

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

BOOK ONE

# FORESTS AND FLOWERS

RELAX AND UNWIND WITH  
ADULT COLOURING  
MANDALAS

AUST \$12.95 NZ \$12.95 INC GST

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

B O O K O N E

FORESTS  
AND  
FLOWERS

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.

Inspired by nature, Harmony of Colours Book One: Forests and Flowers offers detailed images and repeated 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 and de-stress...



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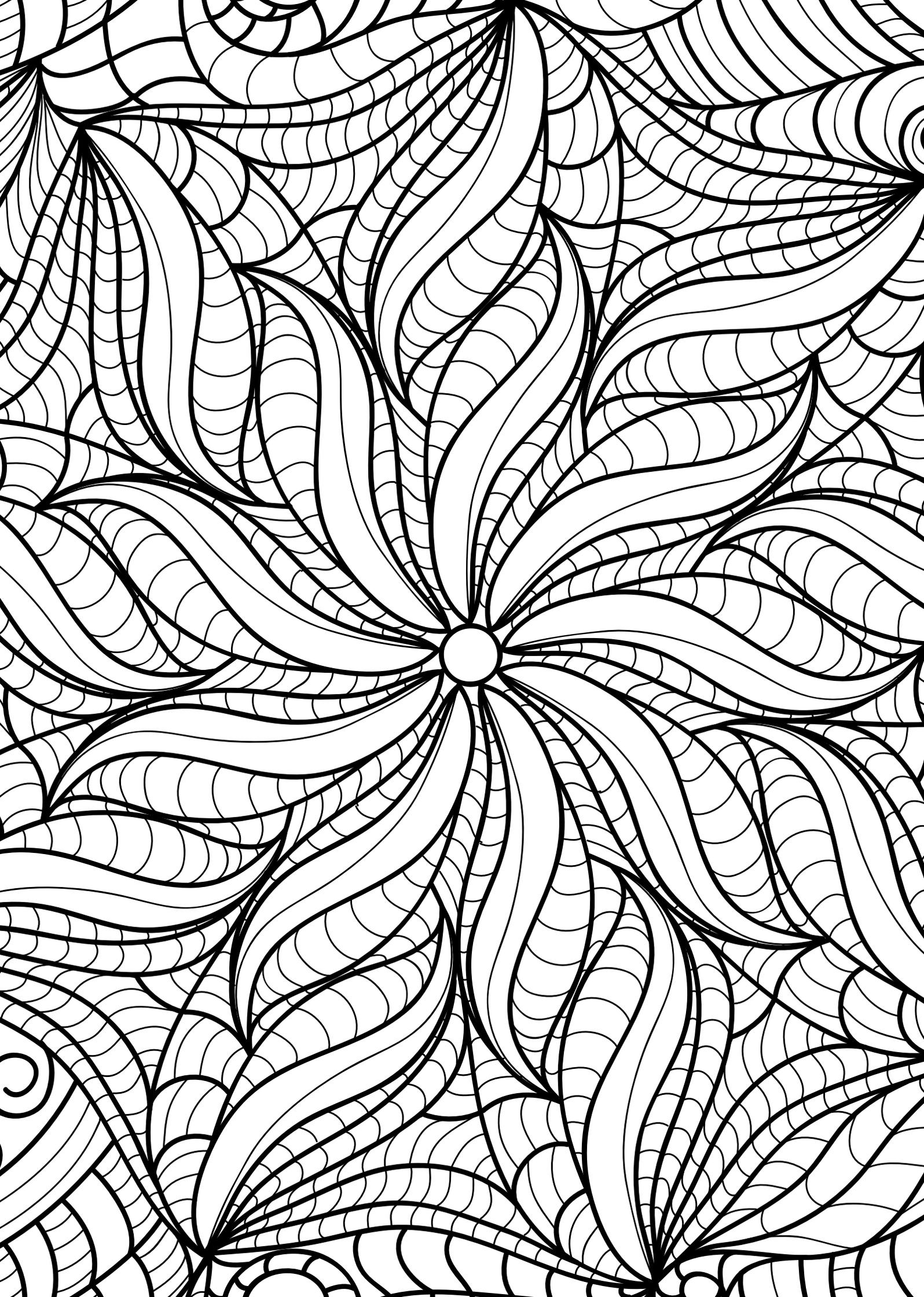
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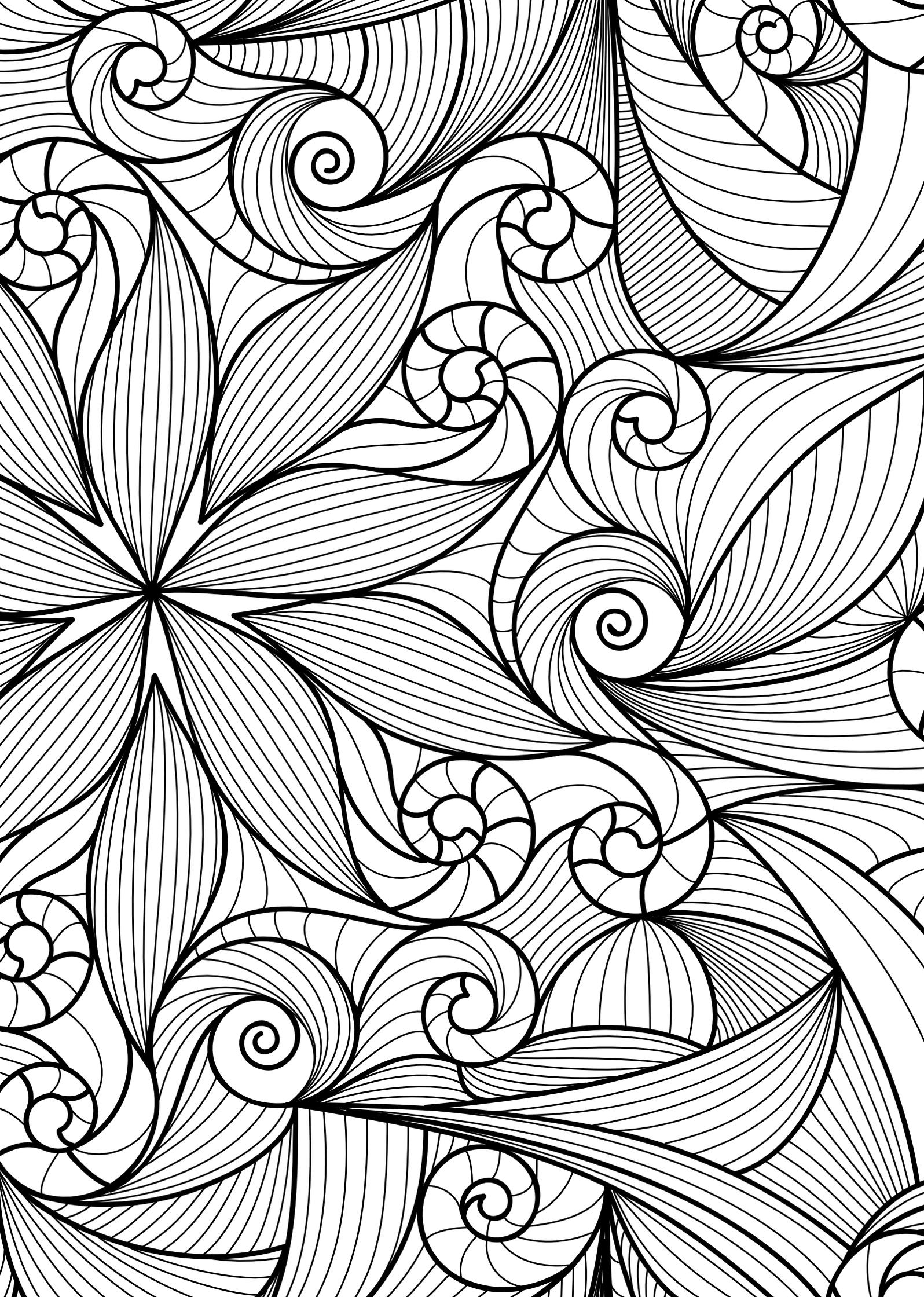
















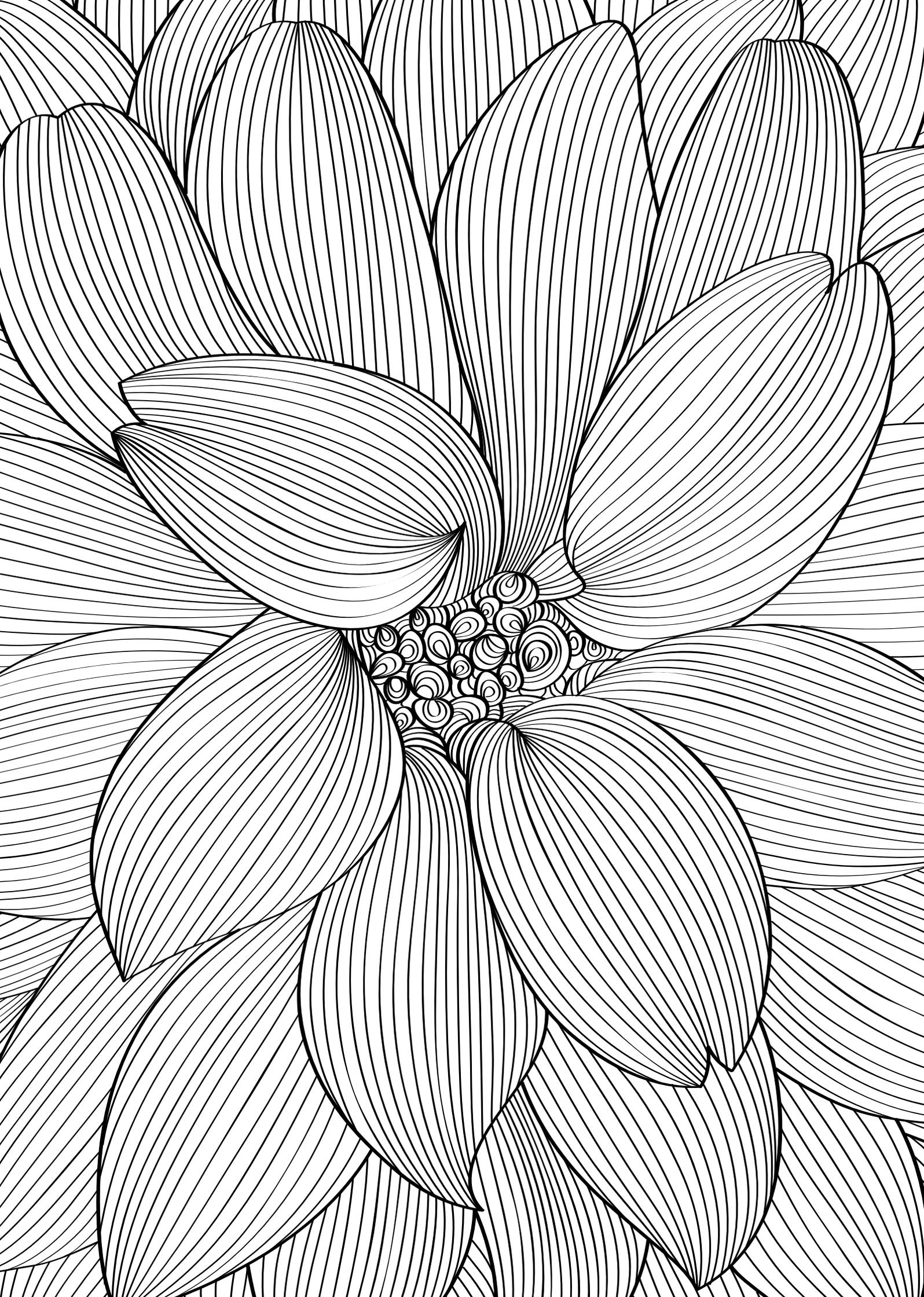








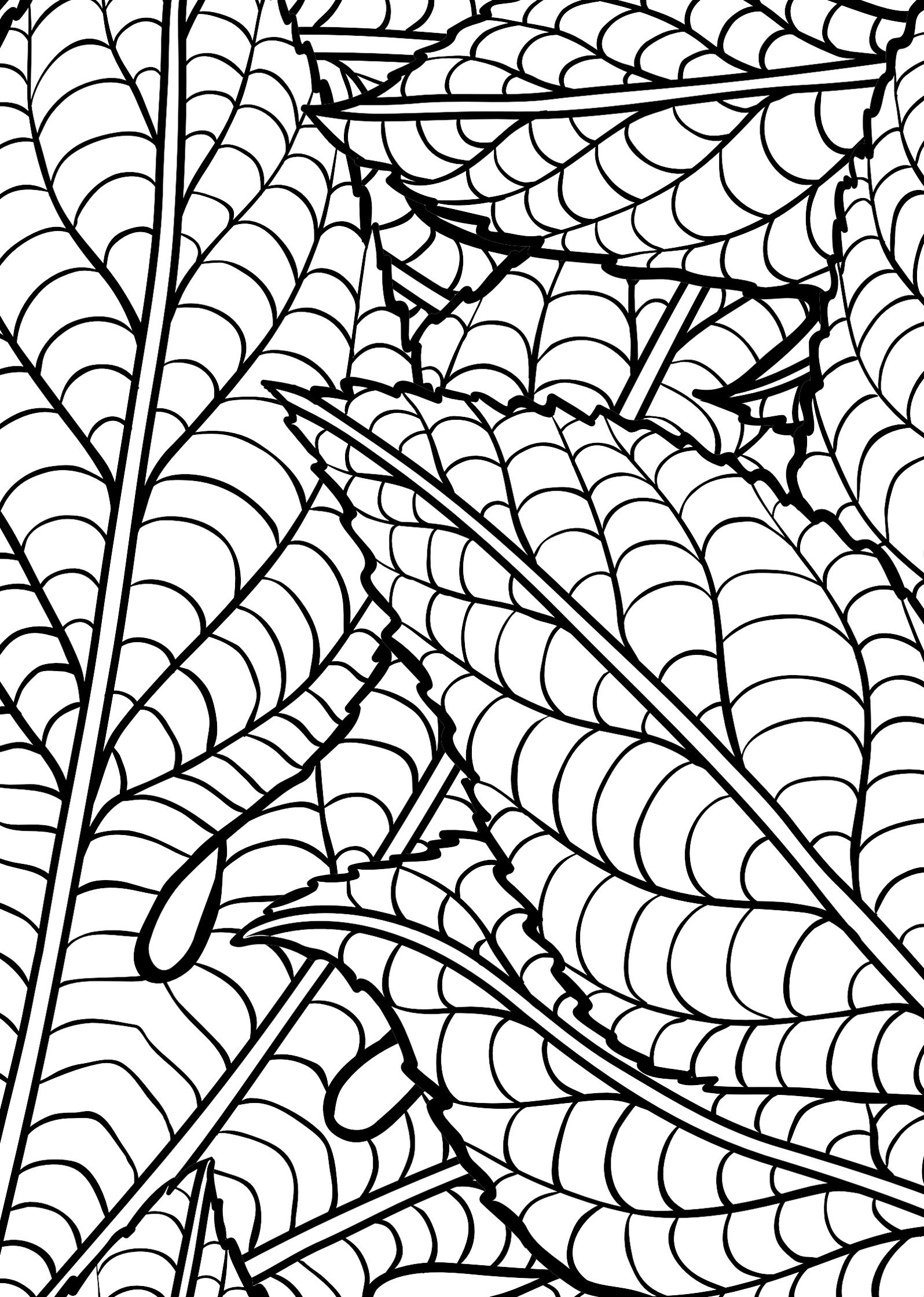












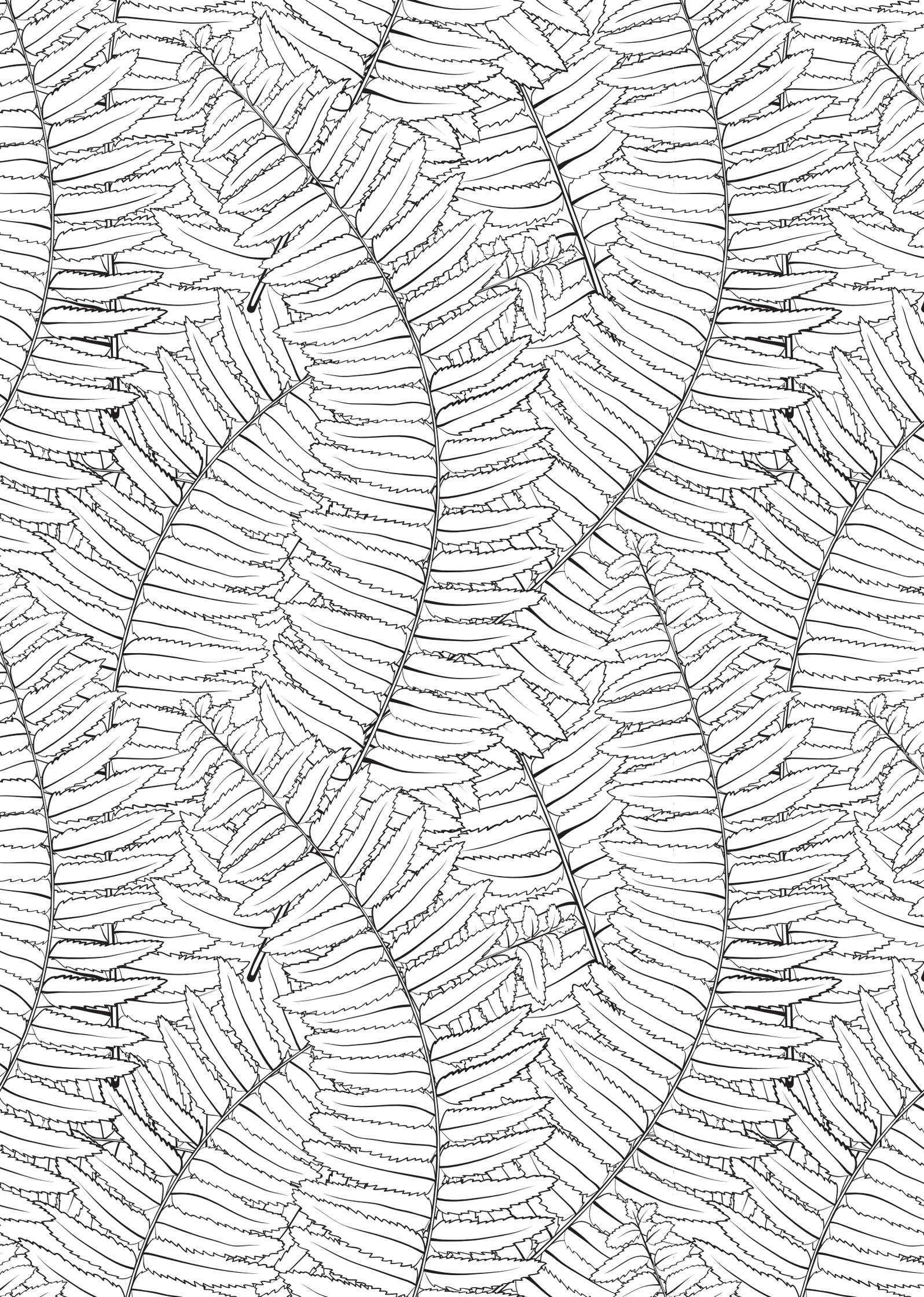




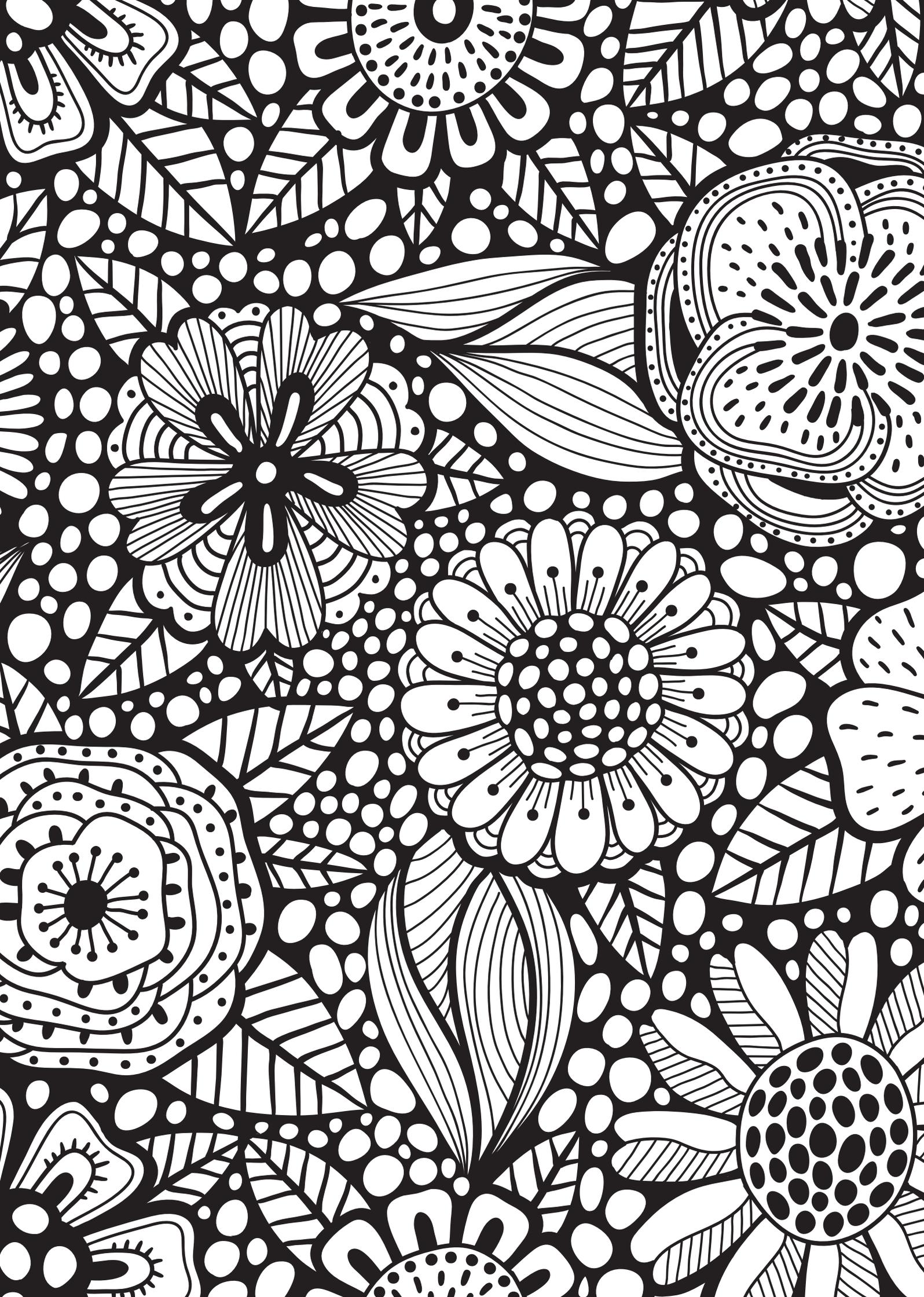
































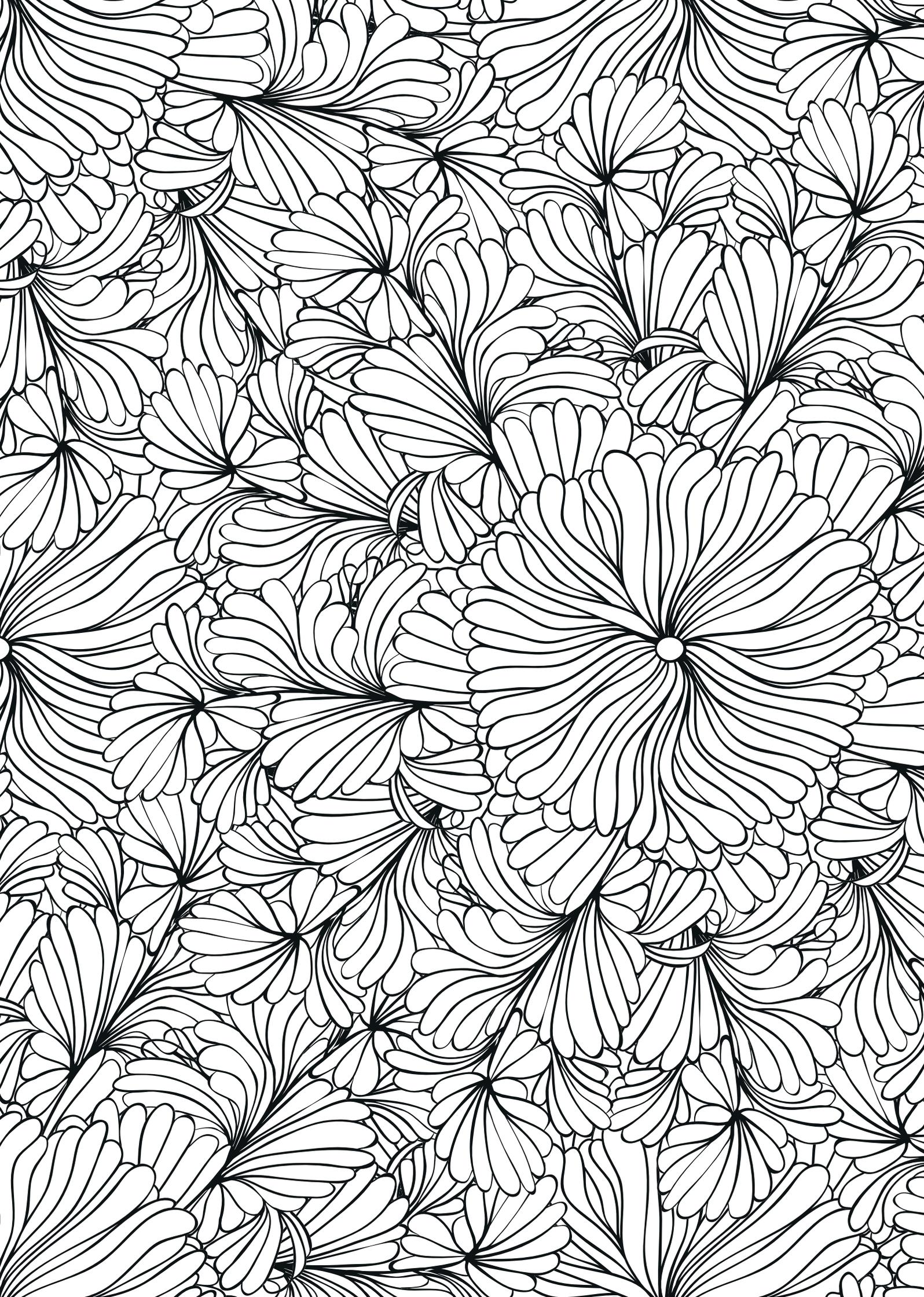












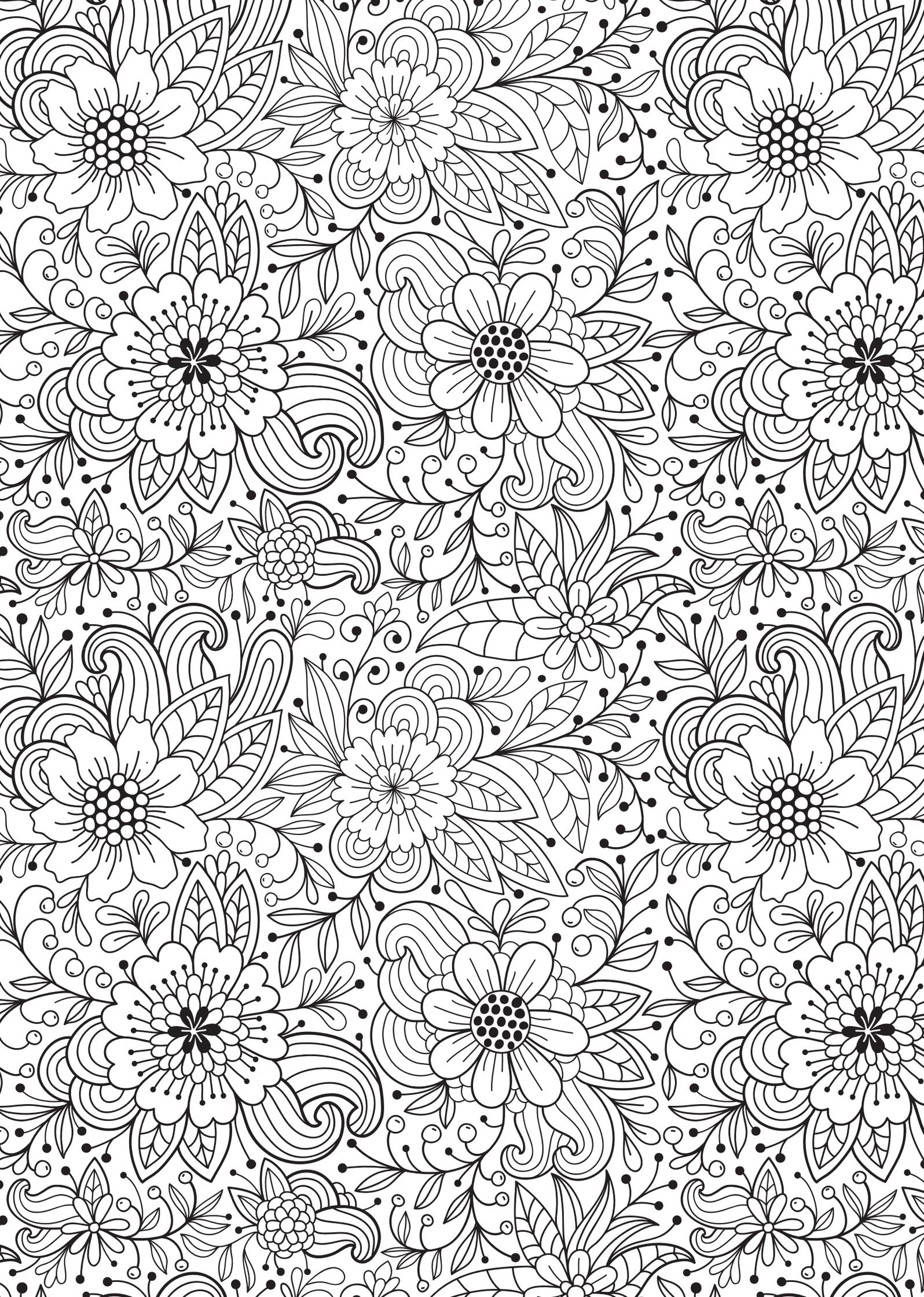












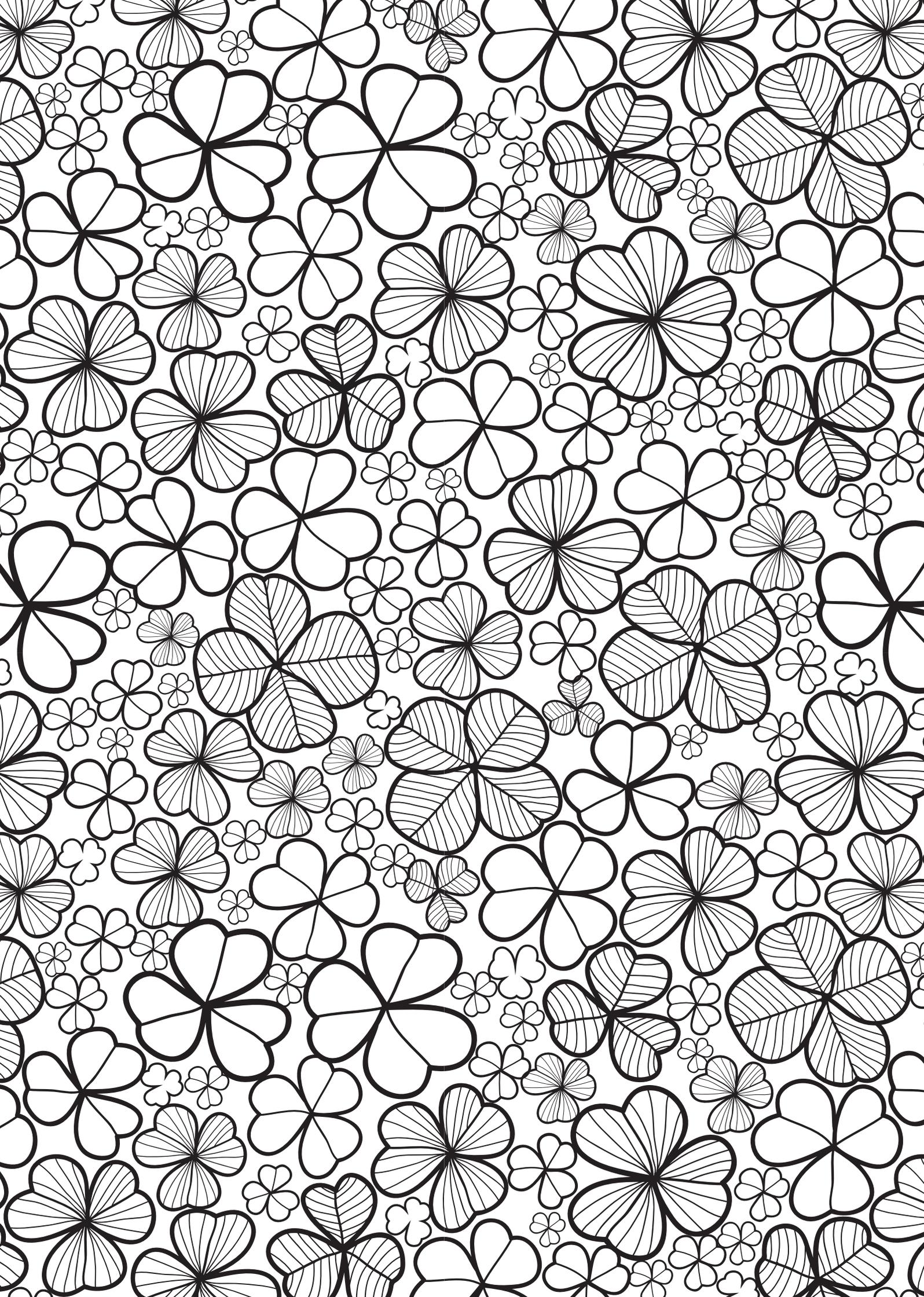




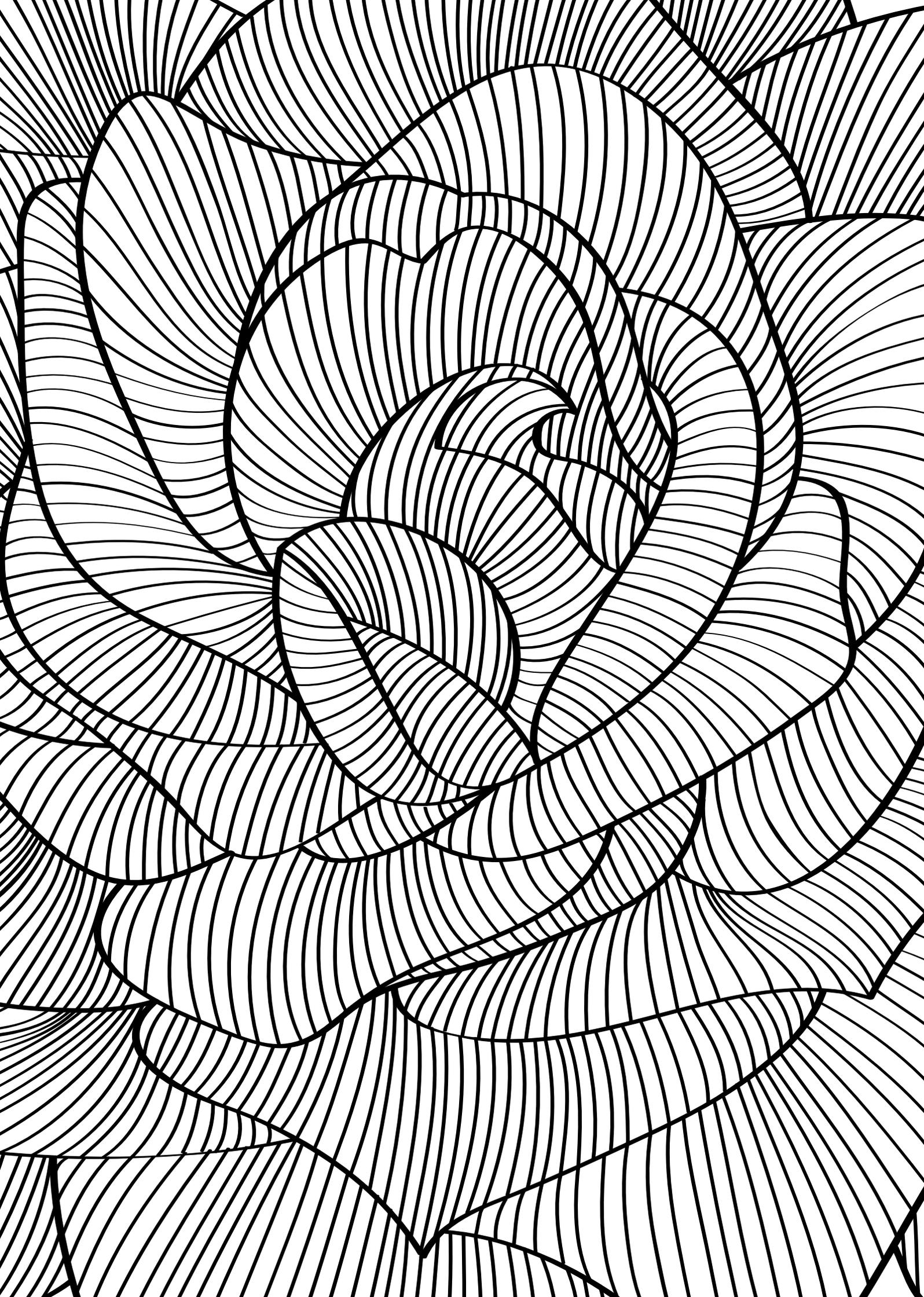










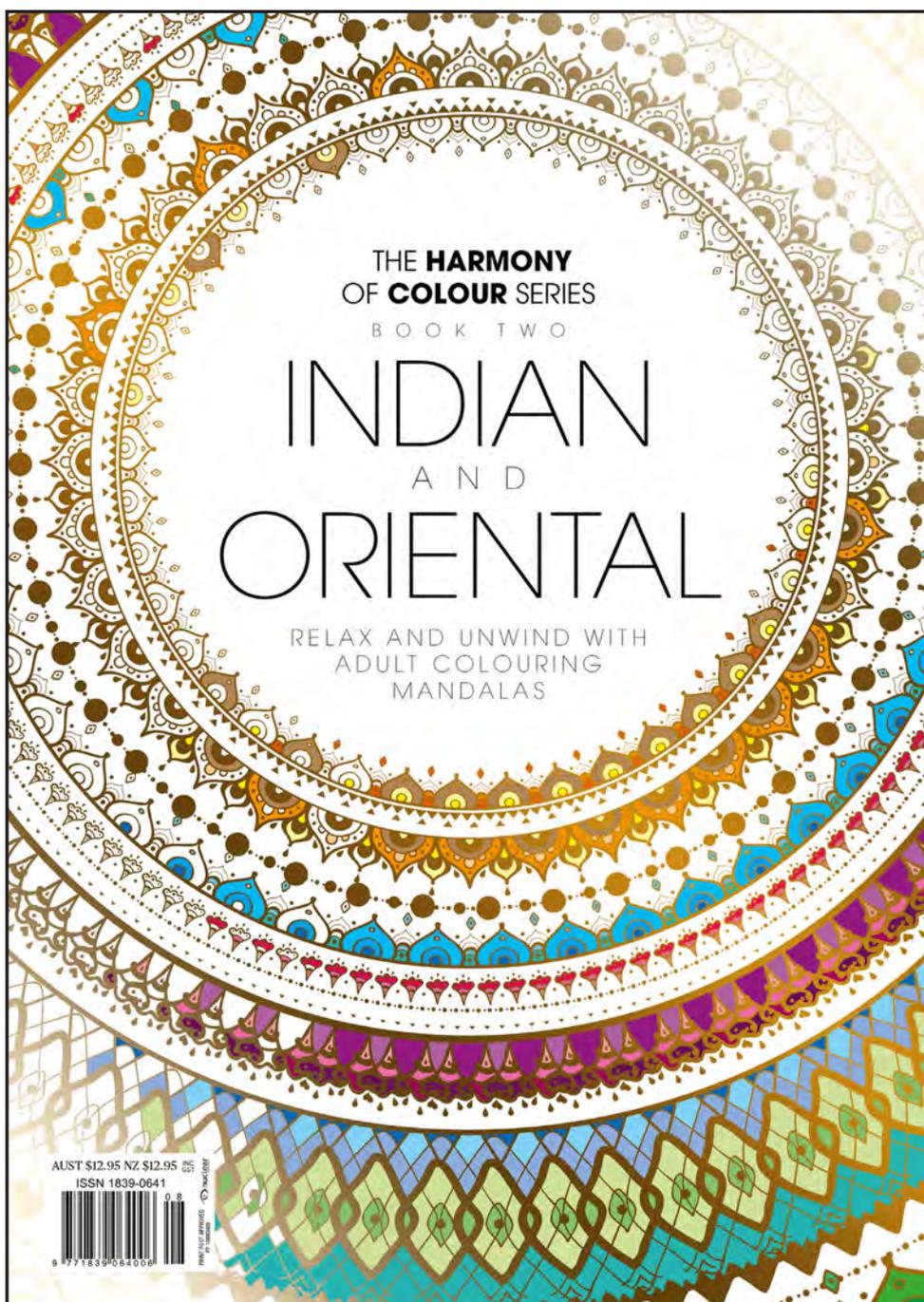






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BOOK TWO



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BOOK TWO

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