



Color Me Stress-Free: Nearly 100 Coloring Templates to Unplug and Unwind

Lacy Mucklow (Text) , Angela Porter (Illustrations)

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The perfect book for stressed-out adults who want to reconnect, simply and easily, with their inner creativity.

Work, kids, relationships, meetings, traffic, bills...we are all faced with stress on a daily basis. And sometimes you just need a way to relieve the tension and avoid burnout, illness, or worse.

A simple and inexpensive way to relieve stress is by coloring images, which can be soothing. Some even consider it an alternative to stressors, ultimately aiding in reversing the effects of anxiety. Refocusing your attention on something completely different to engage in a mental, physical, and emotional shift can help break the pattern of consistent stress and allow one to rejuvenate.

Part of the international bestselling *Color Me* series, *Color Me Stress-Free* is a guided coloring book designed for harried adults. Art therapist **Lacy Mucklow** and artist **Angela Porter** offer up 100 coloring templates, all designed to help you unplug and unwind at the end of each day. Organized into seven therapeutically themed chapters, readers can explore the benefits of putting pencil (or crayon!) to paper and channel their day-to-day stresses into a satisfying, creative environment.

Color Me Stress-Free is the perfect way step back from the stress of everyday life, color, and relax!

Don't forget to try *Color Me Happy* and *Color Me Calm*!

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From Reader Review Color Me Stress-Free: Nearly 100 Coloring Templates to Unplug and Unwind for online ebook

Lucy Colouring In The Midst Of Madness says

This review is taken from my blog where I review adult colouring books from a mental health perspective. You can find images from inside the book there. <https://colouringinthemidstofmadness....>

This is the third instalment in the Color Me series and you can find my review of its predecessors Color Me Calm and Color Me Happy here <https://colouringinthemidstofmadness....> This book is the same shape (almost square) and size as the previous two books and matches them perfectly so it looks and feels like a beautiful set on the shelf. The book is flexibound with a stiff cover. The binding in these books is pretty tight so they don't like lying flat however all of the images are printed with a large border around them so you don't have to contend with trying to colour into the spine. This book contains almost 100 images, all split between 7 differently named chapters that are areas of our lives that can stress us: Disorganisation, Relationships, Finances, Work, Health, Time, and Travel and Commuting. Unlike the first two books in this series whose images were related to each chapter title (Music, Children, Water etc), the images in this book aren't obviously related to the chapter titles and there are far more abstract and random patterns than scenes which I personally think is a shame. The images are printed single-sided onto bright white medium thickness paper which does bleed with water-based pens but this isn't an issue as long as you put a protective sheet behind when you're colouring. This paper is also fairly well-suited to alcohol markers and when I tested mine the ink obviously bled through but didn't especially spread as long as I was careful so this is a good book for all of you Copic, Spectrum Noir and Promarker colourers. All of the images are created by one illustrator Angela Porter so this book has a lovely cohesive style and flows really well.

In terms of mental health, this book is great for calming you down in an effort to become stress-free. The pictures are calming and not too intricate meaning they are perfect for using pencils, felt-tips or even paints or watercolours on, just slip a sheet of scrap paper underneath to protect the subsequent pages. This is a great book for those of you who find intricate images fiddly or too difficult and frustrating to colour. It's also great for inspiration because at the beginning of each chapter a couple of the pictures are shown coloured in so you can follow their colour schemes or brave it and add your own funky colour combinations. This book is a nice size and you get a good sense of satisfaction because each image is small enough that it doesn't take hours or even days to complete meaning this book is perfect if you don't have a great attention span or high level of concentration. Don't worry though, it's also good for those of you who can sit and colour all day, it just means you'll get plenty of pictures completed! The images mostly consist of patterns which are known to be very calming because many of them are repetitive and this really keeps you concentrating and distracted from any negative thoughts. There is huge variety within the patterns from swirling and flowing to sharp corners and harsh lines, geometric shapes to abstract designs, symmetrical to random, it's all in there. There are a few scenic images but they are much fewer in number than the previous two titles in the series which is great for those of you that preferred the patterned designs but not so great for those of you who preferred the scenes. The line thickness is medium throughout and this book is perfect for those of you who don't have perfect vision or fine motor control but don't want to colour simple or basic images. This is a really happy medium between intricate and detailed and simple and basic and would be ideal for elderly colourers and those who struggle with small images or thin lines.

I would recommend this book and the others in the series as a great purchase for those of you who like simpler, less intricate images to colour, those of you using pens that bleed easily, and those of you that maybe don't have the patience or desire to sit colouring one image for days in order to get it finished. They're great starter books and contain really good images for practising shading with coloured pencils.

Ariadna73 says

This book absolutely delivers on its promise. Coloring therapy is fantastic when finding ways to relieve stress, deal with pain and insomnia or even nightmares. I have found nothing but benefits in using these diagrams to give my brain a much needed relaxing time from all the screen time it has to suffer. I absolutely love this beautiful book.

This is the cover and some text in the book:

These are some of my masterpieces. I love letting myself go with the colors. Love it!

Psst! I have a blog too! Take a look here: <http://lunairereadings.blogspot.com>

Judie Dooley says

This book is way more than just a coloring book. It has a semi hard cover and has almost 100 coloring templates. The best thing is that it has chapters with great tips on coloring and how to handle different stressful situations. I love this book and will recommend it to anyone who enjoys coloring or just wants to read the pages of text. It will probably make you want to color the following pages. I only started coloring a few months ago, but this is the best coloring book I have bought so far.

Glenn says

Art therapist Lacy Mucklow and artist Angela Porter have given you a truly remarkable adult colorbook which will help you to be stress-free. . There is 70 templates for you to color and it even gives you an example of some to get you off to a creative picture. This is one of the better colorbooks I have purchased. Buy one today you won't be sorry. I highly recommend this one for your library of colorbooks.

I was given this book from Quarto Publishing Group for a honesty review.

Book says

Lacy Mucklow and Angela Porter's "Color Me Stress-Free" is beautifully designed Zen Coloring Book full of original and imaginative patterns and designs.

The authors deliver their book divided in 7 chapters, each related to one part of our everyday life that is causing stress:

1. Disorganization
2. Relationships
3. Finances

4. Work
5. Health
6. Time
7. Travel and Commuting

Each chapter is based on a different Zen pattern therefore inside reader can find Fractal images, Spirals, Labyrinths and many other image types.

The most important to emphasize is that all of the illustrations are hand-drawn (not generated by computer), therefore it's not unusual to observe some imperfections in their design that show and prove they are original.

Therefore, I would say "Color Me Stress-Free" is great introduction for beginners to world of coloring books, an excellent addition to your coloring library or as a perfect gift for older kids or grown-ups.

Lindsay says

This coloring book has a lot of pages in it with different designs. The patterns do start to come close to repeating at times, but it's still good. There are some detail oriented patterns and some larger patterns. Overall it's a good buy.

Lea - Coloring Queen says

Great book full of images and helpful tipsThe full review is posted on Coloring Queen
