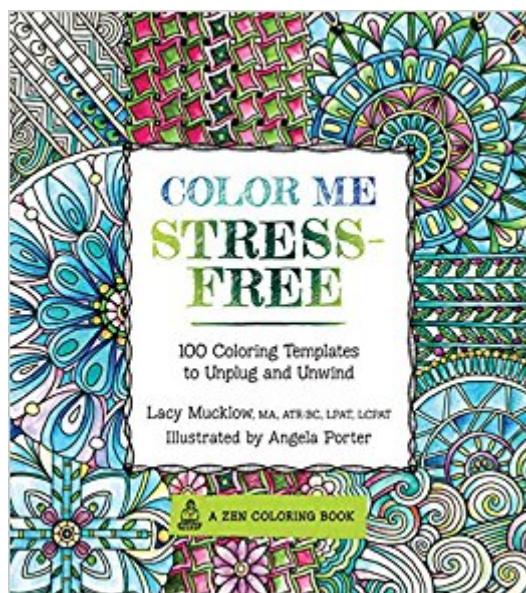


The book was found

Color Me Stress-Free: Nearly 100 Coloring Templates To Unplug And Unwind (A Zen Coloring Book)



Synopsis

The perfect book for stressed-out adults who want to reconnect, simply and easily, with their inner creativity. Work, kids, relationships, meetings, traffic, bills...we are all faced with stress on a daily basis. And sometimes you just need a way to relieve the tension and avoid burnout, illness, or worse. 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 Stress-Free 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 unplug and unwind at the end of each day. 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 Stress-Free 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 Calm!

Book Information

Series: A Zen Coloring Book

Paperback: 208 pages

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

Average Customer Review: 4.5 out of 5 stars 300 customer reviews

Best Sellers Rank: #31,227 in Books (See Top 100 in Books) #44 in Books > Self-Help > Art Therapy & Relaxation #51 in Books > Arts & Photography > Graphic Design > Techniques > Use of Color #126 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.

This is a wonderful Zen pattern coloring book, filled with imaginative, and original entwined, layered, and entangled designs and patterns. You will find 17 circular mandalas, 57 rectangular fuller paged patterns, plus 5 scenic type pictures for variety. This book is divided into 7 color coded sections, and each section concentrates on a different type of Zen pattern, you will find Balanced and Orderly patterns, Spirals and Labyrinths, Geometric, Symmetry, Abstract, Layered and Tangled, and Fractal images. This is a perfect addition to your coloring library and gift for adults, college students or older children. 1. This is a well made coloring book; it is (8 1/2 x 9 1/2 inches, and 1/8 inches thick), the cover is especially nice, and made of Quality heavy cardboard, each image is printed one per page 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. The 57 rectangular (6 1/2 x 7 1/2 inches wide by 7 1/2 inches high) pictures are centered on each page and are bordered, the front side of each page has a colored border 3/4th inches wide so you can easily find the chapter you want to color in. 4. All markers that I tested bled through the pages, so if you use markers place two pages behind the page you are coloring to prevent damaging the next picture. 5. Fiskars Gel pens and Irma Gel pens did not leak through the pages, 6. Perfect for Colored pencils, 7. 17 circular mandalas, 5 scenic type added for variety, and 57 rectangular patterns for a total of 79 illustrations and you will want to color every single one. This book is divided into 7 chapters and each chapter starts with full paged colored examples of illustrations within the chapter to inspire your creativity and a page of text about the subject matter in that chapter. I am adding pictures from each section to help you decide if this book is just right for you. Chapter one: Disorganization, 11 Coloring pages, 1 pattern and Mandalas in circular form all balanced and orderly to counter a sense of chaos around you and calm you. Chapter two: Relationships: 11 coloring pages, You will find spirals, labyrinths, and upward facing triangles that symbolize fresh beginnings and new journeys. Chapter Three: Finances: 10 coloring pages, These geometric images imbue a sense of productivity and

growth. Chapter Four: Work: 10 coloring pages, These images focus on symmetry to provide a sense of order and stability. Chapter Five: Health: 12 coloring pages, Abstract and Fractal images that represent and promote growth. Chapter Six: Time: 11 coloring pages, these images focus on time management in an abstract form by having layered and tangled distinct patterns. Chapter Seven: Travel & Communication: 14 coloring pages, Fractal-style images to help you visualize clear pathways.

This is a very nice book, but I am very disappointed that this book was mainly zentangle. I have Color Me Happy and Color Me Calm and they both deserve at least 10 stars. I love the variety in both Happy and Calm. Trees, houses, mountains, people, food, musical instruments, flowers, mandalas, zentangle and more. Stress Free doesn't have that. It is a nice book, but not wonderful like the other two.

Love it! Who would know there would be coloring books for adults. MY only recommendation on these beautiful books (I have purchased 5) is that they should be spiral bound so they lay flat when you color. You have to somewhat fight with the left side to keep the book open.

Color Me Stress Free is another fun addition in the "Color Me" coloring book series. Of 77 designs I counted in the book, 17 are what I would categorize as mandalas. The designs in this book are detailed and intricate. Some have small areas to color which may require sharp pencils or pens/markers with ultra-fine points. The book has seven chapters, which include: Disorganization, Relationships, Finances, Work, Health, Time and Travel and Commuting. Each chapter has a lead-in which describes the intent of the designs within. There are color tips at the beginning of the book and there are some fully and some partially colored examples throughout (at the beginning of each chapter. The designs are detailed and some include intricate and small areas to color. This is what I found while looking through and coloring in this book: 77 Designs for stress-free coloring - Designs by Angela Porter. Designs are printed on one side of the page. Paper is medium weight, white (with color print on the back of the page), slightly rough and non-perforated. Sewn Binding. Designs do not merge into the binding. All designs either have a framing line at the outer edges or have finished edges (such as a mandala.) The book is thick but could be opened to a fairly flat position without breaking the spine. Alcohol-based markers bleed through the page. Water-based markers, India ink pens and gel pens leave shadows on the back of the page. Coloring pencils, both oil and wax-based, worked well with this paper. I was able to layer

the same color for deep pigment. I could layer multiple colors and blend easily using a pencil style blending stick.

I enjoy coloring, and this is a nicely bound book. It's 208 pages, with a lovely introduction, and coloring tips. The book itself is divided into 7 Chapters: Disorganization, Relationships, Finances, Work, Health, Time and Travel and Communicating. There is a brief introduction to each chapter, and while I can see some people enjoying and meditating on the subject of each chapter, it really isn't for me. Some drawings are semi coloured, leaving you to fill in the other area, however the majority are fully black and white illustrations, just ready for your handy medium of choice. I prefer using artist grade, wax based colored pencils. One thing I do with all my coloring books, because I can be a bit heavy handed when shading, is to put a few pieces of paper, or cardboard under your current page, so your coloring doesn't effect the next picture. There are also lovely pastel printed pages on the left side, so your work is on the right. It makes for a tranquil coloring experience. I really have been enjoying these pages, and do find they are great at helping me unwind after a hard day. The binding is fine, it will let you press the pages flat without breaking. Only four stars, because I do feel some illustrations are repeated from their other books, and also because I really didn't care for the semi colored pages. That's just my personal taste, I prefer to let my creativity out, and have fun, then follow guidelines. Not a deal breaker, there are only a few scattered throughout the book.

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