

Adult Coloring Book World

Beautifully Crafted Coloring Pages for Adults Vol. 1

Adult Coloring World Dozens Of Relaxing Designs To Color

Adult Coloring Books

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Inkspirations for a Happy Heart, 2016-07-05 Life is a canvas and we are the artists with each day offering us a blank canvas on which to create something beautiful Yet sometimes between the texting and to dos it s hard to feel inspired or creative Inkspirations for a Happy Heart shares more than 30 soul stirring original designs plus motivating mantras to help you relax unwind and greet each day with renewed optimism and creative energy Whether you re new to coloring or you re a gel pen aficionado you may have already admired the artistic creations of Diane Yi whose stunning artwork has been shared pinned or colored around the world With Diane's signature style of intricate details with exquisite flourishes Inkspirations for a Happy Heart provides a perfect canvas that will inspire you to color your own world a little brighter Pages are perforated for easy tearing and sharing to frame or hang on the fridge We ve also used lay flat binding to manufacture the book which eliminates that annoying bulge in the spine when you open a book **Sea Life** Adult Coloring Books, 2015-11-03 Adult coloring books provide a creative and stress relieving outlet but this great activity has always been restricted to where you can take your coloring book which means you are usually stuck coloring at home Not anymore Sea Life Portable Coloring for Creative Adults allows you to color when and where you want providing beautiful and detailed designs inspired by underwater creatures and plants These relaxing stress relieving and fun designs will provide hours and hours of creative entertainment Features of this book include A convenient size so that you can carry it anywhere you go Seventy five detailed patterns Marine inspired designs that range in complexity from beginner to expert level An introduction detailing how to get the most of your coloring book High quality paper suitable for most coloring mediums Adult coloring books are bestsellers

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sustainable change At its core a nonprofit is driven by passion What begins as a personal investment in the organization s mission can guickly 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 Play in Healthcare for Adults Alison Tonkin, Julia Whitaker, 2016-06-23 PLAY We all do it wordplay love play role play we play cards play sport play the fool and play around And that s just the grown ups It features in every aspect of our lives whether we call it by that or another name We all do it but why do we do it What does it mean to play and what if any difference does it make to our lives Most crucially and central to the theme of this book is the question Does play have a positive impact on our health and wellbeing and consequently a role in modern healthcare delivery. The contributors to this book provide a comprehensive overview of how play and play based activities can be used throughout the adult lifespan to promote health and wellbeing within the context of healthcare service delivery for patients their families and communities and for the staff involved in their care Responding to current global health concerns such as obesity coronary heart disease dementia and mental health the book argues that play and playfulness offer a means of protection promotion and recovery of positive health and wellbeing The human tendency for play and playfulness as essential to personal growth and development lie at the heart of the discussion This book will be of interest to all those working in health or social care settings including nursing social work and allied health students and professionals and those working within the therapeutic disciplines of art therapy music therapy and recreation **The Best American Infographics 2015** Maria Popova, 2015 The latest addition to the celebrated Best alliances American series featuring the most creative and effective visualizations of data from the past year introduced by Brain Pickings creator Maria Popova Anime & Manga Digital Coloring Guide Teruko Sakurai,2023-03-07 A color science expert s must have coloring guide for manga and anime artists Author Teruko Sakurai Japan s leading colorist applies her expert knowledge of color to drawing effective anime and manga Starting with the basics Sakurai shares her secrets on how to provide your characters and scenes with the right colors to accurately express their moods and actions This all in one quide allows you to become a skilled colorist in just a few easy lessons. Here are just some of the key topics presented in this all in one handbook How to select the right hair and eye colors to express the personality and mood of a character The basics of color theory and how to match the color palette of a scene with the story being told Color's role in conveying emotion and the essential colors used to capture a particular mood Hundreds of palette color combinations and swatches with CMYK and RGB percentages This book shows you how to become a skilled digital colorist just by following a few simple guidelines and how to refine your illustrations further using professional level digital shading and coloration techniques With hundreds of tips and sample palettes to refer to Anime Manga Digital Coloring Guide is a book every manga and anime artist will want to have

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