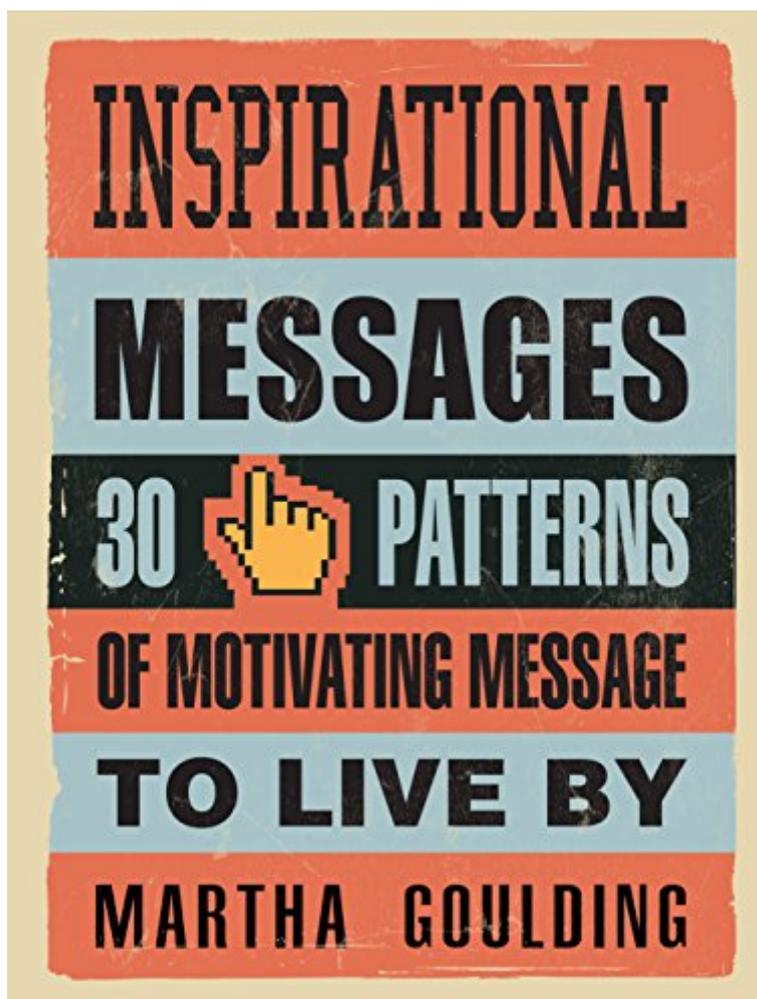


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# Inspirational Messages: 30 Patterns Of Motivating Message To Live By (Mindfulness & Creativity)



## Synopsis

Coloring books aren't a new trend, but the increasing popularity of adult coloring books may have you asking what on Earth is going on. While you may be tempted to think that this is a fast passing fad, you may be surprised to know that there are a vast number of benefits to be had from joining in on the adult coloring book trend. Our exclusive adult coloring book shares just about everything you ever wanted to know about the budding adult coloring craze. In addition to learning more about the benefits of adult coloring, you will find unique and creative coloring pages so that you can try your hand at this new hobby! Whether you are looking to understand the adult coloring craze or whether you are looking to understand just why you love this new trend so much, this book explains it all! Forget the books that contain generic coloring designs and a paragraph about the benefits of coloring, this book delves into it all! Inside you will find plenty of amazing adult coloring designs as well as explanation of some of the benefits of adult coloring including: The increase of sociability A reduction of stress and anxiety An increase in focus An increase in fine motor skills After getting started on these unique adult coloring book patterns, you will find yourself spending more and more time enjoying the benefits of coloring! Don't Delay, Download This Book Today!

## Book Information

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## Customer Reviews

Sadly, thatâ™s the only good thing I have to say about this book. The messages weâ™ve all heard all our lives. But the pictures just donâ™t do anything for me. They are simple, basic & childish. I donâ™t see these pics as adult coloring in any way. Maybe itâ™s should be for kids & VERY inexperienced colorists.âœDisclosure: I received this book for free in exchange for my honest unbiased reviewâœ meaning no 5 stars just because I got this free. I tell it like it REALLY is âœ good, bad & ugly. If you found my review helpful, please vote "YES" and help me become a better reviewer!

Not your usual inspirational messages, some are more like truth bombs!! ("You know the cost of everything, but the value of nothing!) They are also easy to color, straight forward , no gaudiness.

This is an awesome book filled with all kinds of inspirational messages to color. There is something to pick everyone up. Also there are some that are great words to live by and some just for fun. For instance: "Life has no remote, get up and change it." Martha Goulding has created a terrific coloring experience with her "Inspirational Messages".

OVERALL EVALUATION Easy to color thoughts for a happy life, THEME not what is normally presented as âœINSPIRATIONALâœ messages. But the little thoughts for the day I used to see on wood planks in tourist trap stores. APPLICABILITY of Drawings: Drawings all followed theme of the book. Several distinctly different styles indicating several different artists. SUB TITLES: Did they mainly include overworked and meaningless words like Calm your Mind, Stress Relief, relaxing, meditation, Inner self? NO - A BIG PLUS for the book ORIGINATELY: EXCELLENT . I have seen none of the drawings in other books. SHUTTERSTOCK OR SIMILAR SOURCES? No indication they were from a commercial internet photo/picture/drawing site ANOTHER PLUS DIFFICULTY Most were very simple and would be quickly colored. At most only a couple could be considered even slightly difficult. PET PEEVES RE COLOR BOOK 1. Are there pictures included that are more black and white sketch than drawings to color? Only a couple. ANOTHER PLUS 2. Do some or many of the drawings use excessively heavy lines to delineate areas to color? Only thin lines that clearly delineate areas to be colored are acceptable in color books. NO ANOTHER PLUS 3. Has the artist creating the drawing decided he knew best what parts of the pictures must be heavily shaded

or colored black. NO ANOTHER PLUS4. Are the drawings complete pictures, single objects, or scattered disorganized items that may be related in some way? Most are simple sayings with background fluff.5. Are most drawings suitable for the designated adult audience? Many would consider the drawings too simplistic for adult coloring. I like the ease with which they can be colored without stress.RECOMMENDATIO: I like it â “ You may or may not.I received a PDF version of this book at no charge in exchange for my honest review.

Disclosure: I received this product for free in exchange for my honest and unbiased review.30 beautiful inspirational messages to colour and have fun with:- FOLLOW YOUR BLISS.- SIMPLE IS GOOD.- LOVE THIS LIFE.- DO WHAT YOU LOVE.- ENJOY THE LITTLE THINGS.- LET YOUR LIGHT SHINE.- IF YOU ARE GOING THROUGH HELL, KEEP GOING.and many more...Perfect for colouring and relaxing, using for your journal / planner or for other creative projects.

Well executed designs with inspirational statements that can be helpful. I feel the drawings are on the childish side, but that is ok. There is a section at the beginning that explains the history of coloring books for adults and the ways that coloring can help the brain and body. It has the results of some studies which is a good way to show how coloring is helpful. Some designs were done with a heavy, dark line and/or blackened in areas. I do not personally like it when this is done due to the black ink needed to print them and the bleeding of ink or colors that results. These are ok designs. I personally would not pay for them. Disclosure: I received this book in pdf form free in exchange for my honest review.

Plenty of images to color. There is a mix of simple and complex designs. The images are well printed and centered on the page. This book leans more toward the beginner as roughly 2/3 of the images are quite simple and easy to color. There is a lot of duplication of background and style in the simpler images. Same basic background, different wording. Would have preferred a broader selection of styles. All of the more detailed images are very nice and look fun to color. Great to be able to print on appropriate paper for the medium you like best. A good book if you are starting out or just prefer something easy to color."Disclosure: I received this product for free in exchange for my honest and unbiased review"

"Disclosure: I received this product for free in exchange for my honest and unbiased review" I thought I'd see how they did the patterns for the inspirational messages since I had never bought

one, and by reviewing it I could checkout for free. The first few designs were not anything I was impressed by because of the simple block lettering and lack of a good design. When you get more into the book it changes into pages you can print out and put them up when your done. Not necessarily my thing, but once your past the beginning some good patterns

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