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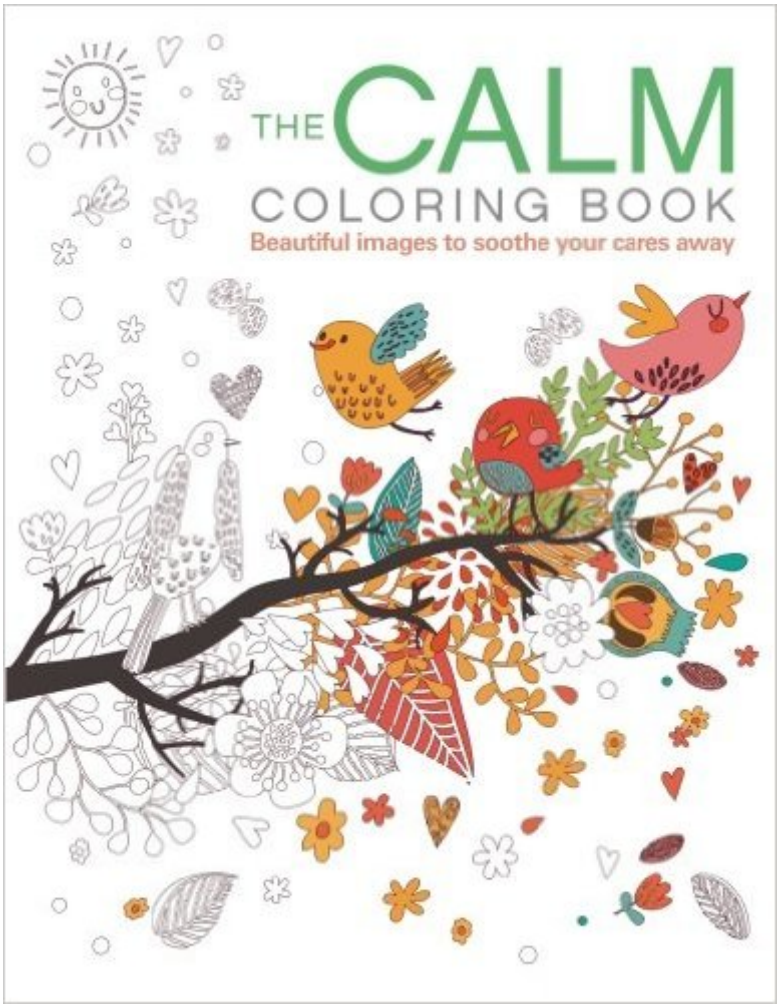
The Calm Coloring Book (Chartwell Coloring Books)



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Synopsis

It?s official--coloring is good for you. Whatever your age, shading a picture in colors of your choice generates a sense of stillness and wellness. it also stimulates brain areas related to motor skills and creativity. Coloring works as a relaxation technique--calming the mind and occupying the hands--and helps you enter a freer state of being. Take some time out of your day to color in The Calm Coloring Book and watch your stress dissipate with each page.This delightful book offers a wide and enticing range of gorgeous designs and scenes for you to color in and make your own. The images and patterns of flora and fauna provide a relaxing way to explore the artist inside you. By following your creative instincts, you will de-stress your mind and body and be rewarded with a portfolio of beautiful finished artworks.The Calm Coloring Book contains gorgeous images of birds, leaves, flowers, fish, butterflies and tranquil landscapes to soothe the mind and please the senses. By coloring in the outlines you will de-stress your mind and body and create your own beautiful artwork. So put your worries on hold, pick up your crayons, pencils or felt-tips, and get ready to unleash your creative side.

Book Information

Age Range: 9 and up
Series: Chartwell Coloring Books
Paperback: 128 pages
Publisher: Chartwell Books; Clr Csm edition (July 8, 2015)
Language: English
ISBN-10: 0785832882
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Product Dimensions: 8.5 x 0.3 x 11 inches
Shipping Weight: 15.5 ounces (View shipping rates and policies)
Average Customer Review: 4.4 out of 5 starsÂ Â See all reviewsÂ (421 customer reviews)
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Customer Reviews

This is a wonderful coloring book filled with imaginative and original floral patterns, that vary from whimsical & simply detailed, to realistic & highly detailed, plus everything in between.But that is not

all; then the artist has added an excellent collection of other images for variety that will keep you inspired and coloring.The artwork is flowing, with meticulous attention to detail, creating a book that is a delight to color.This book will inspire all those who love flower patterns.1. 61 illustrations printed one per page (the back of each page is blank) on light weight, bright white paper.2. All markers and Gel pens that I tested including Triplus fineliners and Fiskars Gel pens bleed through the pages, I just place a piece of paper under the page I am coloring to prevent damage to the next picture. The paper is good quality even being light weight, coloring with Bic mark it and Sharpie ultra fine markers, the markers do not spread outside the line as you color, even the thinnest lines.3. Most of the images lend themselves well to Ultra fine markers, Gel Pens, or Colored Pencils4. The pages in this book are not perforated, and it doesnâ ™t lie completely flat, but the images start far enough away from the binding so you can color the entire picture or remove them easily from the book.5. The cover picture is not included in this book and is not representative of most of the pictures in the book; a few are whimsical like the cover.6. The Illustrations include: 3 Landscape images, 5 with fish, 3 with butterflies, 4 with birds, 2 with geometric designs, 2 leaf pattern, 1 fruit basket, 1 feather pattern, 1 abstract landscape, and 39 imaginative varied flower pattern designs .7. I am going to include my favorite images from this book for those times the â œLook seeâ • function doesnâ ™t work.

I’ve been purchasing lots of coloring books for adults lately -- this is one of the nicest I’ve received thus far. There is a huge assortment of designs, ranging from simple and abstract to intricate and spectacular. Some pages will appeal to folks wanting simplicity and other pages will appeal to those wanting to focus intently for hours. There are some whimsical pages in an illustration style, and there are some pages in a grand scenery/landscape style. I honestly don’t think you can go wrong with this coloring book. Very nice and wouldn’t hesitate to purchase multiple copies again!Editing review to add: pages are printed on nice, thicker paper. I did not have issues with bleed-through (I use Ultra Fine Sharpies mostly). Pages are not perforated. I didn’t have any difficulties removing pages from the book - they separated from the binding fairly easily and cleanly.

This has quickly become one of my favorite coloring books. The artwork is exceptional and there are lots of different types and designs to keep you interested. I love this book!

I was given this book as a gift along with a box of colored pencils. I never would have thought I’d be into it as much as I am! It’s very relaxing sitting on my deck and coloring. It’s a nice break from the

digital world. There is a great variety of patterns. Some are very intricate and some are very simple. I can’t wait to finish them all and get another adult coloring book!

I looked through many adult coloring books before deciding on this one. Very happy with the variety of designs! Not too complicated nor too simplistic. The size of the book itself is easy to work with - not bulky or cumbersome. - Wendy in Lincoln, NE

Was disappointed when I received this book. The adorable picture in the cover is nowhere to be found! None of the designs inside match the cover artwork. I found lots of pics that look like what I have in other books. This one’s going back!

Love this coloring book! Good quality of paper and very wide selection of pictures to do. A+

I am very disappointed..... Not only is the adorable image on the cover NO WHERE TO BE FOUND IN THE BOOK but the rest of the pics are not even close in style. I knew there would be a variety of "designs and scenes" but this was not what I was expecting or wanting. Now I have to waste time returning it.

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