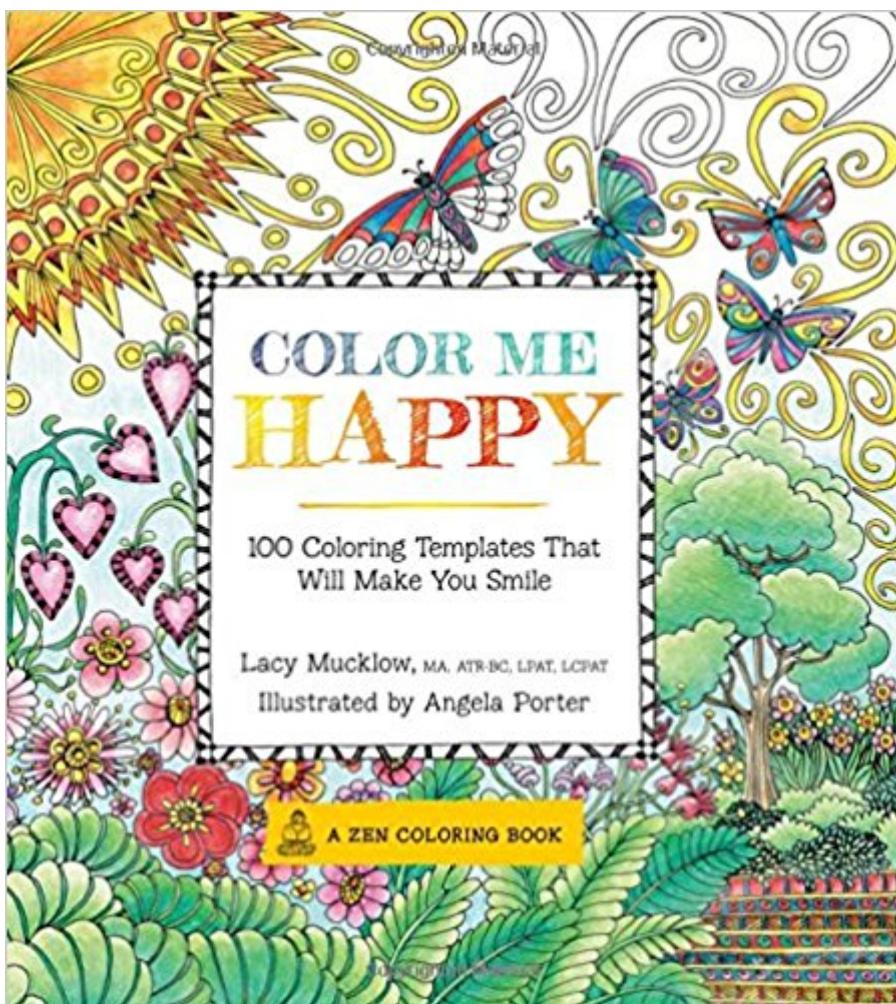


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# Color Me Happy: 100 Coloring Templates That Will Make You Smile (A Zen Coloring Book)



## **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*!

## **Book Information**

Age Range: 8 and up

Series: A Zen Coloring Book

Paperback: 208 pages

Publisher: Race Point Publishing; Clr Csm edition (October 27, 2014)

Language: English

ISBN-10: 1937994767

ISBN-13: 978-1937994761

Product Dimensions: 8.8 x 0.8 x 9.8 inches

Shipping Weight: 1.6 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 287 customer reviews

Best Sellers Rank: #31,575 in Books (See Top 100 in Books) #45 in Books > Self-Help > Art Therapy & Relaxation #52 in Books > Arts & Photography > Graphic Design > Techniques > Use of Color #129 in Books > Self-Help > Stress Management

## **Customer Reviews**

Lacy Mucklow (MA, ATR-BC, LPAT, LCPAT) is a registered, board certified, and licensed art therapist who has been practicing art therapy in the Washington, DC area since 1999. She has experience working with a variety of mental health populations and settings, including schools, home-based counseling, and hospitals with adolescents, families, and adults. Lacy holds a Bachelor of Arts degree in Psychology with a minor in Studio Art from Oklahoma State University, and a Master of Arts degree in Art Therapy from The George Washington University. Angela Porter is a

self-taught artist who finds inspiration in nature, especially ammonite and other fossils. Much of her work is abstract with flowing lines, shapes, and colors that create textured and detailed artworks. She works with technical drawing pens, watercolors, inks, colored pencils, and metallic paints and pens. She lives in South Wales.

This is a beautiful coloring book. The paper stock is great and all pages are single sided to prevent bleed-through when using markers. I still recommend inserting a blank piece of paper as it still can happen.

I have been looking at this book online for some time now. While the pictures are good, I find the people in the book kinda of creepy. The biggest disappointment for me however is that the picture on the front is not in the book. Also as you can see, the book will not stay open by itself.

My only complaint is that it's hard/nearly impossible to get the book to lay flat, so coloring near the spine is difficult.

I ordered this book because the colouring templates looked enduring and sweet. It is more than that. The book itself is beautiful, it is this malleable hardcover book and looks beautiful. It comes with a lovely well written introduction on how this book hopes to alleviate a little bit of stress from your life. The book hopes that you use colours that make you smile. It is almost like a self-help book. The pictures are so gorgeous that you want to do your best to colour within the lines! This book has already made me happy and I've only coloured a couple pages

Great coloring book!

Too many people, kids and babies ruined a lot of great pictures. Animals waayyy too cartoonish. Skip this one.

This is my first adult coloring book, so I don't really have anything to compare it to. I find most of the images beautiful (there are a few that are "meh" to me... the baby ones [I agree with a former reviewer that they are just a little creepy]... and some where the people are blank/have no features, I find those odd too). The pages are thick and printed only on 1 side, so if you use gel pens to color, you don't have to worry about it bleeding through and ruining the next picture. The MAIN REASON I

subtracted a star :: These coloring books need to be spiral bound!!! It is so frustrating having to place heavy objects to hold the book open. Having the spiral binding would prevent this issue so easily. I love the hard cover, love the paper quality, just pleasepleaseplease fix the binding and I will be a happy coloring camper.

one of my first coloring books so i didnt really know what style I would like. This is a great variety for a starter in coloring. nice bind pictures on both sides .

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