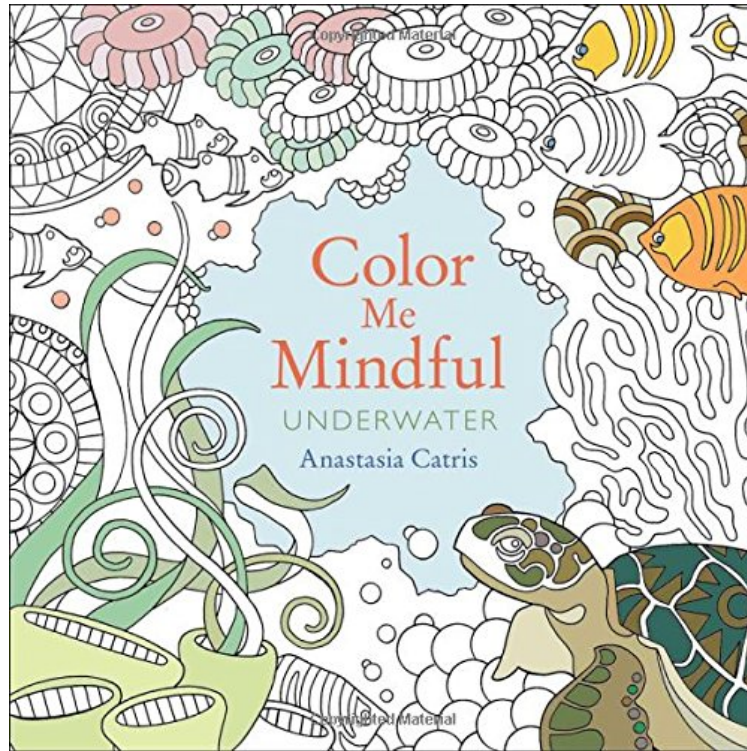


## Color Me Mindful: Underwater

Anastasia Catris

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#243918 in Books Gallery Books 2015-08-25 2015-08-25Original language:EnglishPDF # 1 8.87 x .30 x 8.87l, .40 #File Name: 150113087064 pagesGallery Books | File size: 19.Mb

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

82 of 84 people found the following review helpful. Lovely underwater creatures designs printed on both sides of non-perforated pagesBy iiiireader[[VIDEOID:7ef881489a81001a425104f16a59a4ea]]Attached is my silent and quick flip through video of the entire book of designs. I hope it is of assistance to you.Artist Anastasia Catris has designed a beautiful set of fifty underwater scenes in this coloring book. This book and two others (Tropics and Birds) are the first that I have purchased by this designer. I wasn't sure what to expect but the designs in this book are really beautiful.I wear glasses, so seeing things underwater has been impossible for me in real life. I am really pleased to be able to color these designs and imagine that this is what it would be like if I could go underwater and still be able to see properly.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.There are so many types of underwater creatures - from blow fish to turtle; from seahorse to whale; from octopus to dolphin. Be sure to look at the video to see if your favorite is included. The designs have a beautiful and elegant line to them but also have a lot of detail that will be fun to color.56 of 61 people found the following review helpful. Two sided drawings terribleBy FanTotally disappointed. I have many coloring books that are one-sided pages. This one is back to back pictures. WHY ARE THESE ARTISTS having them

printed this way???? Gel pens and fine line Sharpies bleed through so that you cannot color the other side. I will only be able to color half of them. Will pay more attention next time. One-sided only for me. 2 of 2 people found the following review helpful. Color Me Mindful Underwater By Rebeccasexton I like all the pictures. they are well drawn and will make for hours of coloring fun. I do have to admit that the book is much smaller than I had thought it would be and there are pictures on both sides of the paper which limits you in what can be used to color the pictures. I like to use markers, colored pencils, crayons, and gel pens (once I get some) but it may only be colored pencils for this book because I don't think you can get crayons sharpened with a fine enough point. I gave 4 stars because I really do like the pictures but don't like the limits as to the coloring them

These intricate and beautifully detailed line drawings of underwater 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 soothing ocean motifs. Make your mark—inside or outside the lines—with these fifty beautiful black and white illustrations of fish, turtles, coral, and other amazing ocean life just waiting for your gentle touch to bring the magic of the sea to life. Don't miss the other adult coloring books in the Color Me Mindful series: Color Me Mindful: Birds, and Color Me Mindful: Tropical, 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.