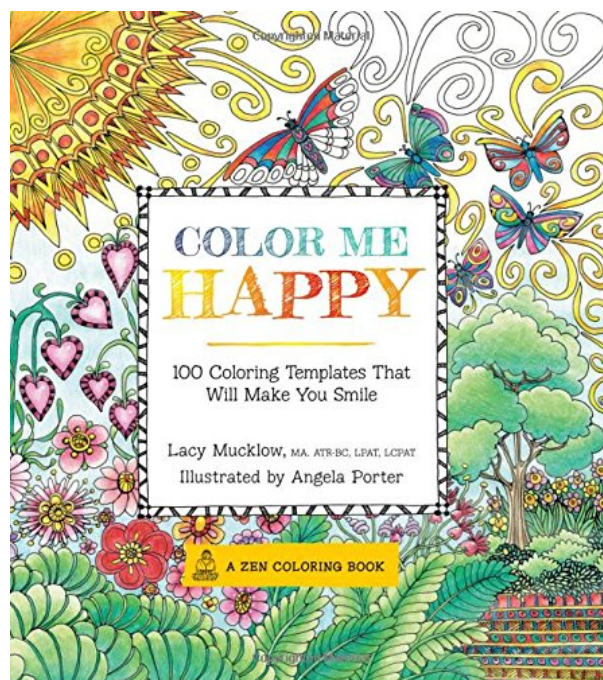
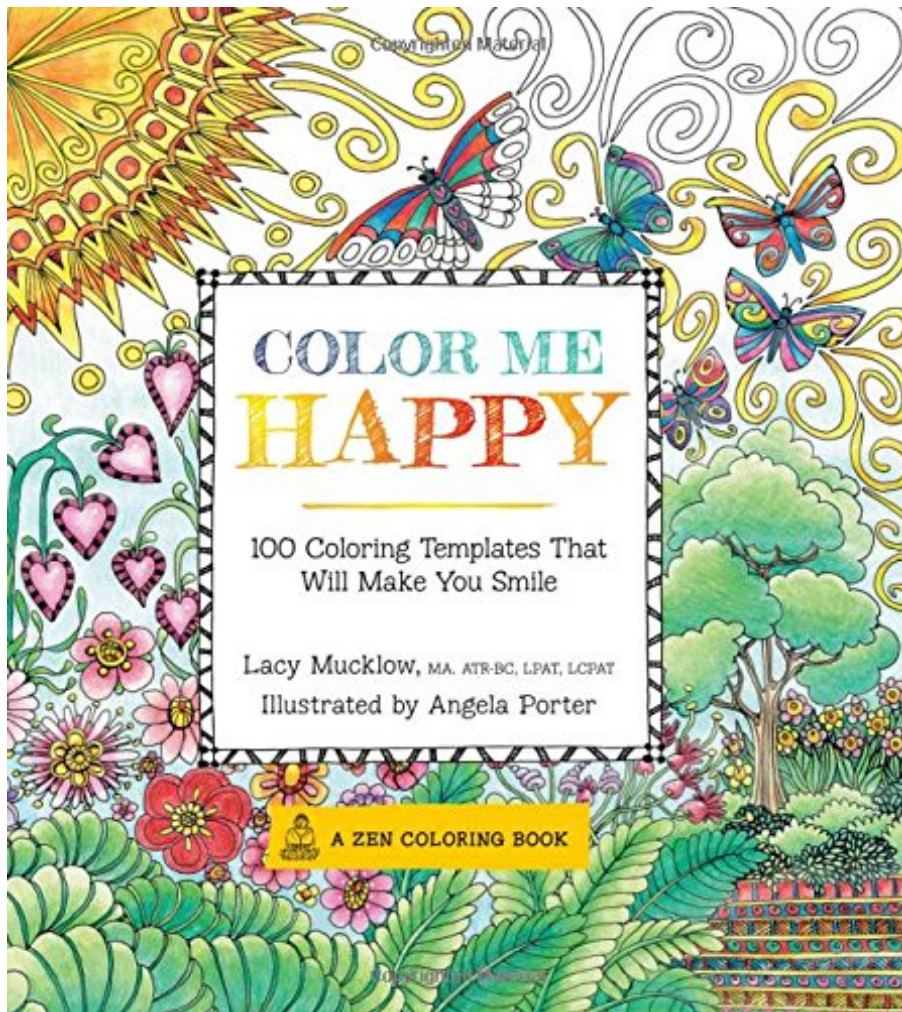


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About the Author

Lacy Mucklow (MA. ATR-BC, LPAT, LCPAT) is a registered, board certified, and licensed art therapist who has been practicing art therapy in the Washington, DC area since 1999. She has experience working with a variety of mental health populations and settings, including schools, home-based counseling, and hospitals with adolescents, families, and adults. Lacy holds a Bachelor of Arts degree in Psychology with a minor in Studio Art from Oklahoma State University, and a Master of Arts degree in Art Therapy from The George Washington University.

Angela Porter is a self-taught artist who finds inspiration in nature, especially ammonite and other fossils. Much of her work is abstract with flowing lines, shapes, and colors that create textured and detailed artworks. She works with technical drawing pens, watercolors, inks, colored pencils, and metallic paints and pens. She lives in South Wales.

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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!

- Sales Rank: #26710 in Books
- Color: White
- Brand: Race Point Publishing
- Published on: 2014-10-27
- Original language: English
- Number of items: 1
- Dimensions: 9.75" h x .75" w x 8.75" l, 1.59 pounds
- Binding: Paperback
- 208 pages

Features

- Zen coloring book
- Art-therapy to destress from the day
- Features 100 coloring templates
- Great for the busy adult
- Includes 208 pages

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Most helpful customer reviews

197 of 199 people found the following review helpful.

Love this coloring book!

By ladybug

This is a beautiful coloring book. The paper stock is great and all pages are single sided to prevent bleed-through when using markers. I still recommend inserting a blank piece of paper as it still can happen.

357 of 366 people found the following review helpful.

good but not great

By Tia Kitchen

I have been looking at this book online for some time now. While the pictures are good, I find the people in the book kinda of creepy. The biggest disappointment for me however is that the picture on the front is not in the book. Also as you can see, the book will not stay open by itself.

113 of 115 people found the following review helpful.

My only complaint is that it's hard/nearly impossible to get ...

By Karl Jennings

My only complaint is that it's hard/nearly impossible to get the book to lay flat, so coloring near the spine is difficult.

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