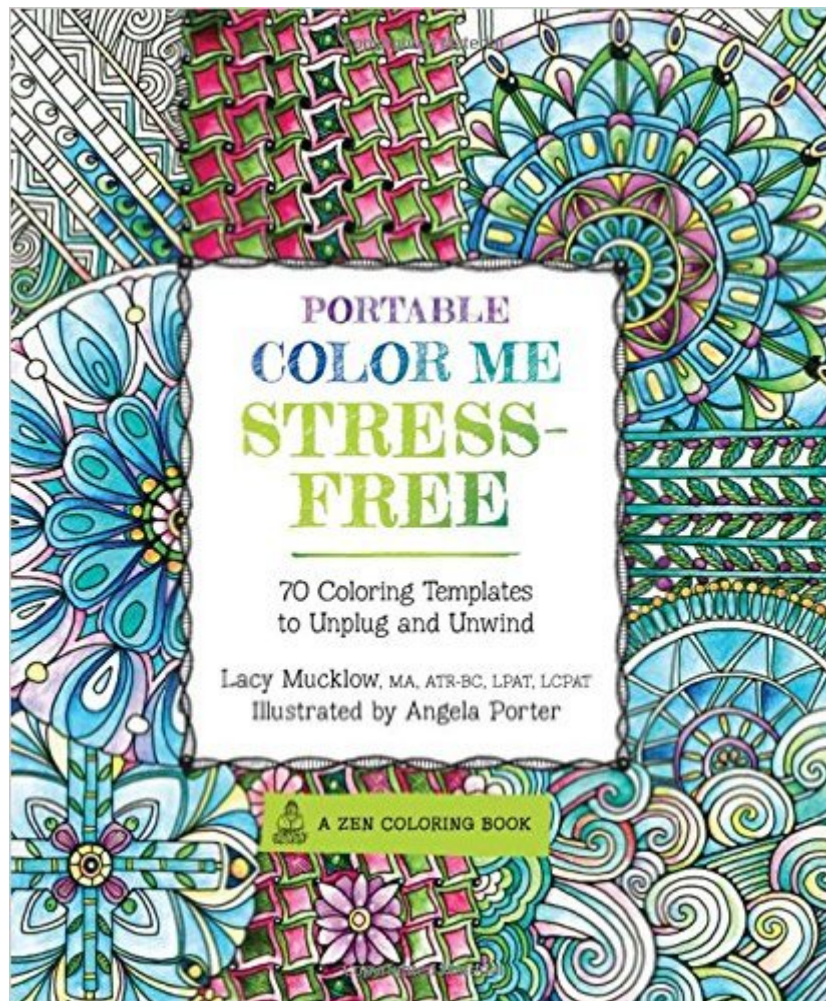


The book was found

# Portable Color Me Stress-Free: 70 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 while on the go. 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, Portable Color Me Stress-Free is a guided coloring book designed for harried adults. Art therapist Lacy Mucklow and artist Angela Porter offer up 70 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. Don't forget to try Portable Color Me Stress-Free, Portable Color Me Calm, Portable Color Me Happy, and the full-sized coloring books, Color Me Stress-Free, Color Me Calm, Color Me Happy, and more!

## Book Information

Series: A Zen Coloring Book

Paperback: 176 pages

Publisher: Race Point Publishing; Clr Csm edition (July 1, 2016)

Language: English

ISBN-10: 1631062662

ISBN-13: 978-1631062667

Product Dimensions: 6 x 0.5 x 7.2 inches

Shipping Weight: 12 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars [See all reviews](#) (12 customer reviews)

Best Sellers Rank: #59,973 in Books (See Top 100 in Books) [#77 in Books > Self-Help > Art Therapy & Relaxation](#) [#196 in Books > Arts & Photography > Graphic Design > Techniques > Use of Color](#) [#268 in Books > Self-Help > Stress Management](#)

## Customer Reviews

There is a nice variety of designs by Angela Porter in this little coloring book. Some are mandalas, with fairly open areas where you can use large swaths of color, while other designs are more

complex and have lots of little areas to color in. The designs are divided up into seven themed chapters, and there are some sample color pages to jump-start your imagination. I've had the book about a week and I'm working on my second design. Gel pens, colored pencils, and watercolor pencils work fine, but I have a set of Sargent markers and they bleed through the paper a bit (I'm not even going to get the Sharpies out). The designs for coloring are printed on one side and on the back there is a screened design that you could also draw on if you're so inclined. The size of the book is very nice. It's about 6 x 7.25 inches, and it can be opened so that the pages lay flat for coloring because the signatures are stitched, not glued. The smaller format makes it easier to turn the book around while I'm working and I don't have to lay my hand across a large portion of the image to reach what I'm trying to color. This would be a nice little book to take to the beach or pop into your briefcase for some lunchtime relaxation.

Art therapist Lacy Mucklow and artist Angela Porter have given you a truly remarkable adult colorbook which will help you to be stress-free. . There is 70 templates for you to color and it even gives you an example of some to get you off to a creative picture. This is one of the better colorbooks I have purchased. Buy one today you won't be sorry. I highly recommend this one for your library of colorbooks. I was given this book from Quarto Publishing Group for a honesty review.

Great book. It is smaller than I thought it was but I love the designs.

good book lots of neat pictures worth the buy

I love the small, portable size

Great pictures to color

[Download to continue reading...](#)

Portable Color Me Stress-Free: 70 Coloring Templates to Unplug and Unwind (A Zen Coloring Book) Color Zen Adult Coloring Book 2: Easy Breezy Garden Patterns (Color Zen Adult Coloring Books) (Volume 2) Color Me Fearless: Nearly 100 Coloring Templates to Boost Strength and Courage (A Zen Coloring Book) Color Me To Sleep: Nearly 100 Coloring Templates to Promote Relaxation and Restful Sleep (A Zen Coloring Book) Zen and Zen Classics volume 1: From the Upanishads to Huineng (Zen & Zen Classics) Zen: Zen For Beginners - The Ultimate Guide To Incorporating Zen Into Your Life - A Zen Buddhism Approach To Happiness And Inner Peace

Sweary Mandalas: Midnight Edition: Funny Coloring Books Best Sellers Coloring Books For Adults Relaxation & Adult Coloring Books Stress Relieving ... Coloring Book & Color Therapy & Art Therapy) Extreme Coloring Amazing World: Relax and Unwind, One Splash of Color at a Time (Extreme Art!) The Swear Word Coloring Book: Cuss word coloring book for those who love to swear...and color! If you are a fan of profanity and swearing coloring ... coloring book, you will love this! (Volume 1) The Allergy Self-Help Cookbook: Over 350 Natural Foods Recipes, Free of All Common Food Allergens: wheat-free, milk-free, egg-free, corn-free, sugar-free, yeast-free Zen: Zen for Beginners: The Complete Guide to Achieving Presence and Inner Peace (Meditation, Buddhism, Zen Buddhism for Beginners, Happiness) Zen:How to Live a Zen Lifestyle in a Modern Society (Zen, Buddhism, Mindfulness, Yoga) Non Fiction Writing Templates: 44 Tips to Create Your Own Non Fiction Book (Writing Templates, Writing Non Fiction, Kindle Publishing) Fiction Writing Templates: 30 Tips to Create Your Own Fiction Book (Writing Templates, Fiction Writing, Kindle Publishing) WHEAT BELLY DIET FOR BEGINNERS: Grain-Free, Wheat-Free, Gluten-Free Cookbooks and Recipes For Weight Loss Plans and Solutions Included! (Wheat Free Grain Free Gluten Free Weight Loss Diet Book 1) Vive Le Color! Butterflies (Adult Coloring Book): Color In; De-stress (72 Tear-out Pages) Vive Le Color! Arabia (Adult Coloring Book): Color In; De-stress (72 Tear-out Pages) Vive Le Color! India (Adult Coloring Book): Color In; De-stress (72 Tear-out Pages) Haters Gonna Hate: A Snarky Mandala Coloring Book: Mandalas? Again?!? SMH: Midnight Edition: A Unique Funny Black Background Paper Adult Coloring Book ... Stress Relief & Art Color Therapy) (Volume 3) Nurse Life: A Snarky Adult Coloring Book: A Unique Humorous Adult Coloring Book For Nurses & Nursing Students With Funny Quotes, Hand Lettering Word ... Relaxation Stress Relief & Art Color Therapy)

[Dmca](#)