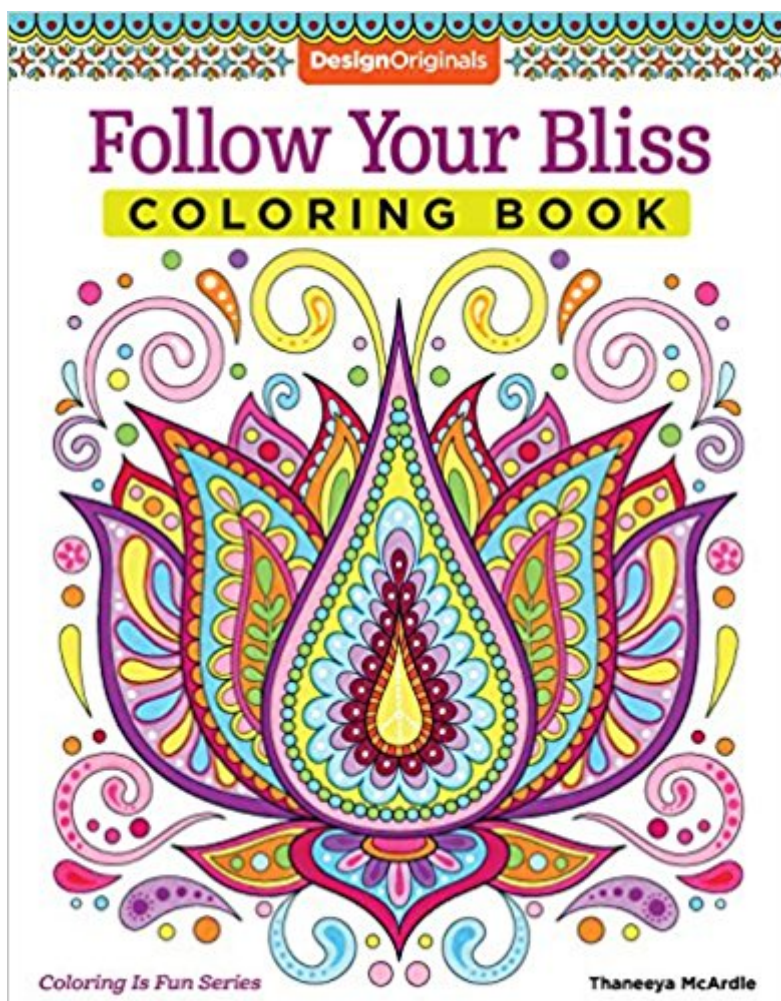


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# Follow Your Bliss Coloring Book (Coloring Activity Book)



## Synopsis

Enter a world of creative self-expression with this relaxing coloring book for grownups. Inside you'll find 30 amazing art activities that will take you on a satisfying journey of patterning, shading, and coloring. These whimsical images offer a easy way to de-stress and unleash your inner artist. Thaneeya McArdle's transcendental art explores a visual language of shape, form, line, and color. Each vibrantly detailed illustration is designed to exercise your creativity. Beautifully colored finished examples are provided, along with a handy guide to basic art techniques, from patterning and combinations to shading and color theory. This therapeutic coloring book is perfect for decorating with markers, colored pencils, gel pens, or watercolors. Printed on high-quality, extra-thick paper that won't bleed through, all of the pages are pre-perforated for easy removal and display. "

## Book Information

Age Range: 10 and up

Series: Coloring Activity Book (Book 13)

Paperback: 72 pages

Publisher: Design Originals; Clr edition (September 1, 2015)

Language: English

ISBN-10: 1574219960

ISBN-13: 978-1574219968

Product Dimensions: 8.5 x 0.3 x 10.9 inches

Shipping Weight: 8.8 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars 109 customer reviews

Best Sellers Rank: #82,464 in Books (See Top 100 in Books) #81 in [Books > Arts &](#)

[Photography > Drawing > Coloring Books for Grown-Ups > Religious & Inspirational](#) #1916

[in Books > Crafts, Hobbies & Home > Crafts & Hobbies](#) #2740 in [Books > Religion &](#)

[Spirituality > New Age & Spirituality](#)

## Customer Reviews

Let Your Spirit Soar With Colors Welcome to the Follow Your Bliss Coloring Book! I'd like to invite you to come inside and play with doodles, shapes, and patterns. Coloring and patterning are relaxing, meditative activities that encourage self-expression, sending you on a creative adventure. I hope that you'll use each of these pages as a launching pad to spark your creativity and unleash your inner artist. Inside you'll find 30 empowering art activities that will start you on your journey to

coloring contentment. From blossoms and butterflies to sacred symbols and inspiring words, each drawing offers an opportunity to color your dreams, one page at a time. I've provided you with coloring suggestions, but there is no right way or wrong way to complete these peaceful visions. Each illustration is perfect for decorating with markers, colored pencils, gel pens, watercolors, or crayons. Follow Your Bliss Coloring Book is printed on high-quality, extra-thick paper to eliminate bleed-through, and each page is pre-perforated for easy removal and display. Happy art making! Thaneeya

Professional artist Thaneeya McArdle is the creator of the best-selling 13-title Design Originals coloring book series from Fox Chapel Publishing. She is the author and illustrator of two art instruction books, Draw Groovy and The Everything Girls Ultimate Body Art Book. Based in Florida, she works in painting, drawing, and mixed media, with a special focus on vibrantly detailed whimsical art. Thaneeya (pronounced "tuh-nee-yuh") operates Art-Is-Fun.com, an art instruction website, and The-Art-Colony.com, an online artists community.

This book includes 30 full paged, whimsical, flowing, artistic illustrations to color. You will find an imaginative collection of mendi, folk art, flowers, stars, hearts, geometric shapes, birds, butterflies and much more, all artistically combined and just waiting for you to add color. These pictures are wonderful to color just as they are, or add even more details to the images to create striking, personalized art. On the back of each illustration is a soul stirring quote to help fortify you throughout the day. Eight fully colored example pages are included to inspire your creativity, and 5 coloring tip pages, including a color wheel, have been added to kick start your imagination. This is a marvelous and uplifting book that has much to offer, it is a must have for all colorists, coloring libraries and would make a wonderful gift to someone special.

1. 30 full page Illustrations to color, printed one per page, on good quality medium weight, bright white paper
2. Each page is perforated for easy removal
3. On the back of each page is a moving and uplifting quote. Each will brighten your day just a little.
- a. This one caught my attention: (Love the life your live. Live the life you love.)
4. All the Markers and Gel Pens I tested bled through the paper, I just place a piece of paper under the page I am coloring to prevent damage to the next page.
5. 8 fully colored full page illustrations have been added to inspire you.
6. 5 Instructional pages are included at the beginning of the book and include Color Theory with a color wheel, Coloring Techniques, Pattern techniques, and ideas for personalization of your art by adding your own doodles, details and different embellishments.

I bought this book specifically to share with the coloring cancer support group I lead each week. They all loved it. The pages are very well drawn and when coloring them they blend perfectly with the relaxed, meditative energy we strive for in the group. I will continue to use these pages within the group. Good quality paper, perforated and all levels of colorists will enjoy this beautiful book.

The thick pages are great. I also like that you can remove them with no problems, due to the perforation. I also like that there is a small tutorial about how to make your own Mandala pages, and that there are already-colored pictures for inspiration and that the author tells us what kind of markers/gel pens/colored pencils she used to create the pictures. Great book!

Love this book, the pages are nice, thick, and perforated, and all pages are one-sided, so you can tear out a page and use whatever medium you use to color with, without worrying about leaking or transferring anything onto the next page. They also have colored-in examples, color schemes, blending techniques, and other useful tid-bits of information on how to make your picture beautiful and perfect like the examples given. Definitely a very "zen" type of coloring book, with tons of lotus flowers, Hindu-esque types of designs, very Bollywood type of adult coloring. You definitely feel very Zen while coloring in this book. FYI, all of these particular books from this author are amazing, detailed, and beautifully drawn, with tons of words of affirmation, and inspiration.

All of Thaneeya McArdle's coloring books are well-made and worth the money. My girlfriend loves these because of the perforated pages, intricate designs, inspirational quotes, and thickness of the pages. Overall, these books are a great buy.

Awesome for me. I'm new to adult coloring bc I'm an adult and coloring seems childish... but it's not when use gel pens and add the word adult in front of coloring! When I was searching for a coloring book, I was looking for something that didn't have a ton of little things to color but instead had big pictures that wouldn't stress me out. The point of coloring as an adult is to de-stress not get stressed out because the pictures are crazy detailed. This book was just what I was looking for. Just enough but not too much. I'm incredibly happy with it! I'm already looking for another one to buy!

This is my first Thaneeya McArdle coloring book. She has so many out there; I just wanted to have one to try something different because the art is kind of simple (more like for teens). But overall, it is a nice addition to my collection for when I fell like coloring something simpler. Good paper quality

too. The drawings are on one side only and on the back there's some inspirational quote or something (for those who like that kind of thing).

I love the pictures in this book, in fact this is the second book by this company that I have purchased. The only problem that I have found, comes from the use of sharpie markers. I have had several other coloring books where I haven't had a problem, but the type of paper used in this book tends to allow for bleeding. I'm not talking about from front to back. I'm talking about when using different colors on the page. When coloring in a small circle, I barely touch the page and the color is running outside of the lines. It's frustrating. If you color with gel pens, crayons or colored pencils, then this isn't a problem, but if you like the ultra-fine sharpies for the pop of color, like I do, this book probably will frustrate you more than anything.

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