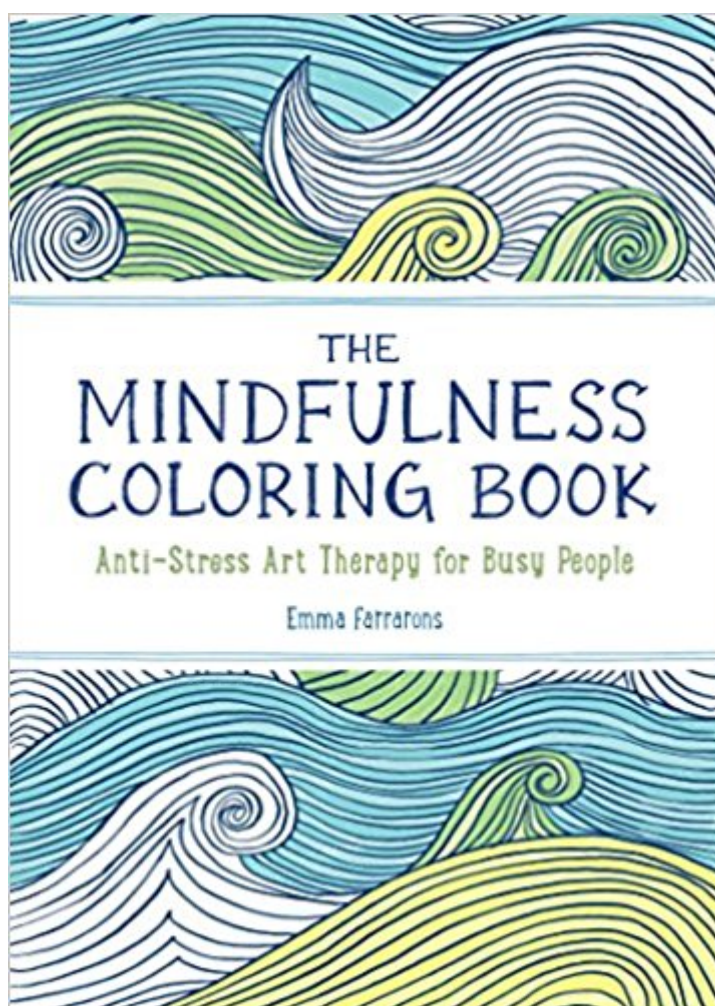




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# The Mindfulness Coloring Book: Anti-Stress Art Therapy For Busy People (The Mindfulness Coloring Series)



## Synopsis

#1 National Bestseller • NPR Books Bestseller • #1 Boston Globe Bestseller • #1 San Francisco Chronicle Bestseller • A Publishers Weekly Bestseller • 2016 Best Toy Award from Learning Express

A fun and unique pocket-size coloring book designed to channel stress into relaxing, creative accomplishments. Reinforced binding with strong glue allows you to open and lay this book flat to color with intricate detail without breaking the spine. In today's busy world, finding a moment of peace and calm can be a challenge. Mindful coloring is a simple yet powerful practice that combines the proven, time-honored tradition of thoughtful meditation with the growing popularity of adult coloring books, and shows that any activity, done right, can be an exercise in mindfulness. In *The Mindfulness Coloring Book*, accomplished illustrator Emma Farrarons presents 70 intricate and beguiling patterns to help you color your way to tranquility. Here are flowers, leaves, butterflies, and birds alongside rolling waves and kaleidoscopic designs. Perfectly sized to fit into a pocket or handbag, and printed on high-quality paper that will ensure hours of bliss, *The Mindfulness Coloring Book* is ready to help you de-stress wherever you go. So take a few minutes out of your hectic schedule to reset and refresh with mindful coloring—and relive the days when your biggest concern was staying within the lines!

## Book Information

Series: The Mindfulness Coloring Series (Book 1)

Paperback: 112 pages

Publisher: The Experiment; Clr Csm edition (June 2, 2015)

Language: English

ISBN-10: 1615192824

ISBN-13: 978-1615192823

Product Dimensions: 5 x 0.4 x 7 inches

Shipping Weight: 4.8 ounces (View shipping rates and policies)

Average Customer Review: 4.0 out of 5 stars 220 customer reviews

Best Sellers Rank: #34,356 in Books (See Top 100 in Books) #112 in Books > Arts &

Photography > Graphic Design > Techniques #236 in Books > Health, Fitness & Dieting >

Alternative Medicine > Meditation #301 in Books > Arts & Photography > Drawing > Coloring

Books for Grown-Ups

## Customer Reviews

• Free of any distracting themes, full of soothing waves and geometric patterns, this

mindfulness-oriented coloring book will pack an extra punch of calm.ââHuffington Post âIt is easy to get lost in these beautiful images!ââWashington Post âLife is basically kind of stressful. This small, adorable coloring book can help you unwind and relax.ââApartmentTherapy.com âOne of the best coloring books out there.ââHuffington Post âFarrarons is right about the anti-stress angle. Plus itâs been a lot of fun.ââBoing Boing âThis little tome should become a popular favorite with busy adults.ââSan Francisco Book Review

Emma Farrarons, a French illustrator and graphic designer, is the author of the Mindfulness Coloring series. Born on the island of Cebu in the Philippines, Emma grew up in Paris. She was trained in illustration at the Edinburgh College of Art and l'Ãcole nationale supÃ©rieure des Arts DÃ©coratifs. Having completed a textile and printmaking course at Capella GÃ¶rden school in Sweden, she has developed a particular love for pattern and fabric print and is inspired by French, Scandinavian, and Japanese design. She illustrates and designs books, posters, and stationery. When she is not drawing and designing, Emma enjoys cooking, sewing, travel, and practicing mindfulness. She lives in London with her Danish husband.

I love this little (5 inch x 7 inch) book with 100 flowing, captivating, very detailed, pattern illustrations in a wide variety of patterns. You are going to love every single picture in this book. There are even some 2 page illustrations. This book includes An amazing variety of patterns, that include Flowers, Decorated Cups, Geometric shapes, a few animals adorned with geometric shapes, Leaves, Mushrooms, a couple scenery pictures, Fruit, Butterflies, fish and waves and more. This is a perfect book to add to your coloring library for those times when you cannot get your head in the present. When you are thinking too much, about the past, the future, work, or timelines, and your thoughts are going in circles keeping you from focusing and enjoying the right now. Grab this book, choose an illustration and start coloring, within minutes you will feel yourself becoming calmer and your mind will clear.

1. 100 pages to color in this little( 5 x 7) inch book, printed front and back of each page, on heavy weight , bright white paper.
2. This little book will fit in your purse, or easily in a back pack or glove compartment.
3. The pages are a light card board and the cover just a little heavier cardboard.
4. The illustrations vary from small detailed to medium detailed, and the patterns include flower, leaf, animal, and geometric shapes, a very good variety, you are going to love this book.
5. These are small detailed images that you can color with Gel Pens, Colored Pencils, or some Ultra Fine Markers, The following markers did not bleed through these pages Staedler Triplus Fineliners,

Staedler Triplus Fibre Tip Pens , Stabilo Fineliner 30 point 88, Pentel, Crayola Pipsqueaks Skinnys. ( Both Sharpie and Bic Mark its leak through these pages)6. Tip: Fold the book backwards until the pages touch and hold it a minute to get the book to lie flat. The binding is well made and will hold up and the pages lie perfectly flat for coloring.7. Tip: Remember not every line needs to be colored in pattern art, some shapes with small lines just color the shape and allow the lines to accent that shape.

I was at first disappointed with the small size but quickly grew to like it for easily taking with me. The designs are beautiful but I am not a fan of double-sided pages. I also don't care for how you lose part of the design in the binding. I'm using Staedtler Triplus Color markers and have not had any issues with bleeding through the page. Each page is heavy weight so that helps. Overall, I like the book...just hate the design loss in the binding.

I love this book it's so pretty! it is smaller than I expected but I actually like it better this way. if ur worried about not being able to lie the book flat or get to the entire picture to color it, u just have to crack the spine & it should b fine

Smaller than I thought it would be but is a perfect little picket companion to carry with you in case you have to kill some time waiting for something (Doctor, dentist, mechanic, etc.). Only thing is it is two sided so using markers bleeds through to the picture on the back (as you can see in scope of my pictures); an easy fix is to not use markers but instead use pencils, crayons, or gel pens.

This is my first adult colouring book, my husband thinks I am mad, but I am enjoying colouring and find it very relaxing, takes me back to my school years when we used to colour the brown paper that covered our school text and writing books. I am using a set of Caran D'ache pencils that I bought about 35 years ago, the colours are still vibrant and the pictures look great. My only criticism is that the binding is so tight it is difficult to get the book to lie flat so it is difficult to colour the very center of the page.

Nice cute little book with great images. The images that previous buyers had provided helped me in making my own decision about this book. I wouldn't have been convinced if I never had a chance to see those images for myself so I am grateful to them. Though because the binding is so nice and tight that pressing down the book to keep the book flat in some way was a bit annoying. The lines

do indeed go right into the binding too so trying to color along the inner pages is also a bit troublesome. Over all the images are nice and calming, the size of the book is nice to handle if you like miniature/compartmentalizing as much as I do, and the quality of the paper itself, I don't remember exactly but I know it will make you realize you are still handling a coloring book. It's nice because now grown-ups have something they can work with. For the longest time, I only thought children could color in books but now I know I was wrong. This is a great book if you have the time or want to just go back to your inner child a little.

This is a nice book to keep by your desk at work or in your tote. There is a lot of variety, incorporating geometric designs, florals, representational drawings. I don't think there is anything I would not be interested in coloring at one time or another. Because the pages are double sided you probably want to use colored pencils or gel pens. The paper is substantial but the spine is a little tight. All in all, I easily recommend the book.

I love that the dimensions of this book are so much smaller than the others of it's type. Perfect for taking on car trips and airplane rides. Lots of mindfulness & relaxation. The coloring book has been re-created and it's super! It fits in your purses while waiting for doctors, & eases the anticipatory stress of the visit!

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