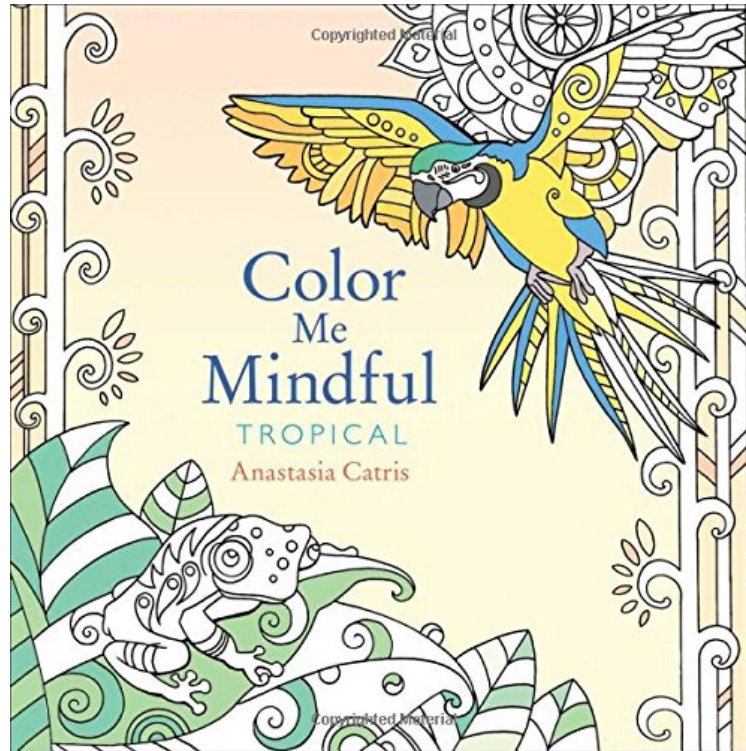


(Read now) Color Me Mindful: Tropical

## Color Me Mindful: Tropical

*Anastasia Catris*

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#745555 in Books 2015-08-25 2015-08-25Original language:EnglishPDF # 1 8.87 x .30 x 8.871, .45 #File Name: 150113089764 pages | File size: 60.Mb

**Anastasia Catris : Color Me Mindful: Tropical** before purchasing it in order to gage whether or not it would be worth my time, and all praised Color Me Mindful: Tropical:

22 of 22 people found the following review helpful. A Tropical Paradise in a color book; printed on both sides and non-perforatedBy iiiireader[[VIDEOID:abf4a97fd79177c25b49479bf0fcd9f4]]Attached is my silent and quick flip through video of the entire book of designs. I hope it is of assistance to you.The fifty designs in this book are devoted to all sorts of things that come to mind when I think tropical settings. There are lovely scenes of various unusual and exotic flora and fauna as well as some that are just plain fun. The artist who has designed these is Anastasia Catris. She is a new designer for me to color but I can already tell that I will enjoy her work.I have been to Hawaii a number of times, and Barbados and Bali and I have seen some of this in real life. There are so many to choose from, including: frogs, birds, waterfalls, snakes, sunset and surf, flowers, lizards, koala, yummy looking mixed drink, butterflies, gorgeous island girl, orchids, and even surfboards and more.The paper quality is good but not terribly thick and the designs are printed on both sides of the page. I am thinking that I will use pencils or end up purchasing a second copy of the book. Some of the designs span across both pages and the designs go right up to the bound edge. The binding doesn't seem too tough, so removing the pages should be fairly easy but they are not perforated.Ms. Catris is an advocate of art therapy and the calming power of coloring. I'm sure this is something that it is in her mind as she draws her designs as they have a beautiful and restful quality to them.5 of 5 people found the following review helpful. Fun designs!By MK9576Another great coloring book in my collection! This one even went with me to jury duty! I love

this series of books and have 2 of them. The designs are fun and intricate enough to be interesting but still leave room to have fun with blending colors. The pages are doublesided so I would suggest sticking with colored pencils on this one. Also, I use a blank piece of paper between pages so there is no ink transfer from pressing down to blend or burnish. The paper is not as high quality as the Johanna Basford books, but I just use colored pencils with this one and have had no problems using both sides of the page. Lovely designs and a great relaxing way to end my day! The photo included is a completed page using my Staedtler Ergosoft pencils. 3 of 3 people found the following review helpful. I love Anastasia's beautiful drawings. By Deana VI love Anastasia's beautiful drawings! I have several of her coloring books now. The size of this is great too as a travel a lot and it fits nicely in my lap top bag. You'll need to use colored pencils only for this one- as the pages are double sided and even the best markers will bleed. I like how some pictures are smaller and don't take as much time and others fill the page.

These intricate and beautifully detailed line drawings of tropical scenes are ready for you to bring to life. Relieve stress, practice your mindfulness, and discover your creative side as you unplug and slow down by filling these exquisite pages with color. No matter our age, useful mindfulness techniques can help re-center us amidst a world of noisy stimuli constantly vying for our attention. Coloring can act like a tranquil meditation—relax and unwind with this calming coloring book for adults featuring beautifully detailed line drawings and designs of this tropical paradise. Make your mark—inside or outside the lines—with these fifty beautiful black and white illustrations of exotic lizards, breathtaking birds, and other amazing jungle life just waiting for your gentle touch to bring the soothing cadence of the tropics to life. Don't miss the other adult coloring books in the Color Me Mindful series: Color Me Mindful: Underwater, and Color Me Mindful: Birds, Color Me Mindful: Seasons; Color Me Mindful: Enchanted Creatures, and Color Me Mindful: Butterflies. Join the coloring craze!

“Take a deep breath and plunge underwater with these dreamy designs. With bigger pieces like... the undersea scene[s] and smaller focused sketches (like a friendly starfish), this book will help you chill out big-time.” (Buzzfeed) “Every page has something new to discover... Simple yet enjoyable, colouring is the perfect hobby to put a little happiness into your life.” (Mommy Mummy Mum) “Many adult colouring books only offer flowers and/or patterns to colour in – although this is changing! – and that gets a little boring after a while, but the Color Me Mindful books provide an abundance of birds, sea life, plants and animals to get creative with.” (The Pretty Books) “Mindfulness is focusing your awareness on the here and now, although with these books it is very easy to get ‘lost’ in the moment and what you are trying to create. These bookish delights are absolutely fabulous for those with anxiety, stress and depression, although everyone who finds a little time for some R R will benefit.” (Tracy Shephard, Postcard s) About the Author Anastasia Catris is a freelance illustrator and writer from Wales.