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Happy Coloring : Lovely Cats - Coloring Book for AdultsRituals of Islamic SpiritualityThe Happy, Healthy NonprofitThe World Made StraightHippie Animals Coloring BookUltimate Christmas Coloring Book TreasuryMerry Christmas Adult Coloring BookYou Are HereDon't Worry, Be Happy Coloring Book Treasury Color Your Way To A Calm, Positive MoodBeautiful Horses - Coloring Book for AdultsRuby Charm Colors Adult Coloring Art JournalHalloween Don't Worry to Be HappyUltimate Coloring Book TreasuryThe Nasty Woman Resistance Coloring BookHygge Happy Coloring BookMaster Humphrey's ClockChristmas Cuties Coloring BookThink Happy! Coloring BookThe Official Bob Ross Coloring BookDon't Worry, Be Happy Coloring Book TreasuryFloral Bouquets Coloring Book for AdultsHappy Campers Coloring BookDoodle Dogs Coloring Book for AdultsIt's All Good Coloring BookCountry Garden Coloring BookWorld of FlowersColoring Book for AdultsThe Fascinating World of HorsesThe Anxiety Workbook for TeensDon't Worry, Eat CakeNature Mandalas Coloring BookThe Big Book of Conflict Resolution Games: Quick, Effective Activities to Improve Communication, Trust and CollaborationGood Vibes Coloring BookFolk Art Coloring BookDon't Worry, Be Happy Coloring Book Treasury Color Your Way To A Calm, Positive MoodDon't Worry, Be Happy Coloring Book Treasury Color Your Way to a Calm, Positive MoodHoliday Cheer Coloring BookMandalas and More Coloring Book TreasuryDapper Animals Coloring BookDon't Worry Be Happy Easy Coloring Book For Adult

Ebook PDF Format Dont Worry Be Happy Coloring Book Treasury Color Your Way To A Calm Positive Mood Design Originals 96 Cheerful One Side Only Designs On Extra Thick Perforated Happy Coloring : Lovely Cats - Coloring Book for Adults

This new series of colouring books for grown-ups offers an inspiring adventure in doodles, shapes, and patterns. With a fresh new take on the classic colouring book, each title offers 30 amazing ready-to-colour line drawings, plus a handy guide to basic art techniques. Printed on high quality extra-thick paper, these books are perfect for decorating with coloured pencils, gel pens, watercolours, and more. Designed to eliminate bleed-through, each page is pre-perforated for easy removal and display.

Rituals of Islamic Spirituality

24 completely unique unicorn coloring pages for kids ages 4-8! Unicorns are so much fun to color because they lead such interesting, magical lives! They meet princesses, dragons and mermaids. They visit castles and enchanted woodlands, fly through stars and rainbow skies and even wind up in the Land of Sweets! Share the fun and magic of unicorns with a special child! This coloring book is a great non-screen activity to stimulate a child's creativity and imagination. It makes a perfect gift! About this unicorn coloring book: * Contains 34 completely unique coloring pages. There are NO duplicate images in this book. * The pages are single-sided to prevent bleed-through, and so that pages can be removed and displayed without losing an image on the back. * We have carefully designed each page to be entertaining and suitable for children in the 4 to 8 year-old age range. We have avoided overly-intricate designs as well as overly-simplistic ones. We believe children of this age love coloring fun scenes that fire up their imaginations, not a book full of simple shapes. * The pages are a nice, large 8.5x11 size. Magic Unicorns Coloring Book

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The Happy, Healthy Nonprofit

Inside this big coloring book for grownups are 96 ready-to-color art activities that will unleash your inner artist. Each vibrantly detailed illustration is designed to help you relax and unwind while you exercise your creativity. Beautifully colored finished examples are provided, along with a handy guide to basic art techniques, from patterning and combinations to shading and color theory. This therapeutic coloring book is perfect for decorating with markers, colored pencils, gel pens, or watercolors. Printed on high-quality, extra-thick paper that won't bleed through, all of the pages are pre-perforated for easy removal and display.

The World Made Straight

Enter a world of creative self-expression with this relaxing coloring book for grownups. Inside this big collection you'll find 96 enjoyable art activities with cheerful subjects like dragonflies, mandalas, flowers, playful animals, and more. These upbeat designs offer a fun and easy way to unleash your inner artist. Thaneeya McArdle's transcendental art explores a visual language of shape, form, line, and color. Each vibrantly detailed illustration is designed to exercise your creativity. Beautifully colored finished examples are provided, along with a handy guide to basic art techniques, from patterning and combinations to shading and color theory. This therapeutic coloring book is perfect for decorating with markers, colored pencils, gel pens, or watercolors. The spiral binding is designed to lie flat for easy coloring, with pages printed on high-quality, extra-thick paper that won't bleed through.

Hippie Animals Coloring Book

Cheer up and color! With three times as many coloring pages as ordinary coloring books, this big coloring anthology offers 96 playful

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art activities that will unleash your inner artist. Each sparkling, upbeat illustration is designed to help you relax and unwind while you exercise your creativity. Beautifully colored finished examples are provided, along with a handy guide to basic art techniques, from patterning and combinations to shading and color theory. This optimistic coloring book is perfect for decorating with markers, colored pencils, gel pens, or watercolors. Printed on high-quality, extra-thick paper that resists bleed-through, all of the illustrations are perforated for easy removal and display. This book has earned the DO Magazine Artist Fair Trade Seal of Approval.

Ultimate Christmas Coloring Book Treasury

Enter a world of creative self-expression with this relaxing coloring book for grownups. Inside you'll find 30 amazing art activities that will take you on a delightful camping adventure of patterning, shading, and coloring. These whimsical images of fun on the open road offer a easy way to de-stress and unleash your inner artist. Use this quirky coloring book to indulge your wanderlust with markers, colored pencils, gel pens, or watercolors. Each vibrantly detailed illustration is designed to ignite your creativity. Beautifully colored finished examples are provided, along with a handy guide to basic art techniques, from patterning and combinations to shading and color theory. Happy Campers Coloring Book is printed on high-quality, extra-thick paper to eliminate bleed-through. Each page is pre-perforated for easy removal and display.

Merry Christmas Adult Coloring Book

This adult coloring book contains hand-drawn doodle style designs featuring lovely dogs. The thirty designs are of various difficulty levels and the images are printed on the fronts of pages only, so you don't need to worry about bleed-through if you choose to use markers.

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BONUS : The book includes also the download of a PDF file for
COMPILATION 2, which is a printable book containing a various
selection of coloring pages taken from the Happy Coloring Book
series. Happy Coloring!

You Are Here

Three times the size of an ordinary coloring book, this essential Christmas coloring collection offers inspirational holiday images from merry and whimsical to solemn and traditional. Four top coloring book artists join in the festive fun.

Don't Worry, Be Happy Coloring Book Treasury Color Your Way To A Calm, Positive Mood

This coloring book for adults contains swirls style illustrations representing various animals and floral compositions. The twenty-four designs are of various difficulty levels and the images are printed on the fronts of pages only, so you don't need to worry about bleed-through if you choose to use markers. BONUS : The book includes also the download of a PDF file for COMPILATION 2, which is a printable book containing a various selection of coloring pages taken from the Happy Coloring Book series. Happy Coloring!

Beautiful Horses - Coloring Book for Adults

This book contains a collection of 30 hand-drawn illustrations showing horses in a variety of scenes. The designs of various difficulty levels will captivate and excite both adult and young colorists. The images are printed on the fronts of pages only, so you don't need to worry about bleed-through if you choose to use markers. BONUS : The book includes also the download of a PDF file for COMPILATION 2, which is a printable book containing a various selection of coloring pages

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taken from the Happy Coloring Book series. Happy Coloring!
One Side Only Designs On Extra Thick Perforated
Ruby Charm Colors Adult Coloring Art Journal

Make workplace conflict resolution a game that EVERYBODY wins! Recent studies show that typical managers devote more than a quarter of their time to resolving coworker disputes. The Big Book of Conflict-Resolution Games offers a wealth of activities and exercises for groups of any size that let you manage your business (instead of managing personalities). Part of the acclaimed, bestselling Big Books series, this guide offers step-by-step directions and customizable tools that empower you to heal rifts arising from ineffective communication, cultural/personality clashes, and other specific problem areas—before they affect your organization's bottom line. Let The Big Book of Conflict-Resolution Games help you to: Build trust Foster morale Improve processes Overcome diversity issues And more Dozens of physical and verbal activities help create a safe environment for teams to explore several common forms of conflict—and their resolution. Inexpensive, easy-to-implement, and proved effective at Fortune 500 corporations and mom-and-pop businesses alike, the exercises in The Big Book of Conflict-Resolution Games delivers everything you need to make your workplace more efficient, effective, and engaged.

Halloween Don't Worry to Be Happy

Inside this exquisite coloring book for grownups are 96 ready-to-color art activities that will transport you to a dream world of delightful gardens. Each illustration is so richly detailed that it might take you hours to complete just one page. But you don't need to have the skills of an artist to personalize these intricate drawings. Talented artist Valentina Harper provides easy-to-follow tips on her distinctive patterning techniques. And as an added bonus, best-selling craft author Marie Browning joins the fun with beautiful coloring examples.

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Coloring Pages Originals from Farm To Forest
Printed on high quality extra-thick paper that won't bleed through, all pages are pre-perforated for easy removal and display. Whether you use markers, gel pens, watercolors, or colored pencils, this big book is the perfect way to relax and enjoy coloring.

Ultimate Coloring Book Treasury

NOW A MAJOR MOTION PICTURE STARRING NOAH WYLE, JEREMY IRVINE, MINKA KELLY, ADELAIDE CLEMENS, STEVE EARLE, AND HALEY JOEL OSMENT. "ONE OF THE MAJOR WRITERS OF OUR TIME."—THE ATLANTA JOURNAL-CONSTITUTION

Travis Shelton is seventeen the summer he wanders into the woods onto private property outside his North Carolina hometown, discovers a grove of marijuana large enough to make him some serious money, and steps into the jaws of a bear trap. After hours of passing in and out of consciousness, Travis is discovered by Carlton Toomey, the wise and vicious farmer who set the trap to protect his plants, and Travis's confrontation with the subtle evils within his rural world has begun. Before long, Travis has moved out of his parents' home to live with Leonard Shuler, a one-time schoolteacher who lost his job and custody of his daughter years ago, when he was framed by a vindictive student. Now Leonard lives with his dogs and his sometime girlfriend in a run-down trailer outside town, deals a few drugs, and studies journals from the Civil War. Travis becomes his student, of sorts, and the fate of these two outsiders becomes increasingly entwined as the community's terrible past and corrupt present bear down on each of them from every direction, leading to a violent reckoning—not only with Toomey, but with the legacy of the Civil War massacre that, even after a century, continues to divide an Appalachian community. Vivid, harrowing yet ultimately hopeful, *The World Made Straight* is Ron Rash's subtlest exploration yet of the painful conflict between the bonds of home and the desire for independence.

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One Side Only Designs On Extra Thick Perforated
Pages In A Spiral Binding First Printing

The Nasty Woman Resistance Coloring Book

If you are looking for an interactive halloween don't worry to be happy coloring book for kids ages 2-5 then this fun activity book is perfect for you. This one has the Halloween Day theme and is full of Spooky Nights Illustrations! Can you spot everything? Inside you will find bright and colorful pages that will catch a kids attention while learning. It was created with preschoolers in mind and will allow them to develop their observational skills! It will also help them understand Halloween Day better. This I spy Halloween's Day Edition Features. Perfectly Sized for little hands Fun and Colorful Pages Over 40 pages of fun! With over 100 cartoon graphics for kids featuring Halloween Costumes, Halloween Tricks & Treats, Zombies, Jack-o-lantern, Bat, Owl and Autumn Designs in this Halloween activity book for toddlers you will be sure to keep your little learner engaged. Perfect present for kids, girls, boys, teens, daughters, sons, toddlers, family or friends for their Birthday.

Hygge Happy Coloring Book

Are you ready to nourish your inner artist? Have fun and relax during your free time while taking your coloring to another level with this new and exciting Ruby Charm Colors Adult Coloring Art Journal designed especially for pencil-loving colorists! Have you ever been nervous about starting a new coloring page? Afraid to ruin a design before you even begin? This unique art journal filled with distinctive line art gives you the freedom to explore, experiment and test out your ideas on smaller fragments of the art before committing to the larger plates. With a balanced mix of details and open spaces, the illustrations give beginners and more experienced colorists plenty of room to play inside and outside the lines. Once you fill this interactive book with your own notes and colored swatches, it just might become your go-to book when you want to remember how you colored something that

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One Side Only Perforated On Front This Book Perforated

turned out really well, or which blending techniques or mix of pencils and colors gave you the results you wanted. It's your book to personalize and store all your treasured coloring ideas. And you can apply your notes from this art journal to coloring pages in other coloring books in your collection, too! This 140 page 8.5 x 11 inch book features: -a velvety, matte black cover with art colored by the artist and three selected fan colorings on the back cover -22 full illustration plates featuring unique and fanciful line drawings of flora and fauna -Black-backed plates with room to write your name -43 art journal pages featuring places to write, create and track color swatches, and experiment with colors on pieces of art pulled from the plates so you can truly visualize how an idea or palette of colors will work -snippets from the artist about her inspiration for each illustration -17 pages of essential coloring tips handy for beginners but also useful for more experienced colorists to review -2 mandala-style color wheels to fill out using your own pencil brands for better understanding of basic color theory -10 color charts with 65 rectangles for charting out your favorite pencil brand colors -11 note pages -24 thumbnail images of the illustrations included in Volume 2 *** Colored pencils are recommended! *** Not recommended for heavy markers like Copic or Sharpies as bleeding will occur. *** Watercolor pencils and watercolors are fine, though saturating the pages with water are not advised. The artist/author encourages colorists to feel free to make copies of the plates (for personal use only) to experiment with color pallets, try art on different types of paper and card stock with different media (like markers and watercolor), and to keep a clean copy of the illustration in tact for future coloring projects. *** The pages in this book are not perforated, but you may carefully score them with a ruler and blade for removal. Please visit my Author page for more photos of the book's interior, thumbnails of the 22 illustrations in Volume 1, and several videos of the cover art coloring. PRAISE FOR THE BOOK: Previously RubyCharmColors' collection of line art was only to be found as PDF downloads on Etsy and it is now with great joy that we see vol 1 of what I can only hope to be an ever-growing collection. It is

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a colouring book with a difference though, as it is also a journal for your colouring journey, it contains tips and ticks and also colouring charts and wheels to help you along the way. The paper has pretty good tooth and holds up well to the rigours of blending and burnishing. With 22 beautifully illustrated plates and space to make notes about your technique and colour choice as well as an introduction to each piece of line art this book is a must for all adult colouring enthusiasts. -- Lucia, adult colorist

Master Humphrey's Clock

A new book from #1 New York Times bestselling author Jenny Lawson, destined to be a classic—part therapy, part best friend, part humor, part coloring book. When Jenny Lawson is anxious, one of the things she does is to draw. Elaborate doodles, beautiful illustrations, often with captions that she posts online. At her signings, fans show up with printouts of these drawings for Jenny to autograph. And inevitably they ask her when will she publish a whole book of them. That moment has arrived. *You Are Here* is something only Jenny could create. A combination of inspiration, therapy, coloring, humor, and advice, this book is filled with Jenny 's amazingly intricate illustrations, all on perforated pages that can be easily torn out, hung up, and shared. Drawing on the tenets of art therapy—which you can do while hiding in the pillow fort under your bed—*You Are Here* is ready to be made entirely your own. Some of the material is dark, some is light; some is silly and profane and irreverent. Gathered together, this is life, happening right now, all around, in its messy glory, as only Jenny Lawson could show us.

Christmas Cuties Coloring Book

Steer your organization away from burnout while boosting all-around performance The Happy, Healthy Nonprofit presents realistic

strategies for leaders looking to optimize organizational achievement while avoiding the common nonprofit burnout. With a uniquely holistic approach to nonprofit leadership strategy, this book functions as a handbook to help leaders examine their existing organization, identify trouble spots, and resolve issues with attention to all aspects of operations and culture. The expert author team walks you through the process of building a happier, healthier organization from the ground up, with a balanced approach that considers more than just quantitative results. Employee wellbeing takes a front seat next to organizational performance, with clear guidance on establishing optimal systems and processes that bring about better results while allowing a healthier work-life balance. By improving attitudes and personal habits at all levels, you'll implement a positive cultural change with sustainable impact. Nonprofits are driven to do more, more, more, often with fewer and fewer resources; there comes a breaking point where passion dwindles under the weight of pressure, and the mission suffers as a result. This book shows you how to revamp your organization to do more and do it better, by putting cultural considerations at the heart of strategy. Find and relieve cultural and behavioral pain points Achieve better results with attention to well-being Redefine your organizational culture to avoid burnout Establish systems and processes that enable sustainable change At its core, a nonprofit is driven by passion. What begins as a personal investment in the organization's mission can quickly become the driver of stress and overwork that leads to overall lackluster performance. Executing a cultural about-face can be the lifeline your organization needs to thrive. The Happy, Healthy Nonprofit provides a blueprint for sustainable change, with a holistic approach to improving organizational outlook.

Think Happy! Coloring Book

These 40 cheerful holiday art activities are sure to put anyone in the

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mood for stress-free yuletide fun. Thaneeya McArdle's jolly new
Christmas coloring book for adults invites you to relax and play with
festive doodles, shapes, and patterns. Binding

The Official Bob Ross Coloring Book

A Beautiful Premium cover design, Perfect for gift Beautiful Artwork and Designs. Well-crafted illustrations and designs that lay the groundwork for you to create your own frame-worthy masterpieces. High Resolution Printing. Each image is printed in high resolution to offer crisp, sharp designs that enable trouble free coloring and high-quality display. Single-sided Pages. Every image is printed on a single-sided page, so that you can use a broad variety of coloring choices without fearing bleed through. Moreover, single-side pages can be framed to display your masterpieces. Professional design. Premium glossy cover design, large 8.5 "x 11" format. A Great Gift. Coloring books make a wonderful gifted item.

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A Beautiful Premium cover design, Perfect for gift Beautiful Artwork and Designs. Well-crafted illustrations and designs that lay the groundwork for you to create your own frame-worthy masterpieces. High Resolution Printing. Each image is printed in high resolution to offer crisp, sharp designs that enable trouble free coloring and high-quality display. Single-sided Pages. Every image is printed on a single-sided page, so that you can use a broad variety of coloring choices without fearing bleed through. Moreover, single-side pages can be framed to display your masterpieces. Professional design. Premium glossy cover design, large 8.5 "x 11" format. A Great Gift. Coloring books make a wonderful gifted item.

Floral Bouquets Coloring Book for Adults

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NEW REVISED EDITION now includes Santa and Nativity Scenes. This coloring book contains thirty original and festive Christmas illustrations. From snowflakes to trees, decorative balls to wonderful presents, all beautiful illustrations are waiting to be brought to life through your imagination. The images are printed on the fronts of pages only, so you don't need to worry about bleed-through if you choose to use markers. **BONUS** : The book includes also the free download of **COMPILATION 2** (PDF file), which is a printable book containing a selection of coloring pages taken from the Happy Coloring Books series.

Happy Campers Coloring Book

Inspirational Coloring Book: Positive words Special price Designs coloring book contains over 30 coloring pages to color and enjoy. This coloring book hours of coloring fun for the older color enthusiast! Featuring a variety of illustrations that are ready to color, this coloring book for everybody is sure to satisfy anyone who likes to color.

Doodle Dogs Coloring Book for Adults

This sequel to the best-selling Bob Ross Coloring Book features a collection of sixty-five seasonal paintings refashioned from Bob Ross's original works. The second coloring book based on the art of the beloved and acclaimed painter and television personality, this exclusive authorized collection of art, derived directly from Bob Ross's own paintings, offers his legions of fans a contemplative, relaxing, and inspiring way to connect with the work and personality of the pop-culture icon. Featuring many of Ross's most famous quotes and catchphrases about happy little trees, friendly squirrels, and more, the book also includes a full-color gallery of the original artwork. But as he would no doubt want, coloring fans of all ages are encouraged to make their own decisions, embrace their mistakes, and make each painting

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The Nasty Woman Resistance is here! A coloring book for women and girls to express empowerment and unity. The words "Nasty Woman" have become part of the national lexicon and are a symbol of resistance against those who are not supportive of women's rights. We must resist this force and show that Nasty Women, or those that speak their minds, are here to stay and will not be silenced. Inspirational artwork and sayings including: Nasty Woman Unity is Power Stronger Together Girls Rule Women's Rights are Human Rights Girls Kick Ass Girls just wanna have "fun"-damental Human Rights Resist If you sexist me I will feminist you Fight Like a Girl #NastyWoman Nasty Women Vote Nevertheless She Persisted and more! 23 unique images and an additional 23 "midnight versions" (black background with white artwork). Stay strong friends, Marie Rivers

Country Garden Coloring Book

Banish holiday stress and anxiety from your mind as you color dozens of adorable puppies and kittens in this heartwarming coloring book.

World of Flowers

A fantastic floral adventure and the latest sensational coloring book from bestselling artist Johanna Basford This book invites you to travel the world and beyond into fantastical realms, discovering exotic blooms and extraordinary plants along the way. From floating gardens of water poppies in South Africa to delicate cosmos in Japan, and from fanciful toadstools to enchanted fairytale gardens, an abundance of fascinating florals awaits, ready for you to bring to life in color. Join "colorist queen" (New York Magazine) Johanna Basford in her World

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of Flowers on a dazzling floral adventure of fantasy and imagination,
filled with countless new blooms and blossoms to discover.
Paper In A Spiral Lay Flat Binding
Coloring Book for Adults

The Fascinating World of Horses

This study examines the emergence of new forms of Islamic spirituality in Indonesia identified as Majlis Dhikr. These Majlis Dhikr groups have proliferated on Java in the last two decades, both in urban and rural areas, and have attracted followers from a wide social background. The diverse aspects of these Majlis Dhikr groups - their rituals, teachings and strategies of dissemination as well as the popular understanding of these rituals and their contestation by critics and opponents - are examined in detail and illustrated by reference to three particular groups - Salawat Wahidiyat, Istighathat Ihsaniyyat and Dhikr al-Ghafilin each of which has its own distinctive features and notable religious leadership. These Majlis Dhikr groups regard their activities as legitimate ritual practices that are in accordance with the legacy of Islamic Sufism based on the interpretation of the Qur'anic and Prophetic tradition.

The Anxiety Workbook for Teens

This coloring book contains lifelike illustrations representing scenes of cats playing around homes and gardens. Scenes include also flowers, butterflies, fruit, birds, interior decorations and more. The twenty-four designs are of various difficulty levels and the images are printed on the fronts of pages only, so you don't need to worry about bleed-through if you choose to use markers. Happy Coloring!

Don't Worry, Eat Cake

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This adult coloring book contains hand-drawn designs featuring Floral Bouquets. The thirty designs have a difficulty level ranging from easy to intermediate and the images are printed on the fronts of pages only, so you don't need to worry about bleed-through if you choose to use markers. BONUS : The book includes also the download of a PDF file for COMPILATION 2, which is a printable book containing a various selection of coloring pages taken from the Happy Coloring Book series. Happy Coloring!

Nature Mandalas Coloring Book

Make art not war with Hippie Animals, the grooviest coloring book yet from bestselling artist Thaneeya McArdle! These fabulous furry freaks are totally stoked on coloring. Each bohemian beast will take you to a happy place of patterning, shading, and coloring. Thaneeya's whimsical images offer a fun and hassle free way to de-stress and give coloring a chance. Hippie Animals Coloring Book includes handy guides to coloring techniques like patterning, combinations, and shading. Guided Coloring Pages make coloring easy for beginners, with beautifully colored examples and ready-to-use color palettes. Perfect for decorating with all of your favorite coloring implements, each design is printed on one side only of archival-grade, acid-free, 200-year paper. Perforated pages detach easily for gifting or display. This book has earned the DO Magazine Artist Fair Trade Seal of Approval.

The Big Book of Conflict Resolution Games: Quick, Effective Activities to Improve Communication, Trust and Collaboration

These 30 whimsical coloring activities are sure to send good vibes your way. These groovy visions are a great way to get happy and radiate positive energy.

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Good Vibes Coloring Book

This book contains a collection of 24 illustrations showing horses in a variety of scenes in the wild and in countryside settings. The designs of various difficulty levels that will captivate and excite both adult and young colorists. BONUS : The book includes also a section with all the images duplicate in a smaller version to allow you to test the colors and techniques before proceeding to work on the larger images. The images are printed on the fronts of pages only, so you don't need to worry about bleed-through if you choose to use markers.

Folk Art Coloring Book

Don't Worry, Be Happy Coloring Book Treasury Color Your Way To A Calm, Positive Mood

This new series of colouring books for grown-ups offers an inspiring adventure in doodles, shapes, and patterns. With a fresh new take on the classic colouring book, each title offers 30 amazing ready-to-colour line drawings, plus a handy guide to basic art techniques. Printed on high quality extra-thick paper, these books are perfect for decorating with coloured pencils, gel pens, watercolours, and more. Designed to eliminate bleed-through, each page is pre-perforated for easy removal and display.

Don't Worry, Be Happy Coloring Book Treasury Color Your Way to a Calm, Positive Mood

Tranquil and peaceful, Country Garden Coloring Book is filled with 30 stunning designs to color into life. You'll even discover and reveal hidden objects and animals within each design. Capture the essence of calm country gardens and let your creativity flow as you relax and

Ebook PDF Format Dont Worry Be Happy Coloring Book Treasury Color Your Way To A Calm Positive Mood Design Originals 96 Cheerful unwind! One Side Only Designs On Extra Thick Perforated Holiday Cheer Coloring Book Binding

If you feel anxious most of the time, you're not alone. There is no one in the world who doesn't feel anxious at some time. And it is even more common to feel anxious during adolescence, because so many changes are taking place in your body, your mind, and your emotions. The good news is that there are a lot of effective techniques you can use, both on your own and with the help of a counselor, to reduce your feelings of anxiety and learn how to keep them from taking over your life. This workbook offers a set of simple activities you can do to make it happen. The Anxiety Workbook for Teens will show you how to deal with the day-to-day challenges of anxiety. It will help you develop a positive self-image and recognize your anxious thoughts. The workbook also includes resources for seeking additional help and support if you decide you need it. What are you waiting for? Don't spend another minute paralyzed by anxiety. Anxiety is a common and very treatable condition. Working through the activities in this book will give you many ideas on how to both prevent and handle your anxiety. Some of the activities may seem unusual at first. You may be asked to try doing things that are very new to you. They are tools, intended for you to carry with you and use over and over throughout your life. The more you practice using them, the better you will become at managing anxiety. If you ready to change your life for the better and get your anxiety under control, this workbook can help you start today.

Mandalas and More Coloring Book Treasury

Enter a world of creative self-expression with this relaxing coloring book for grownups. Inside you'll find 30 amazing art activities that will take you on an inspiring adventure of patterning, shading, and

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coloring. These charming international folk designs offer a fun and easy way to unleash your inner artist. Both traditional and contemporary artworks are included, inspired by the living cultures of indigenous people around the world. Each vibrantly detailed illustration is designed to exercise your creativity. Beautifully colored finished examples are provided, along with a handy guide to basic art techniques, from patterning and combinations to shading and color theory. This quirky coloring book for grownups is perfect for decorating with markers, colored pencils, gel pens, or watercolors. Folk Art Coloring Book is printed on high-quality, extra-thick paper to eliminate bleed-through. Each page is pre-perforated for easy removal and display.

Dapper Animals Coloring Book

Relax and feel your stress slip away as you focus your mind on contented hygge coloring. Hygge Happy Coloring Book is packed with hygge tips and classic hygge images of soothing baths, cozy armchairs, delicious snacks, fragrant flowers, warm sweaters, and more.

Don't Worry Be Happy Easy Coloring Book For Adult

Express yourself through positive thinking and calm meditation with this must-have coloring book by best-selling author, Thaneeya McArdle. Featuring all new art and uplifting sentiments, this book serves as the perfect way to de-stress and unleash your inner artist. Each intricately detailed illustration is designed to exercise your creativity while reminding you that it's all good! This therapeutic coloring book is perfect for decorating with markers, colored pencils, gel pens, or watercolors. Printed on archival-grade, acid-free, 200-year paper that resists bleed through, all of the pages are perforated for easy removal and display.

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