2 inches, and 1/2 inches thick), the cover is especially nice, and made of Quality heavy cardboard, each image is printed one per page (the back of each page is blank) 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.

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