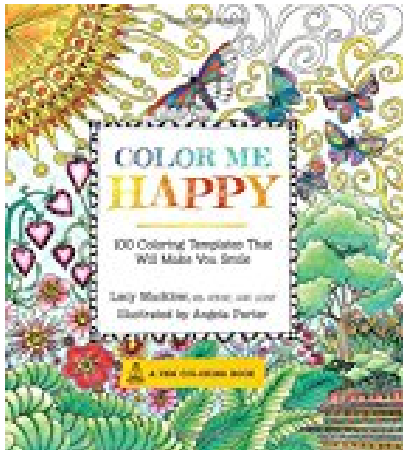


Color Me Happy 100 Coloring Templates That Will Make You Smile A Zen Coloring Book



BOOK DETAILS

- Author : Lacy Mucklow
- Pages : 208 Pages
- Publisher : Race Point Publishing
- Language : English
- ISBN : 1937994767



BOOK SYNOPSIS

With each development in technology, our lives become more complicated. We move through our days in a blur of emails, text messages, and social networking. This non-stop stimulation has left us stressed-out and distanced from the joys of the present moment. Art therapist Lacy Mucklow and artist Angela Porter offer a simple and satisfying solution to this disconnect from reality. Featuring over 100 joyful coloring templates, Color Me Happy is a guided coloring book designed for busy adults. Organized into therapeutically-themed chapters, this book examines the benefits of putting pencil to paper and offers adults an opportunity to channel their anxiety into joyful creative accomplishment. Part of the international bestselling Color Me series, Color Me Happy is the perfect way to step back from the chaos of everyday life, color, and feel happy! Don't forget to try Color Me Calm and Color Me Stress-Free!

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