

THE HARMONY  
OF COLOUR SERIES

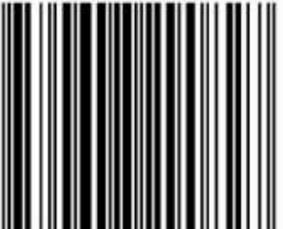
BOOK FORTY SEVEN

# GHOSTS AND GHOULS

RELAX AND UNWIND WITH  
ADULT COLOURING

AUST \$12.95 NZ \$12.95 <sup>INC</sup><sub>GST</sub>

ISBN 978-0-6482908-2-7



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THE **HARMONY**  
OF **COLOUR** SERIES

B O O K F O R T Y S E V E N

GHOSTS  
AND  
GHOULS

Stressed out at work? Are the pressures of the world getting you down? We guarantee relaxation with these complex Zen and anti-stress colouring pages for adults.

*Harmony of Colour Book Forty Seven: Ghosts and Ghouls* offers detailed images and patterns that are chosen by experts for their soothing properties.

Be aware of the overall harmony of your colouring rather than focusing on each element individually. Try to balance the colours so that they are a reflection of your emotions of the moment. If the colours of your page are in harmony, then your mind will follow!

Now... grab your pencils or textas and de-stress...

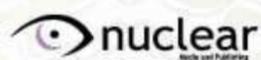


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All images: Shutterstock



“Now it is the time of night  
that the graves, all gaping wide,  
every one lets forth his sprite  
in the church-way paths to glide.

— William Shakespeare —



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“We chase after ghosts and spirits and are left holding only memories and dreams. It’s not that we want what we can’t have; it’s that we’ve held all we could want and then had to watch it slip away.”

— Charles De Lint —



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“Ghosts are a metaphor for memory and remembrance and metaphorically connect our world to the world we cannot know about.”

— Leslie What —



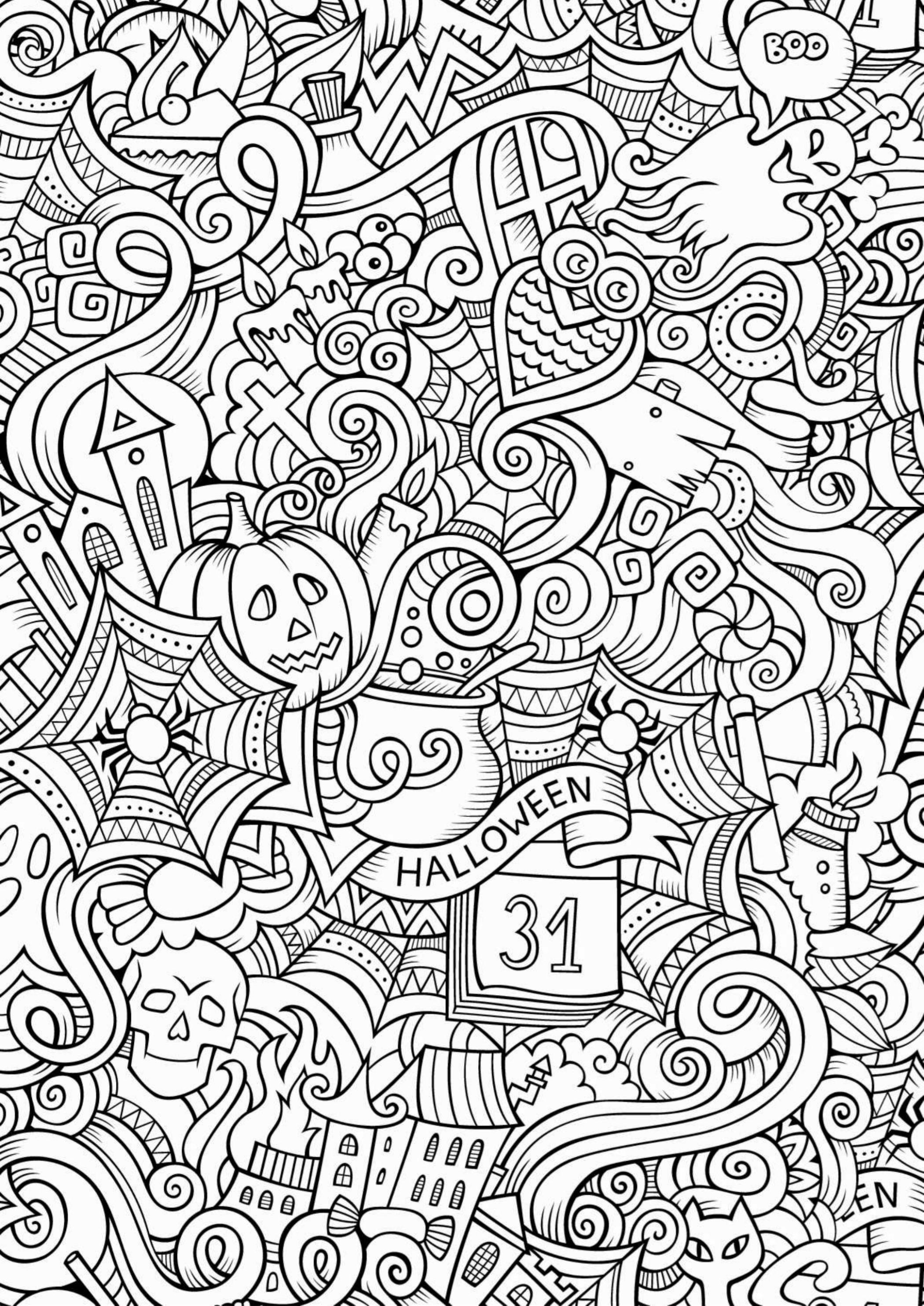
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“The lawn  
is pressed by unseen  
feet, and ghosts return  
gently at twilight, gently  
go at dawn,  
the sad intangible who  
grieve and yearn.....”

— T.S. Eliot —



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“The oldest and strongest  
emotion of mankind is fear,  
and the oldest and strongest  
kind of fear is fear of the  
unknown.”

— H. P. Lovecraft —



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“One disagreeable result of whispering is that it seems to evoke an atmosphere of silence, haunted by the ghosts of sound - strange cracks and tickings, the rustling of garments that have no substance in them, and the tread of dreadful feet that would leave no mark on the sea-sand or the winter snow.”

— Charles Dickens —



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“I think that true horror is accomplished by slowly getting into your brain. The old way is much more scary.”

— Sergio Aragones —



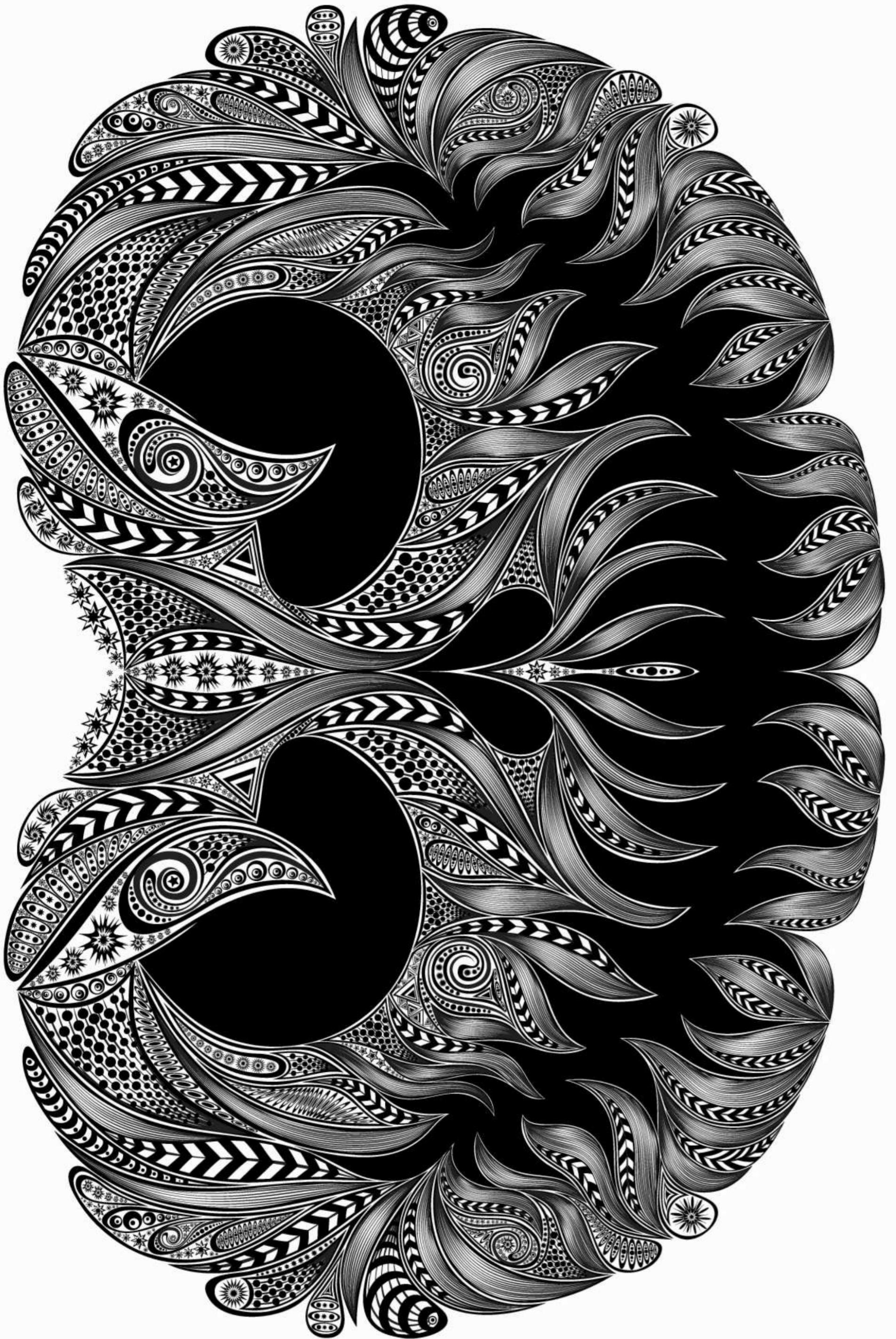
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“When you say ‘fear of the unknown,’ that is the definition of fear; fear is the unknown, fear is what you do not know, and it’s genetically within us so that we feel safe. We feel scared of the woods because we’re not familiar with it, and that keeps you safe.”

— M. Night Shyamalan —



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“It’s said that All Hallows’ Eve is one of the nights when the veil between the worlds is thin - and whether you believe in such things or not, those roaming spirits probably believe in you, or at least acknowledge your existence, considering that it used to be their own.”

— Erin Morgenstern —



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“The thing I find really scary about ghosts and demons is that you don’t really know what they are or where they are. They’re not very well understood. You don’t know what they want from you. So it’s the kind of thing you don’t even know how to defend yourself against. Anything that’s unknown and mysterious is very scary.”

— Oren Peli —



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“If dreams are like movies,  
then memories are films  
about ghosts.”

— Adam Duritz —



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“Everything becomes magnified  
at night. Sounds travel in a  
different way. It’s dark, and  
everything seems far  
more spooky.”

— Jo Brand —



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“I have always loved the Day of the Dead - a chance to celebrate death rather than to treat it like that awful scene in the cemetery.”

— Andy Dunn —



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“I’ve always felt that if you  
back down from a fear, the  
ghost of that fear never goes  
away. It diminishes people.”

— Hugh Jackman —



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“I don't mind UFOs and ghost stories, it's just that I tend to give value to the storyteller rather than to the story itself.”

— Robert Stack —



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“Behind every man now  
alive stand thirty ghosts, for  
that is the ratio by which the  
dead outnumber the living.”

— Arthur C. Clarke —



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“On the other hand, what I like my music to do to me is awaken the ghosts inside of me. Not the demons, you understand, but the ghosts.”

— David Bowie —



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“I’m not afraid of werewolves  
or vampires or haunted  
hotels, I’m afraid of what  
real human beings to do  
other real human beings.”

— Walter Jon Williams —



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“If the living are haunted  
by the dead, then the  
dead are haunted by their  
own mistakes.”

— Chuck Palahniuk —



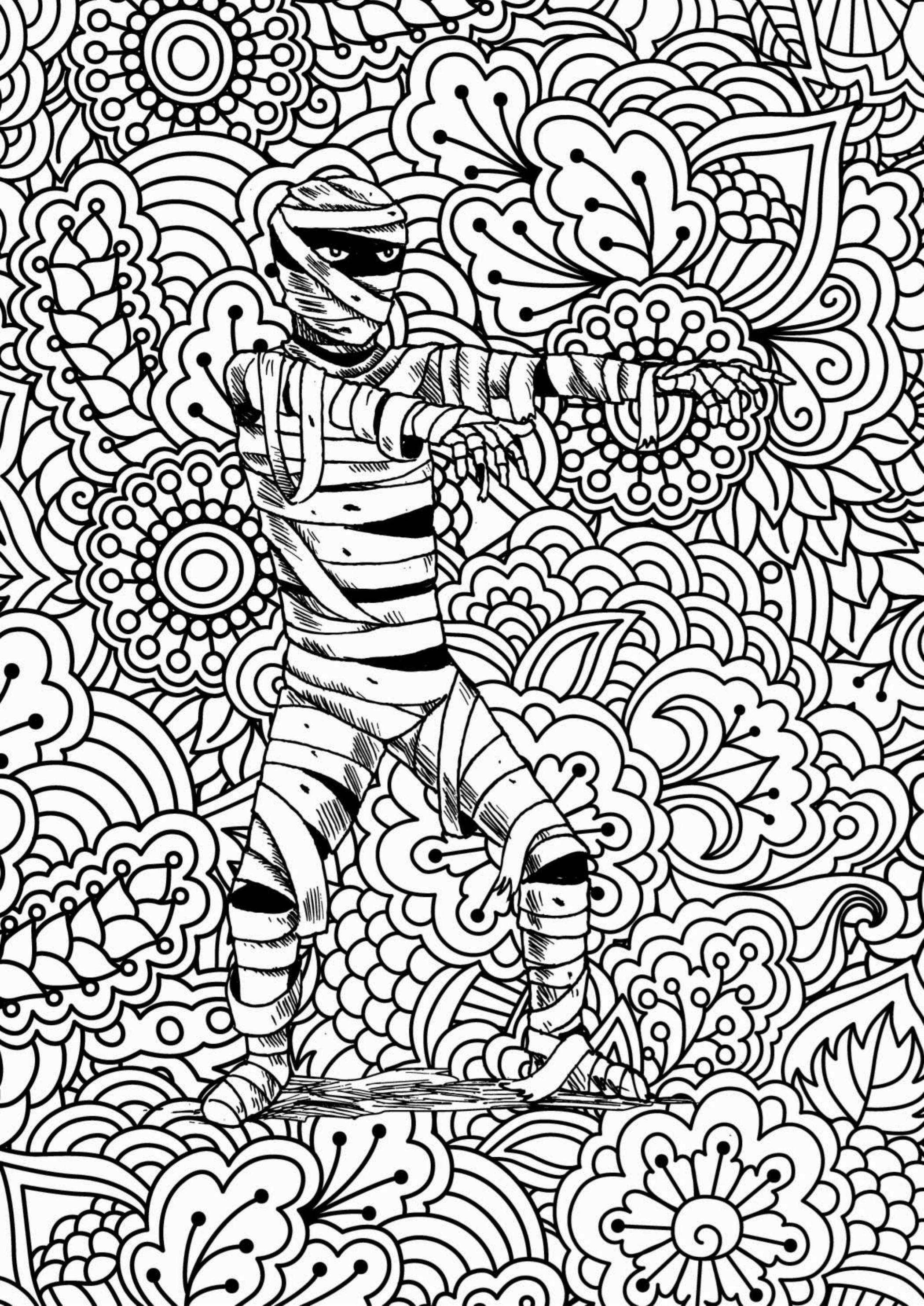
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“Nature is a haunted  
house -- but Art -- is a  
house that tries to be  
haunted.”

— Emily Dickinson —



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“A house is never still in  
darkness to those who listen  
intently; there is a whispering  
in distant chambers, an  
unearthly hand presses the  
snib of the window, the latch  
rises. Ghosts were created  
when the first man woke in  
the night.”

— J.M. Barrie —



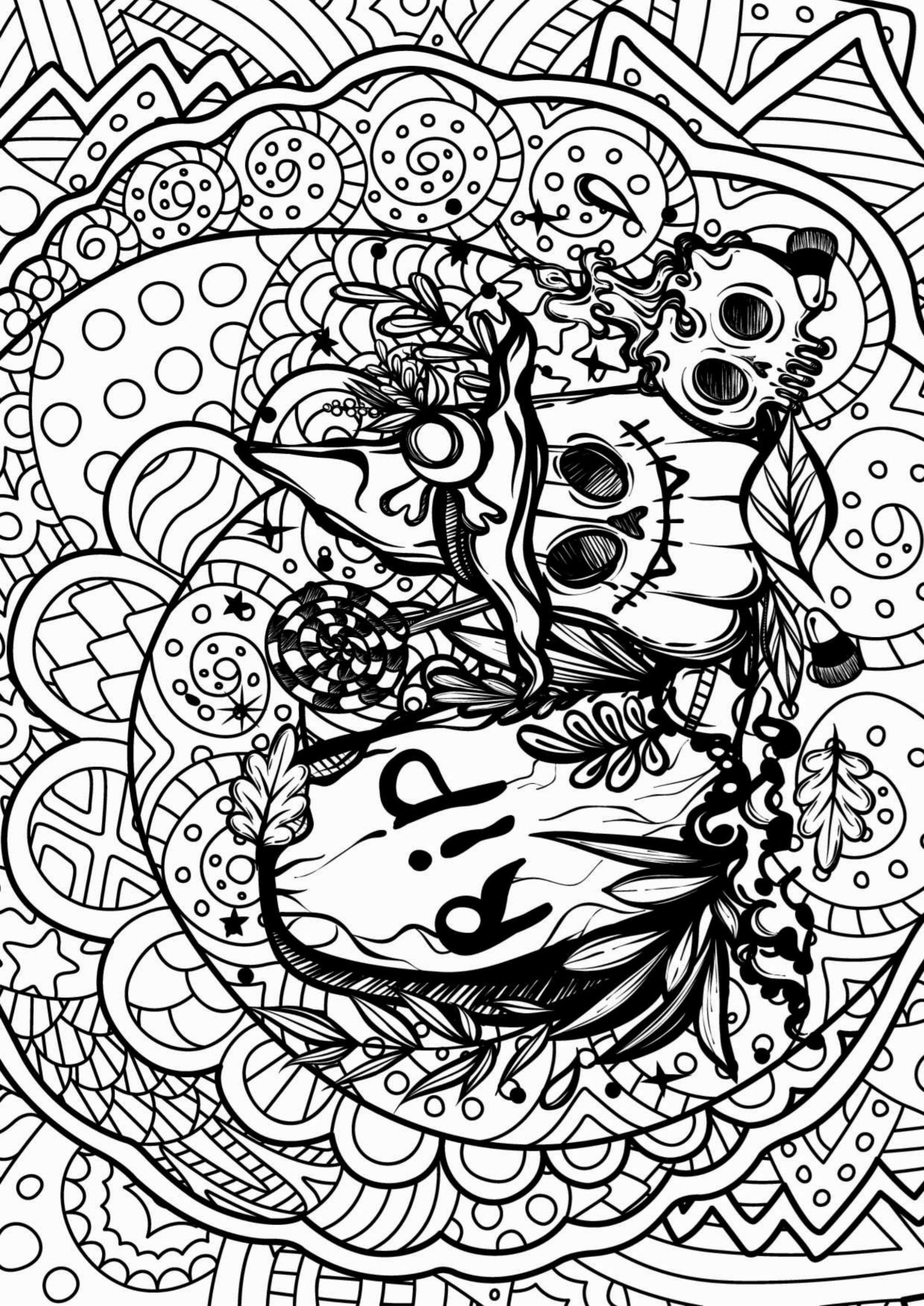
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“There are two different stories in horror: internal and external. In external horror films, the evil comes from the outside, the other tribe, this thing in the darkness that we don’t understand. Internal is the human heart.”

— John Carpenter —



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“Horror is like a serpent;  
always shedding its skin,  
always changing. And it will  
always come back. It can't  
be hidden away like the  
guilty secrets we try to keep  
in our subconscious.”

— Dario Argento —



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“Demons are like obedient  
dogs; they come when they  
are called.”

— Remy de Gourmont —



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“Which is the true nightmare,  
the horrific dream that you  
have in your sleep or the  
dissatisfied reality that awaits  
you when you awake?”

— Justin Alcala —



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“We’d stared into the  
face of Death, and Death  
blinked first. You’d think that  
would make us feel brave  
and invincible. It didn’t.”

— Rick Yancey —



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“Alone. Yes, that’s the key word,  
the most awful word in the  
English tongue. Murder doesn’t  
hold a candle to it and hell is  
only a poor synonym.”

— Stephen King —



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“The narrator, I think, must  
succeed in frightening  
himself before he can think of  
frightening his reader.”

— E.F. Benson —



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“We need ghost stories because  
we, in fact, are the ghosts.”

— Stephen King —



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“Courage is resistance to  
fear. Mastery of fear, not  
absence of fear.”

— Mark Twain —



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“I learned that courage was not the absence of fear, but the triumph over it. The brave man is not he who does not feel afraid, but he who conquers that fear.”

— Nelson Mandela —



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“Some people ask why people would go into a dark room to be scared. I say they are already scared, and they need to have that fear manipulated and massaged. I think of horror movies as the disturbed dreams of a society.”

— Wes Craven —



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“You gain strength, courage,  
and confidence by every  
experience in which you  
really stop to look fear in the  
face. You are able to say to  
yourself, ‘I lived through this  
horror. I can take the next  
thing that comes along.’”

— Eleanor Roosevelt —



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“Monsters are real, and ghosts  
are real too. They live inside us,  
and sometimes, they win.”

— Stephen King —



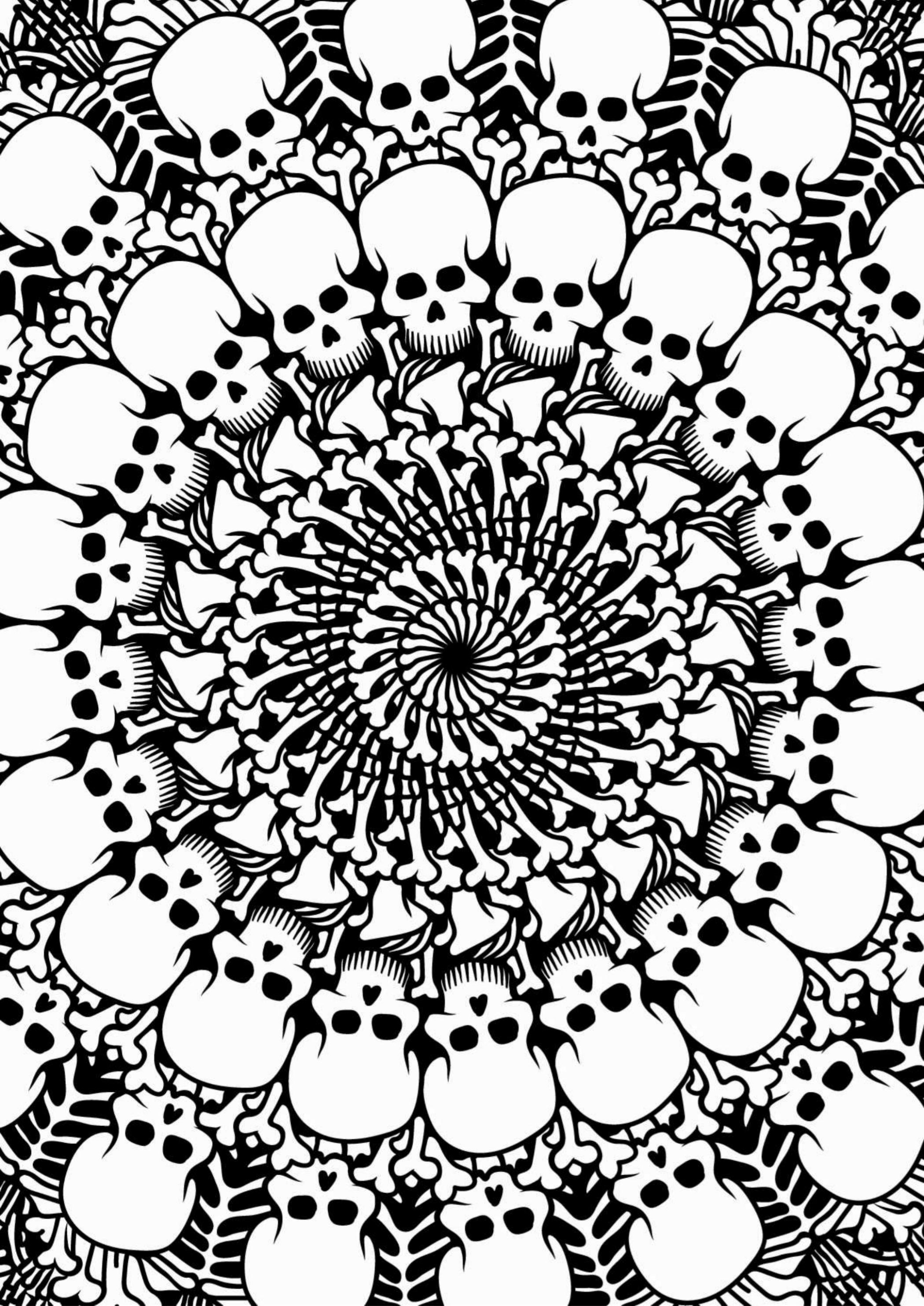
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“Terror made me cruel.”

— Emily Bronte —



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“What are these,  
so wither'd, and so wild  
in their attire;  
that look not like the  
inhabitants o' th' earth,  
and yet are on 't?”

— William Shakespeare —



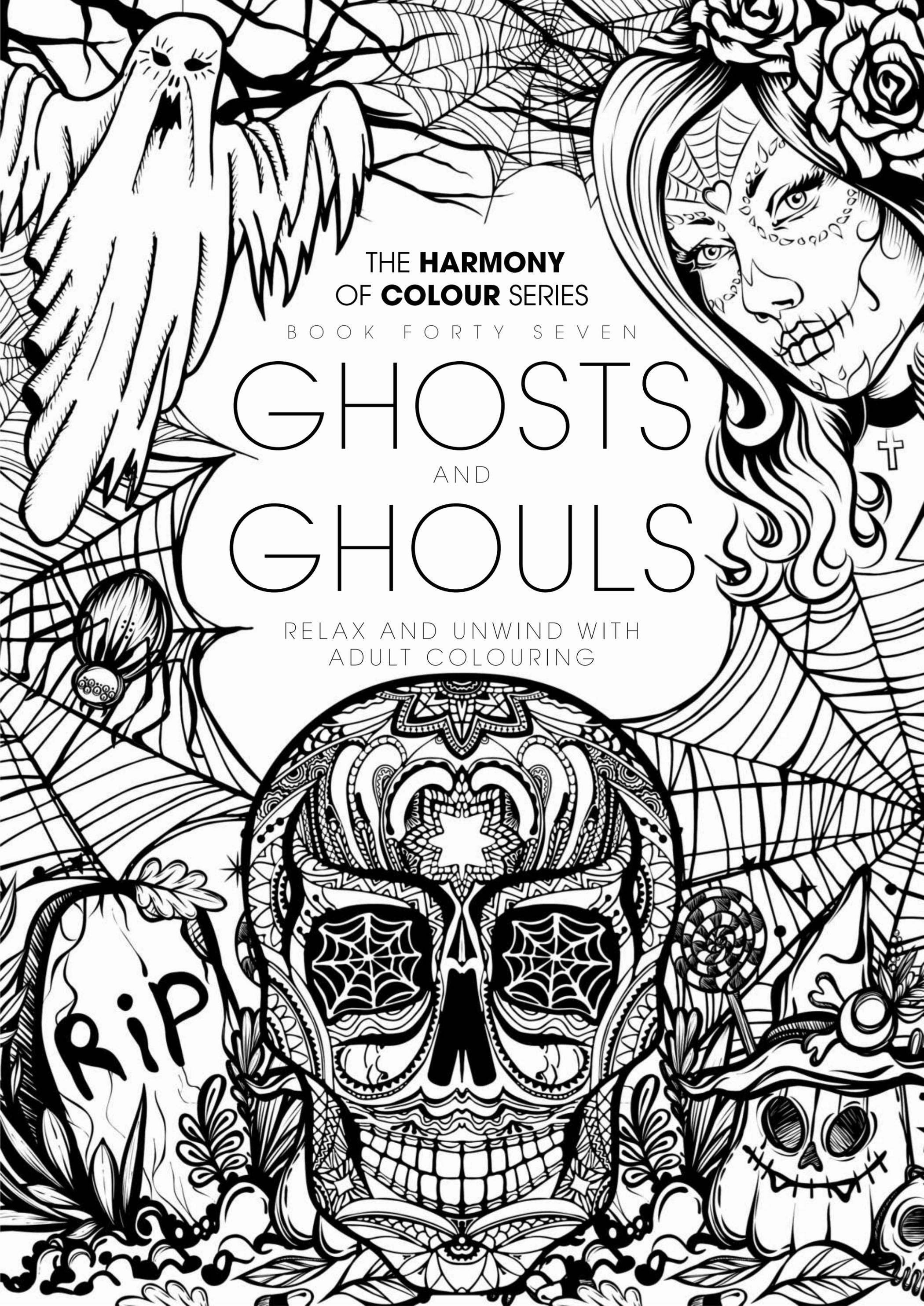
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