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Portable Color Me Happy (Paperback)

By Lacy Mucklow, Angela Porter

Race Point Publishing, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book. The perfect portable book for stressed-out adults who want to reconnect, simply and easily, with their inner creativity while on the go. 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 75 calming colouring templates, Portable Colour Me Happy is a guided colouring book designed for busy adults and formatted to fit easily in your bag or purse. Organised into therapeutically-themed chapters including Mandalas, Water Scenes, Wooded Scenes, Geometric Patterns, Flora Fauna, Natural Patterns, and Spirituality, 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, Portable Colour Me Happy is the perfect way step back from the stress of everyday life, color, and relax even when you re on the...



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