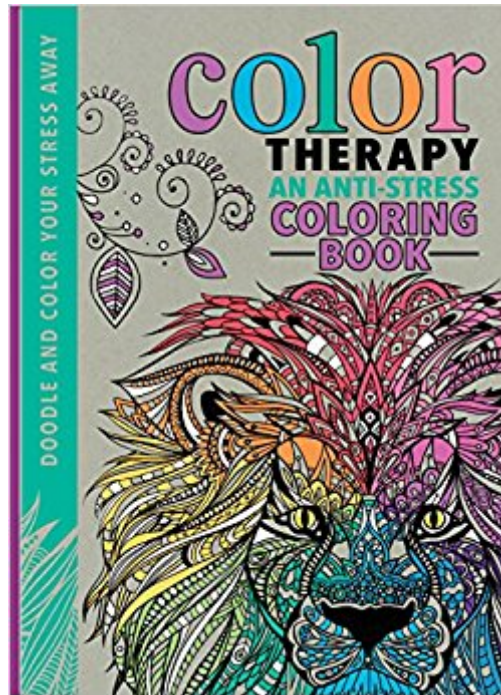




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Color Therapy: An Anti-Stress Coloring Book



Synopsis

From the Bestselling international coloring book series. Color can be therapeutic, and creating beautiful art is a soothing and stress-relieving activity. Choose any color section from the book and complete the stunning illustrations to lift your mood and focus your mind. Even amateur artists can create something exquisite, as no drawing skills are required.

Book Information

Hardcover: 128 pages

Publisher: Running Press; Clr Csm edition (May 26, 2015)

Language: English

ISBN-10: 0762458801

ISBN-13: 978-0762458806

Product Dimensions: 8.2 x 0.8 x 11.8 inches

Shipping Weight: 1.8 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 314 customer reviews

Best Sellers Rank: #146,592 in Books (See Top 100 in Books) #208 in [Books > Crafts, Hobbies & Home > Crafts & Hobbies > Papercrafts, Stamping & Stenciling > Papercrafts](#) #1252 in [Books > Arts & Photography > Drawing > Coloring Books for Grown-Ups](#) #12243 in [Books > Humor & Entertainment](#)

Customer Reviews

Cindy Wilde, Laura-Kate Chapman, and Richard Merritt are artists living in the UK.

What a beautiful book, a heavy cardboard cover, with 117 pages to color, divided into 7 color sections to match your every mood. Beautiful, highly detailed flowing patterns, images of animals adorned in patterns, stunning scenes many covering 2 pages, truly a book for adults. Then mixed within the book are pages left simply detailed for you to add your own doodles and create your own unique illustrations.

1. 117 pages to color and or doodle on, printed front and back of each page, on heavy weight, bright white paper.
2. Gel pens and colored pencils work well with this book, I tested Fiskars Gel Pens and Irma Gel Pens and neither leaked through the pages.
3. I tested markers and Bic Mark-it, Sharpie, and Pentel, leaked through the page enough to ruin the picture on the backside of the page I tested.
4. Staedtler Fine liners leaked through the least with only a couple dots of black actually going through the page so I am going to color a picture with these. The Staedtler Fibre tips some colors did leak through especially the very dark colors blue, green, black and other colors did

not leak through at all.5. This is a beautiful book, the cover is thick heavy weight cardboard, the book is 11 inches by 8 inches and it is of an inch thick.6. The background colors and different colors for the drawing lines make this book special, and the book is divided into seven color sections. The second page of the book has a simple color wheel, a list of cool and warm colors, this is a nice touch.7. The coloring pages are very detailed, the doodling pages simply detailed so you can add your own doodles and create your own unique illustrations.8. With over a hundred illustrations I am going to add my favorites and one doodling page (the landscape with fish is the doodling page) for you to look at.

The positives:(1) hard bound which gives a sturdy surface for working no matter where you are(2) pages don't leak with gel pens(3) lots of pagesNegatives:(1) some pictures are completely colored in(2) most are partially colored in(3) many are on colored backgrounds or have colored lines(4) there are pages that are mostly blank(5) some of the images are rudimentary not at all intricate like the one on the coverDoodlers who looked at this book on my shelf were thrilled, colorers who looked at this book on my shelf were annoyed or stressed out by itOverall, I found a lot of this book stressful not stress reducing. However, when I showed it to someone who doodles to de-stress they were thrilled by it. So I think there are lots of people who will love this book. For people like me, who want to sit calmly and color or give to others to do the same,

I love this book, but I had to give it 4 stars. It is a beautiful book, with gorgeous picture to color. It's also educational, it has several pages that explain the color wheel, etc. The book is hard cover and bound securely, I've had mine bent back all the way and the pages are still nice and snug. Sadly the pages are printed on both side, therefore limiting the media you can use to color the picture.

Markers and some gel pens, bleed through, ruining the drawing on the other side. The only media, that I've been able to use in this book is colored pencils, which are very limiting. I've seen other books published by the same author in the same format and I would have bought them in an instant if only the pages were thicker or one sided to prevent bleed through. I have several book with 2 sided illustrations and they all bleed through. Now, I've decided, that no matter how much I love a book I won't buy it unless the pictures are printed on one side of the page only, that way, I can use whatever media I prefer and not lose pictures to bleed through.

*UPDATED with picturesA great book to inspire and relax, I purchased this due to the fact I easily get stressed out, even over the smallest of things and needed something to help take my mind off

things. A friend recommended this to me and I ordered it. Pros: *The book is very sturdy and seems like it could withstand a beating* the pages are really thick, could easily handle color pencils and gel pens.* the book has tons of pictures and designs to choose from, and even include mostly blank pages to allow your imagination to run free.*though I have listed this in the cons section...some parts are colored in and a few people did not like that. However, I'm the type of person who lacks any and all drawing capabilities and I appreciate the already there designs and colors, they help give me inspiration for what to draw instead of me just drawing blanks and stressing myself out more. Cons: * some (not much) pages have a major part colored in and that can be distracting to some. The first picture shows some of the pages with mostly blank page to help inspire your own creations. The second shows the designs within the triangles to give you ideas to help you draw yourself. And the last is a page that was already mostly colored in that I didn't like. I would've enjoyed coloring this in myself, and no, this isn't a page close to the front of the book either as if it were a "tutorial" page of some sorts.

I purchased all three coloring books in this series and I'm glad I did. They are large, sturdy books. The paper is quite thick, but they are double sided pages. Most of the pages have colored backgrounds, so you don't need to color them, just the main focus drawing(s). There are "doodling" pages in the back for those who have a knack for that. Personally, I like coloring because I'm not very artistic on my own, but I still get a sense of accomplishment and relaxation. These are really nice for the money and should hold up well.

I love love love it !! The pages are so cute and fun to draw. Would have given in five stars but I don't like how parts of the book are already colored in. Like In the picture, the parts in Orange & the background were already colored in. I colored in the fish. But Other than that it's a must have coloring book !

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