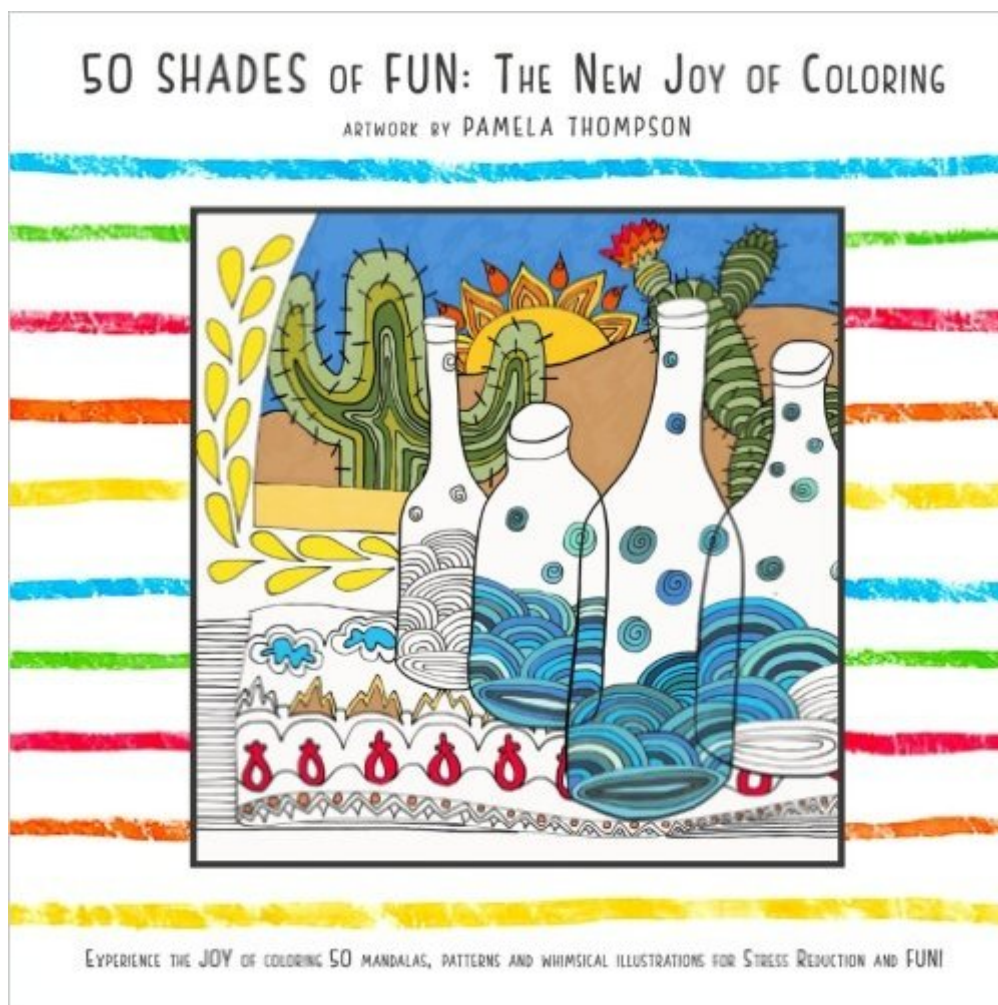


The book was found

50 Shades Of Fun: The New Joy Of Coloring



Synopsis

One of 's best selling coloring books! Coloring isn't just for kids! Everyone deserves a break. Treat yourself to hours of coloring each of the 50 single-sided, hand-drawn, detailed mandalas, whimsical illustrations, and patterns, while reducing stress and having FUN. Coloring has proven to be good for your body, mind, and soul. The health benefits of adult coloring are numerous, according to reports by doctors, therapists, and psychologists on CNN, and in The Boston Globe, The Huffington Post, Parade, and countless other newspapers and magazines. Coloring is a therapeutic activity that promotes wellness, while stimulating creativity and a feeling of calmness. The illustrations in this book will provide hours of stress relief, calmness, and creativity, they can be enjoyed by young and old alike, and all are suitable for framing. So grab some fine-tipped markers, gel pens, and colored pencils and get lost in the fun! Life Coach Pamela Thompson is an artist with an enthusiasm for helping people experience more joy and ease in their lives while having fun. This is evident in this book, her third self-help book. Her illustrations were lovingly created with the intention of putting you at ease and enabling you to have more joy in your life.

Book Information

Paperback: 108 pages

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Product Dimensions: 8.5 x 0.2 x 8.5 inches

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Average Customer Review: 4.6 out of 5 starsÂ Â See all reviewsÂ (63 customer reviews)

Best Sellers Rank: #356,146 in Books (See Top 100 in Books) #75 inÂ Books > Children's Books > Activities, Crafts & Games > Activity Books > Coloring Books #163 inÂ Books > Arts & Photography > Other Media > Digital #318 inÂ Books > Self-Help > Art Therapy & Relaxation

Customer Reviews

I am the artist - I just want to share that there are 50 fun whimsical patterns, pictures & mandalas to enjoy!

At 43 years old, I have a new addiction... coloring! Since receiving this book I find myself spending every free moment sitting at the dining room table, surrounded by gel markers and pens creating my

next masterpiece! With a large selection to choose from that includes mandalas and whimsical scenes, there is so much detail that you can't help but become completely drawn in which equates to hours of relaxation and a sense of fulfillment as you complete each one. I highly recommend!!!!

I Love this book, Here is my first picture, This book was my first adult coloring book , I will be getting more, my new addiction. With so many pages, it will keep me occupied for a very long time, enjoying all the detailed illustrations

I have a lot of coloring books and this one is not as detailed as some I have but I love it anyway. It is very well illustrated. It arrived this morning and I colored a page this evening. The cat was white but I added some color to her.

I absolutely love this coloring book! The pictures are beautifully drawn and, unlike most adult coloring books, there's a good variety of subject matter. The pics are one-sided, and the paper is a pretty decent weight (you can avoid the minimal bleed-through by tearing out one of the blank pages at the end and placing it behind the page you're working on). Pam's artwork is awesome! These are going to be so much fun to color!!! I had the immense pleasure of helping with the editing and formatting of this book, and I'd like to provide you with 3 of my favorite drawings from it. ENJOY!!!!!!

So excited to be part of another [ad]ventureâ | and equally excited to return home from vacation to 50 SHADES OF FUN in my mailbox. So many great whimsical pictures to color, I just couldn't decide where to startâ | so I started on page 1, and well on my way to completion!

I recently received this coloring book as a gift and I love it! It's fun for all ages and I recommended it to all of my friends!

Soooooooo, I just finished coloring my first page of my new adult coloring book. Of course being the person that I am I was analyzing what I was experiencing, as I was coloring. The first thing I noticed is that I had no concept of time. Everything around me disappeared. I think two hours have passed. SWEET! The other thing I noticed is I didn't have any thoughts of future or past. I was in the NOW! Living the moment. In the moment. The other thing I noticed was my desires. As I finished with one marker, I was feeling the desire for certain colors and acknowledging my lack of desire for others. This truly was a fun process. Its a great PIVOT tool, also. In LOA some often times find it difficult to

switch thoughts and stick with the alternative thought. This is a great way to clear the thoughts completely and reset. Then pick your thoughts that you want to use to move forward, when your head is a fresh clean slate. Given the benefits of such activities, I totally recommend this activity and this particular coloring book. There are little bits of randomness that I appreciate. Little things here and there that are not uniform and I loved that about this book. It reminded me of people. We are all the same but have our slight differences that allow us to stand out as individuals, even though we are all connected and come from the same SOURCE.

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