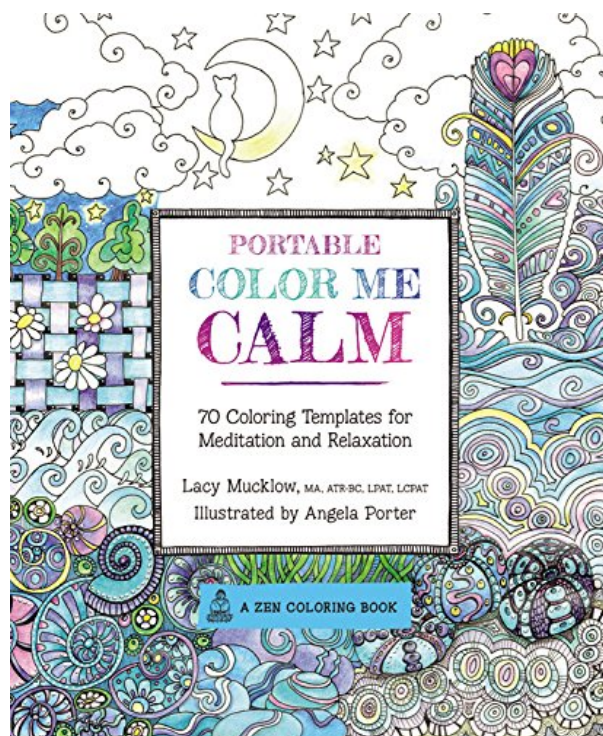
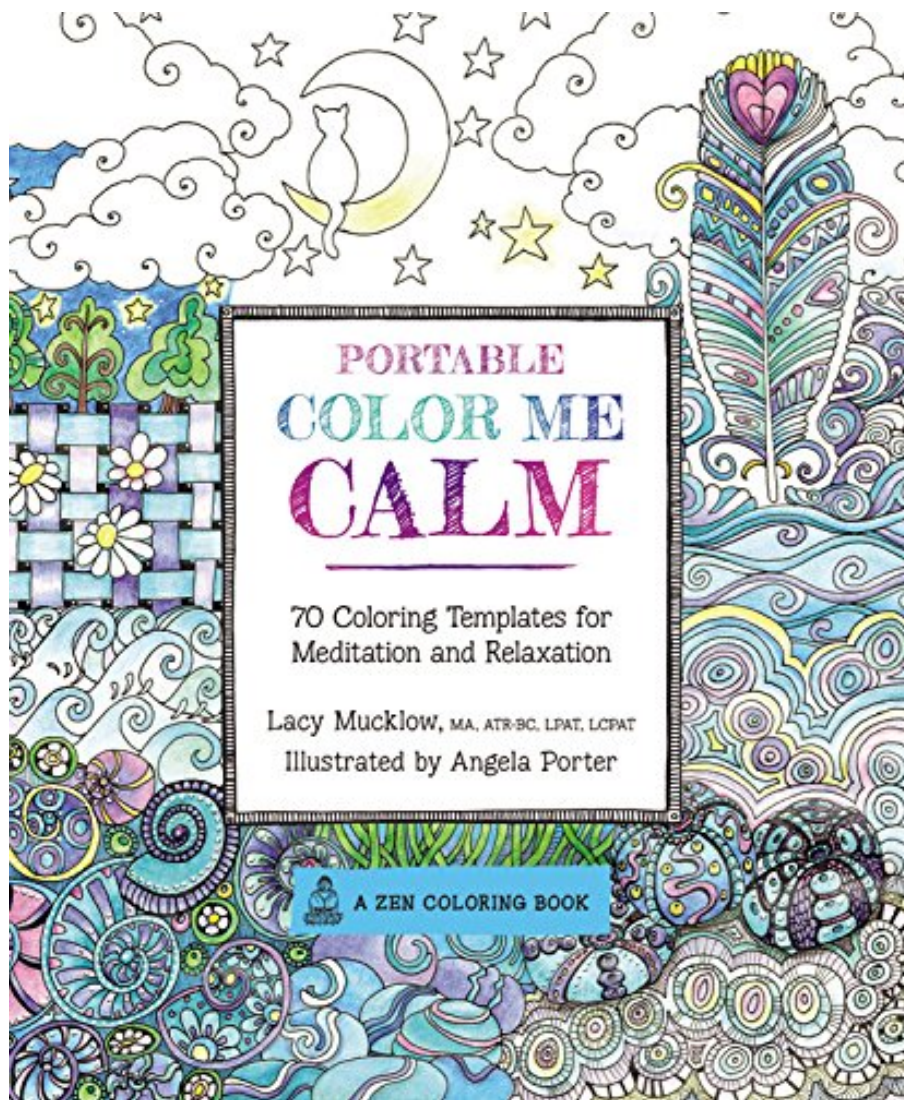


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About the Author

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.

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

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 70 calming coloring templates, Portable Color Me Calm is a guided coloring book designed for busy adults and formatted to fit easily in your bag or purse. Organized into therapeutically-themed chapters including Mandalas, Water Scenes, Wooded Scenes, Geometric Patterns, Flora & Fauna, Natural Patterns, and Spirituality, 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, Portable Color Me Calm is the perfect way step back from the stress of everyday life, color, and relax even when you're on the go!

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- 176 pages

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Variety of Hand-Drawn Designs in a Portable Format – designs are printed on one side of non-perforated page

By iiiireader

[[VIDEOID:a4715fdac4dab41995bbfc57a69758df]]This is appears to be a Portable version of Color Me Calm by Lacy Mucklow and Angela Porter. I don't have the larger version as yet (but will be purchasing it in the future), so I can't confirm that 100% of the designs in this book are also in the larger book. However, I looked at images from the larger book and I do see that a number of those images are also present in this book. If you have the prior book and you are looking for something new, please watch my video to be able to make an informed decision as to whether this book will work for you. I count 70 designs if you include the half-finished designs at the beginning of five of the chapters (the first one is fully colored.) There are only 65 designs which are not colored at all.

It is a smaller sized book that is actually quite nice for taking on-the-go. The designs cover a wide range of subjects and are well printed for making coloring easy. There are many intricate and small details on these designs (perhaps from being sized down from the larger book), so I think that a steady hand and good eye are helpful when coloring in this book. The author and artist give information about coloring therapy and how colors effect us. There are also two colored samples at the beginning of each chapter. The last page of each chapter is a blank page in which we are encouraged to draw and color ourselves.

The six themed chapters in this book are: Mandalas, Water Scenes, Wooded Scenes, Geometric Patterns, Flora and Fauna, and Natural Patterns. Each chapter has a number of designs that correspond with the title. I like that as some days I am in a mood to color a specific type of design and this makes it easier for me to find it. The product description currently mentions "Spirituality" but I could not find a chapter with that heading. Hopefully, this will be corrected sooner than later. If so, my apologies but I don't seem able to edit my reviews once my photos are attached, so this warning will remain regardless of corrections to the product description.

The book is approximately 7.5 x 6 inches and is a full half inch thick. That makes for a tall book to color in but I found it doable if I positioned myself properly. I could not get the book to lay flat but as the designs were well away from the binding, I didn't have any problems getting into all corners for coloring.

The designs are actually printed on one side of the page. The reverse side has a colorful line design that is the same for each page of the chapter. I consider that to be a very pretty page for possible waste. The pages are not perforated. The binding is sewn rather than glued, so pages can be removed (a number at a time) by snipping the threads. Unless I want to frame or give a design away, I will probably not be cutting these. I will be using the book as a carry around coloring book and I don't want it cut in pieces.

All of my markers (both water and alcohol-based) bled through the page. My gel pens (Fiskars and Tek Writer) did not and didn't need more than average time to dry on the surface of the page. My various coloring pencils (both soft and hard leads) worked well on the paper. If you are using markers, you will need to protect the rest of the book from leaking ink as it went all the way through the page (even my trusty

Staedler triplus fineliners.) I cut down a piece of chipboard to the size of the book and am keeping it in the book to carry around with me. That way, I can use whatever coloring medium I choose with it. I'm inclined towards ultra-fine markers and coloring pencils because of the small details.

1 of 1 people found the following review helpful.

Perfect for on-the-go coloring

By CindyT

Perfect for taking with you. Most of my coloring books are rather large and too big to carry in my purse. This one is the perfect size to take with me and use while waiting for anything. Beautiful pictures and good paper quality.

5 of 5 people found the following review helpful.

Perfect coloring book

By Uppitywmyrn

Totally love this book. Great size, incredible quality, and wonderful pictures. I have many coloring books and this is far and above the best one. The portability is an added bonus. I plan to buy the other ones in this series. Good value.

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