



Color Me Happy: 100 Coloring Templates That Will Make You Smile (A Zen Coloring Book)

Lacy Mucklow

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With each development in technology, our lives become more complicated. We move through our days in a blur of emails, text messages, and social networking. This non-stop stimulation has left us stressed-out and distanced from the joys of the present moment. Art therapist **Lacy Mucklow** and artist **Angela Porter** offer a simple and satisfying solution to this disconnect from reality. Featuring over 100 joyful coloring templates, *Color Me Happy* is a guided coloring book designed for busy adults. Organized into therapeutically-themed chapters, this book examines the benefits of putting pencil to paper and offers adults an opportunity to channel their anxiety into joyful creative accomplishment. Part of the international bestselling *Color Me* series, *Color Me Happy* is the perfect way to step back from the chaos of everyday life, color, and feel happy!

Don't forget to try *Color Me Calm* and *Color Me Stress-Free*!

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Aaron Blue:

Are you kind of stressful person, only have 10 or 15 minute in your time to upgrading your mind ability or thinking skill perhaps analytical thinking? Then you are receiving problem with the book than can satisfy your limited time to read it because all of this time you only find publication that need more time to be learn. Color Me Happy: 100 Coloring Templates That Will Make You Smile (A Zen Coloring Book) can be your answer as it can be read by you who have those short extra time problems.

Dolores Albert:

What is your hobby? Have you heard in which question when you got learners? We believe that that question was given by teacher for their students. Many kinds of hobby, Everybody has different hobby. So you know that little person similar to reading or as reading through become their hobby. You need to know that reading is very important as well as book as to be the point. Book is important thing to incorporate you knowledge, except your own personal teacher or lecturer. You find good news or update with regards to something by

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