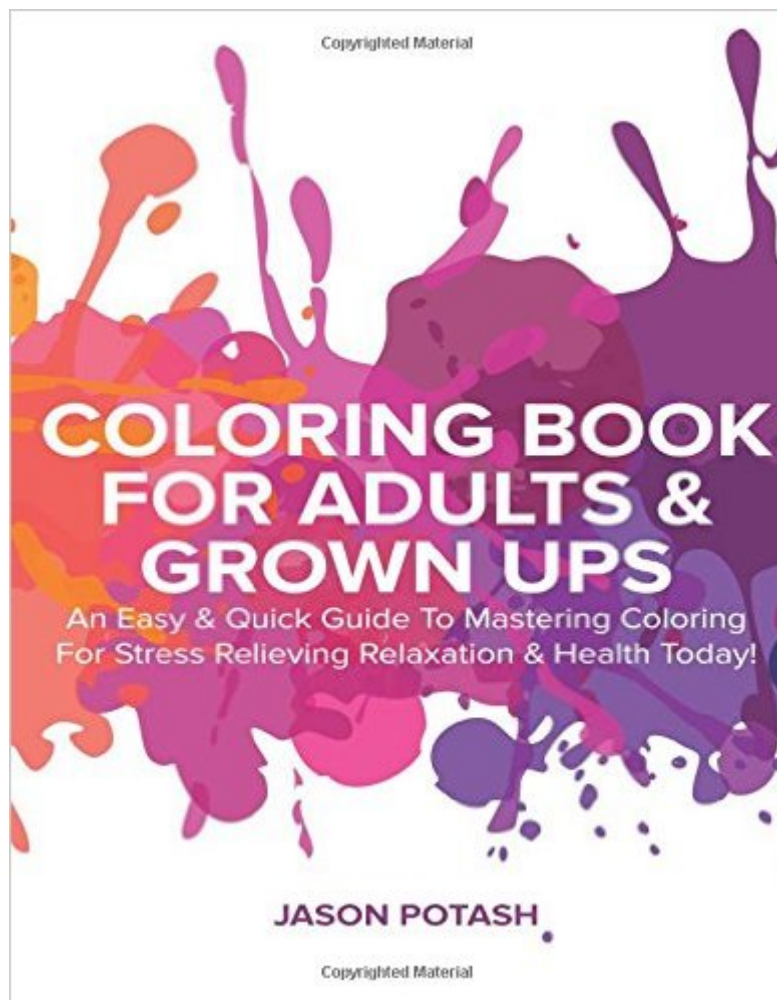


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# Coloring Book For Adults & Grown Ups: An Easy & Quick Guide To Mastering Coloring For Stress Relieving Relaxation & Health Today! (The Stress Relieving Adult Coloring Pages)





## Synopsis

Want to discover how to master coloring in your free time and enjoy the relaxing activity more? Now you can. Introducing: Coloring Book for Adults & Grown Ups :An Easy & Quick Guide to Mastering Coloring for Stress Relieving Relaxation & Health Today! In this book, you will discover:- 1. The Most Popular Materials for Coloring 2. The Different Techniques for Coloring 3. Color Theory and How to Harness it in your Coloring 4. How to Boost your Creativity & Produce Brilliant Coloring 5. Tools/Scrapbooking Supplies Essential to Coloring 6. Ancient Tools of Meditation with Coloring & Drawing -- The Nine Designs Known as Yantras 7. The Quick Action List to Start your Coloring Journey 8. The Quick Color Chart Grab the book now and start your coloring journey today !

## Book Information

Series: The Stress Relieving Adult Coloring Pages

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Average Customer Review: 3.8 out of 5 starsÂ Â See all reviewsÂ (34 customer reviews)

Best Sellers Rank: #692,490 in Books (See Top 100 in Books) #179 inÂ Books > Arts & Photography > Drawing > Colored Pencil #1083 inÂ Books > Arts & Photography > Graphic Design > Techniques > Use of Color #1116 inÂ Books > Crafts, Hobbies & Home > Crafts & Hobbies > Papercrafts, Stamping & Stenciling > Papercrafts

## Customer Reviews

I've been buying Mandala color books for my mother and she swears it lowers her blood pressure. She makes beautiful pages and I make okay pages. However, with the information in this book I have techniques to apply and color combinations that will bring my pages to life. The author describes the types of pencils and pens to use, patterns for effects, and goes into the color wheel and color harmony. He also talks about the different patterns in the books available and how to use coloring as a part of meditation. I highly recommend this book to all my friends.

This is the best book for anyone who wants to start coloring. And for people who want more

inspiration for works in progress. The author gives valuable information about different coloring media that is appropriate for beginner to experienced. The absolute delight is his explanation of the color wheel and how to decide which schemes to use. Finally, you will enjoy his ideas on creativity and how to generate it. It's the type of book you will want to keep on hand as a user's manual to refer to over and over again. When you are reading it, it is impossible not to envision lots of color and design. Even the book cover is beautiful. Sort of like a Jackson Pollack design...interesting that the author's initials are also JP.

I love adult coloring books. Coloring is one of the only things I have to manage stress, and having the adult-style coloring books, helps to take more concentration off of my anxiety, and be able to focus on something else. I would definitely buy these, and you can have them right on your phone, to have with you at all times! Thank you for allowing me to review this!

This coloring book is challenging and for adults. Not only are there pictures to color but also an explanation of the psychology and biology behind coloring for adults. So if you are into coloring adult books, but also want to know the science behind it, this book is for you.

As I reviewed this book at a deeply discounted rate for my honest and unbiased opinion, I found it to be incredibly helpful in helping me understand what colors to mix to obtain the color I am wanting to use but do not have. It provides great techniques to help the person coloring to add texture, depth, contrast, etc., to every picture colored. I would recommend this book to anyone who enjoys coloring, drawing, or painting. The techniques for color mixture, and composition ideas span multiple mediums, so it is perfect for all art types. Fantastic book!!! A+++

This book really puts a new twist on coloring as an adult. It gives you different insights as to what helps. I would have to say this book is definitely worth the purchase (although I got it basically free). If I hadn't, after I sampled it, I would have bought it at full price. Perfect gift for the adult in your life who likes to destress by art.

This was the missing piece for me in determining which coloring tools to use. Crayons were too thick, and didn't work well for adult coloring books. I didn't even know where to begin looking for coloring tools, or what questions to ask. This helped me find something that worked in small coloring spaces.

I felt uncomfortable reading this book because the author writes to various audience groups: sometimes he addresses a reader with little to no prior knowledge or experience with either art or alternative spirituality. At other times he seems to be writing a refresher for those who are experienced colorists with an appreciation for a variety of spirituality. For example, the writer begins with a very basic discussion of color theory: red, yellow and blue are primary colors, as if the reader has little prior knowledge beyond crayons in kindergarten. Yet, his discussions about techniques such as stroke work and blending assume the reader has some familiarity and experience with each topic as the instructions are lacking and example illustrations are nonexistent. Likewise, the discussions of alternative spiritual systems are very detailed in some respects and cursory in others. Reading this reminded me of listening to a very knowledgeable but inexperienced public speaker who has too much material to cover in too little time. Thus, he lingers on some topics and rushes through others. Focusing the content to meet the needs of a more specific audience would help the writer be more static in the level and depth of the material he presents--i.e., provide material for a readership with little or no prior knowledge, a moderate level, or a higher level of knowledge then stick to that target readership. As it stands, I feel like I would if I were at McDonalds eating a Big Mac when a wine steward approaches and asks if I would prefer a 2005 Bodegas Roda Cirsion or perhaps a 2007 Sassicaia with dinner.

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