



# Portable Color Me Happy: 70 Coloring Templates That Will Make You Smile (A Zen Coloring Book)

*Lacy Mucklow*

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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 Happy* 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 Happy* is the perfect way step back from the stress of everyday life, color, and relax even when you're on the go!

Don't forget to try *Portable Color Me Calm* and the full-sized coloring books, *Color Me Stress-Free*, *Color Me Calm*, *Color Me Happy*, and more!

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