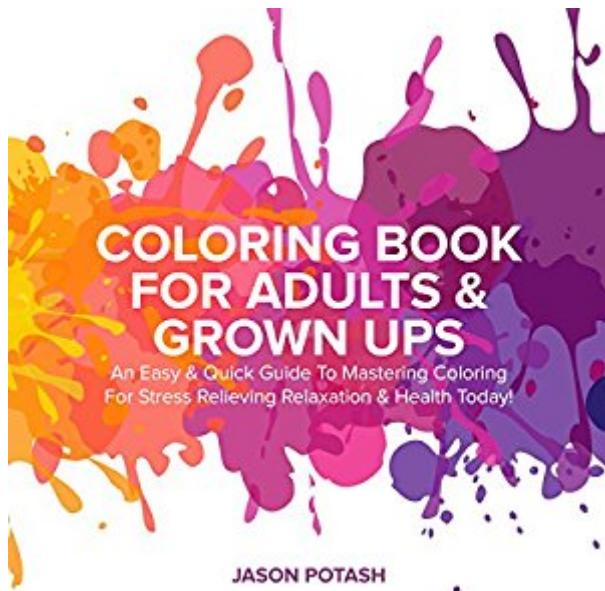


The book was found

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



## **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: The most popular materials for coloring The different techniques for coloring Color theory and how to harness it in your coloring How to boost your creativity & produce brilliant coloring Tools and scrapbooking supplies essential to coloring Ancient tools of meditation with coloring & drawing - the nine designs known as Yantras The quick action list to start your coloring journey Grab the book now and start your coloring journey today!

## **Book Information**

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## **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 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.

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 definately 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 Cirson or perhaps a 2007 Sassicaia with dinner.

This is the only coloring book I've ever even imagined that doesn't have illustrations, color or not. The information is good, however, but there's not much and it's a very thin book. I almost gave it three stars, but I can tell the author is well meaning and is passionate about his subject. What I

learned will probably stick due to the good writing.

This is a very interesting read for someone who enjoys coloring as a hobby. I found it interesting that it doesn't mention coloring with markers as this is my favorite medium. I discovered other mediums through this book and have been able to expand my techniques. Nice quick easy read as well. Thank you.

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