



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

BOOK FIFTY FIVE

KNIGHTS AND CHAMPIONS

RELAX AND UNWIND WITH
ADULT COLOURING

AUST \$12.95 NZ \$12.95 INC GST

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

B O O K F I F T Y F I V E

KNIGHTS
AND
CHAMPIONS

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 Fifty Five: Knights and Champions 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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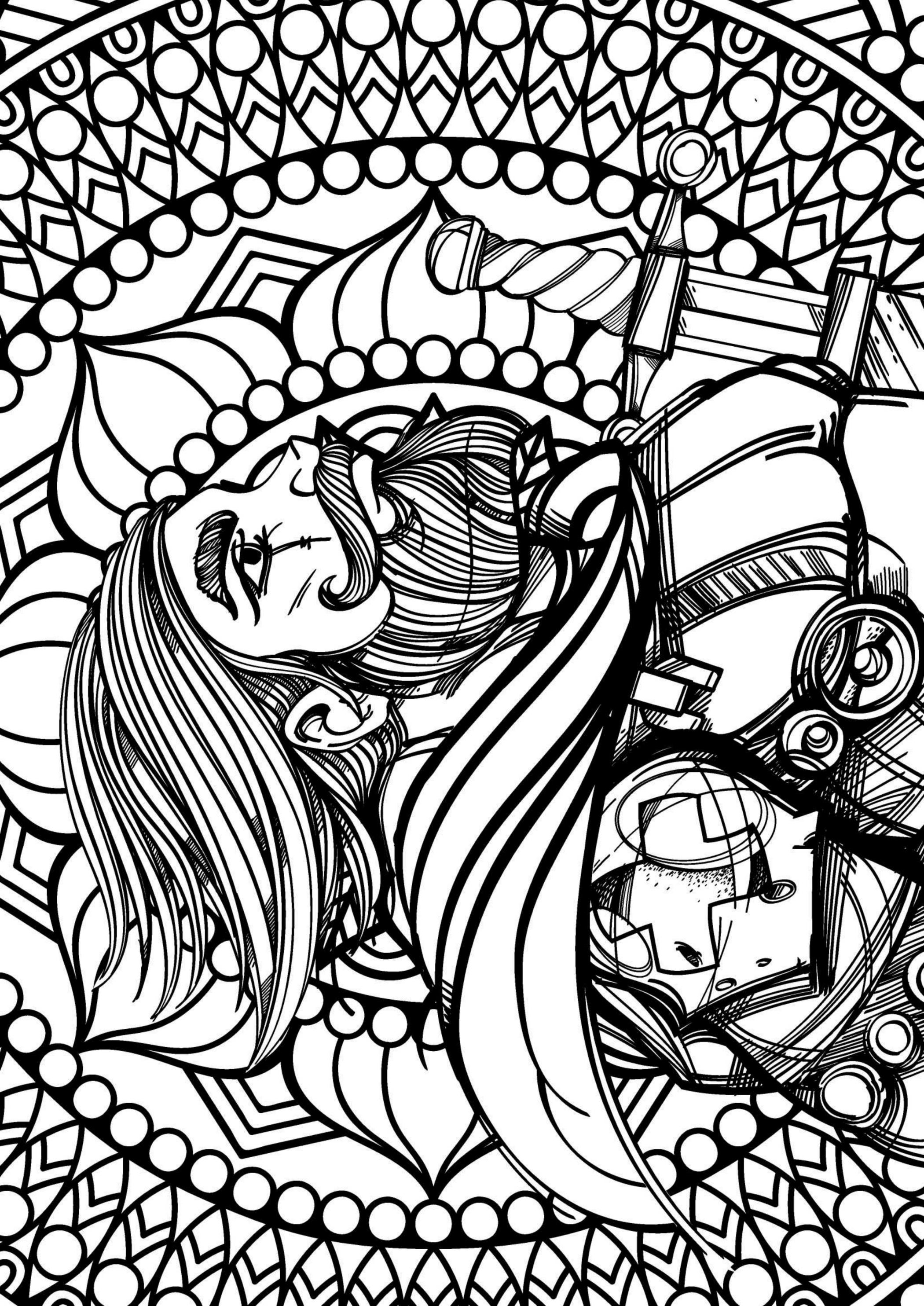
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All images: Shutterstock



“I don't believe a champion is the biggest, baddest, meanest dude in the world. I think the champion is like a warrior; it's like the head knight or lead samurai: humble men of integrity, respect, and honour that treat people kindly.”

— Jon Jones —



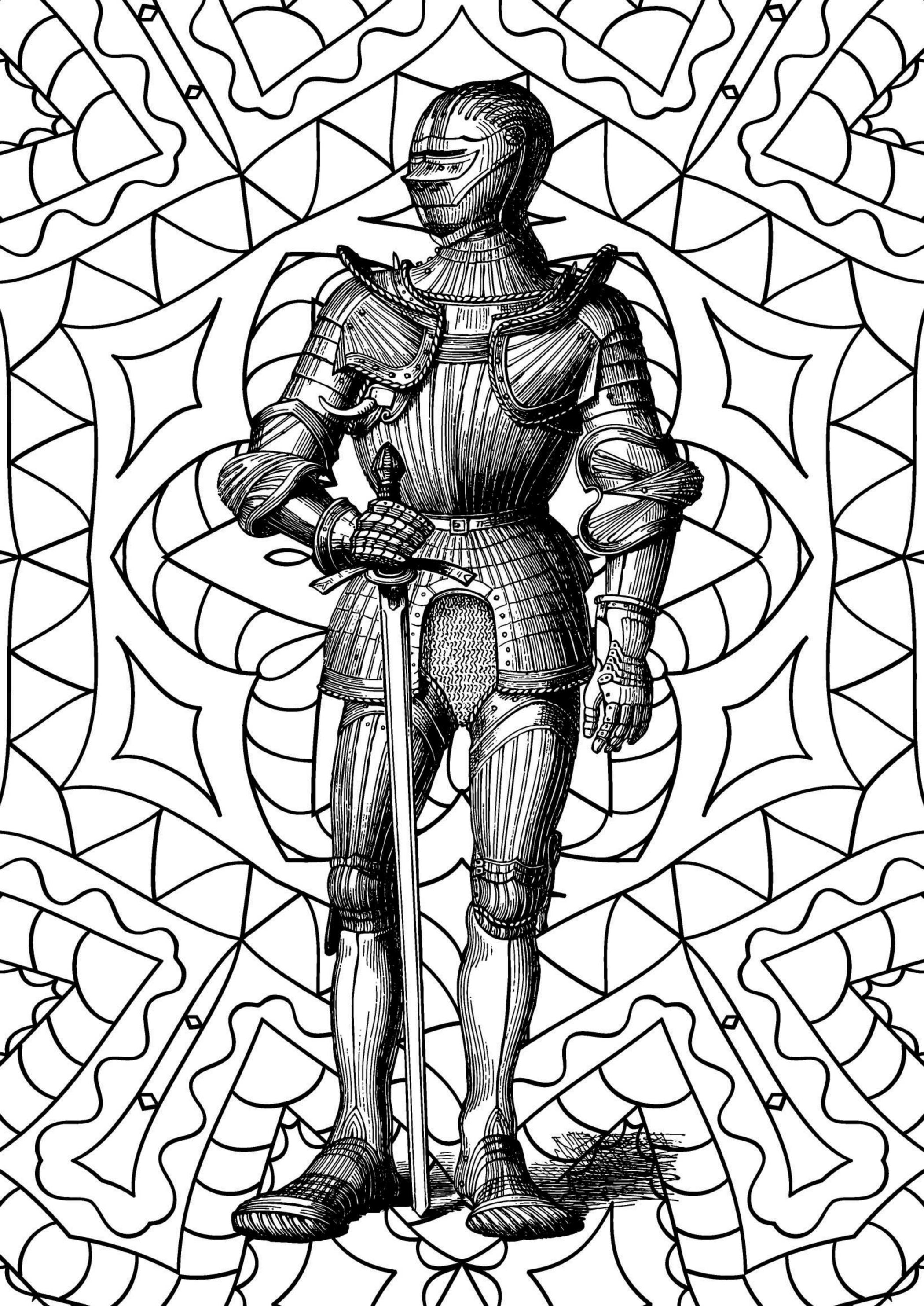
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“The opposite of
bravery is not cowardice
but conformity.”

— Robert Anthony —



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“Bravery has no place
where it can avail nothing.”

— Samuel Johnson —



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“Fear can keep a man out
of danger but courage only
can support him in it.”

— Thomas Fuller —



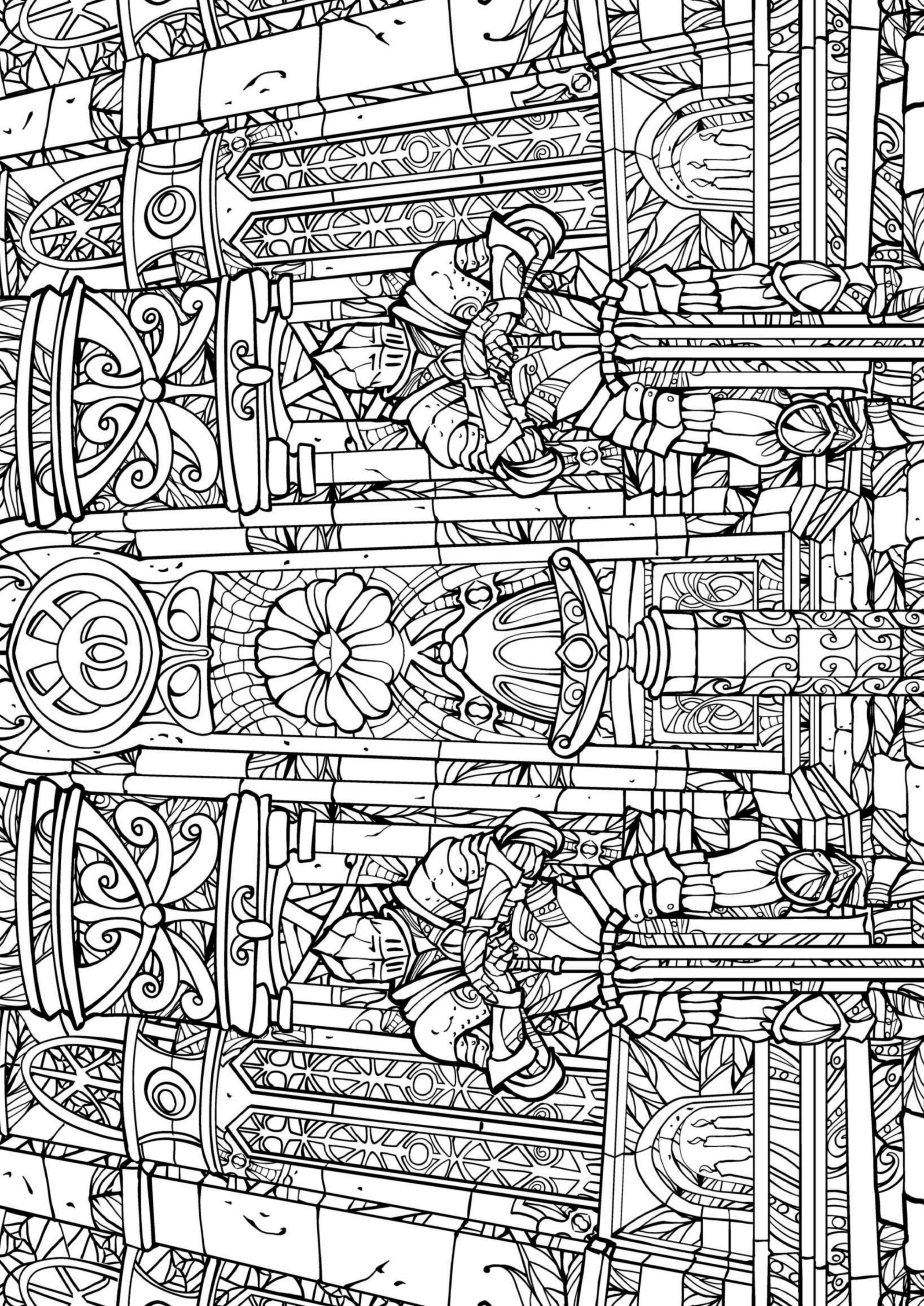
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“Brave men go forward
not expecting to return.”

— Bona —



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“Great crises produce great men
and great deeds of courage.”

— John F Kennedy —



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“If it scares you, it might
be a good thing to try.”

— Seth Godin —



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“Bravery is not a quality of
the body. It is of the soul.”

— Mahatma Gandhi —



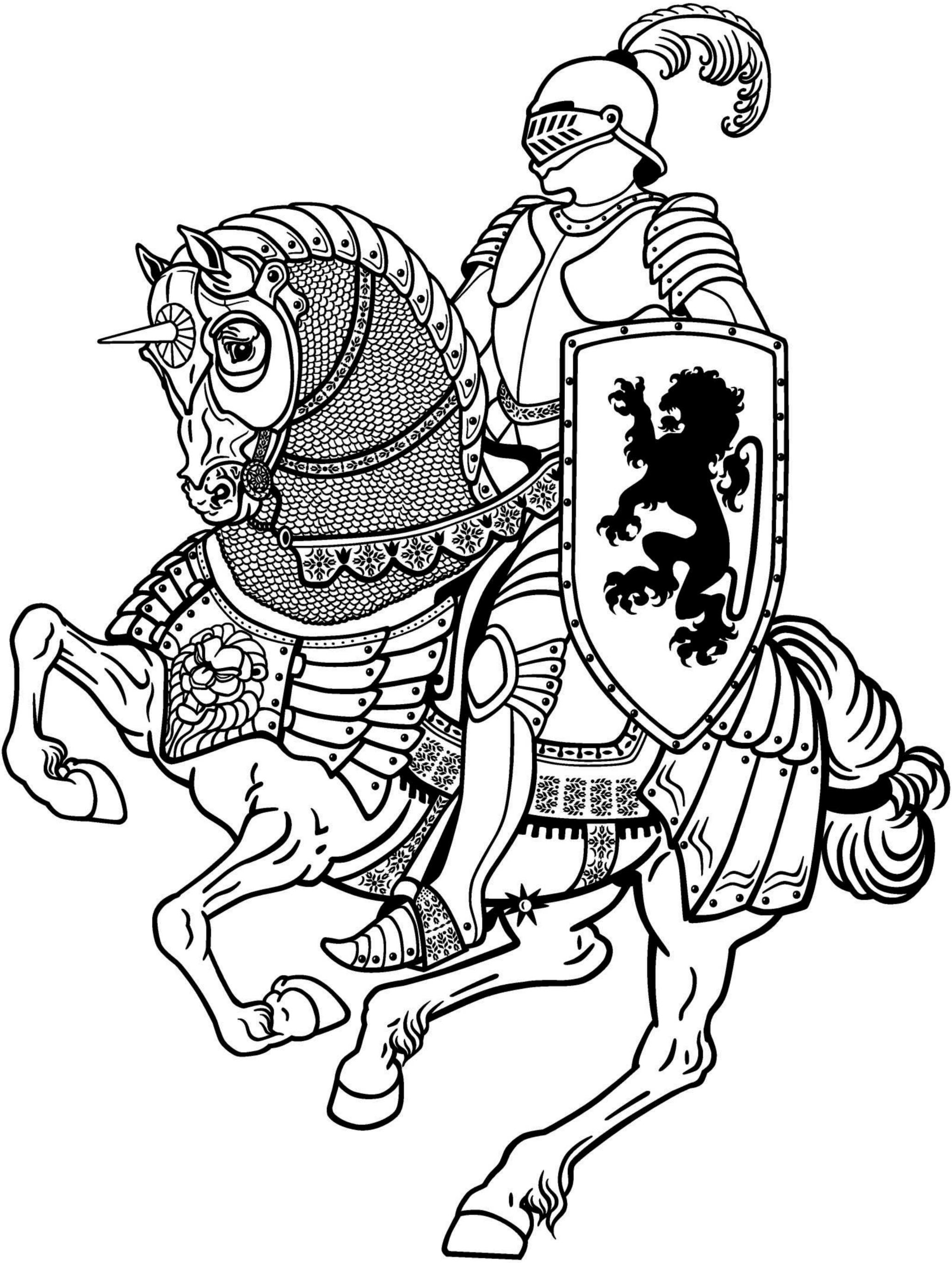
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“Being brave means knowing
that when you fail, you
don't fail forever.”

— Lana Del Rey —



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“Only those who will
risk going too far can
possibly find out how
far one can go.”

— T.S. Eliot —



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“Bravery is being the
only one who knows
you’re afraid.”

— Franklin P. Jones —



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“Some have been thought
brave because they were
afraid to run away.”

— Thomas Fuller —

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“Valor is stability, not of legs
and arms, but of courage
and the soul.”

— Michel de Montaigne —



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“To live with fear and not be
afraid is the final test
of maturity.”

— Edward Weeks —

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“There is no such thing as bravery;
only degrees of fear.”

— John Wainwright —



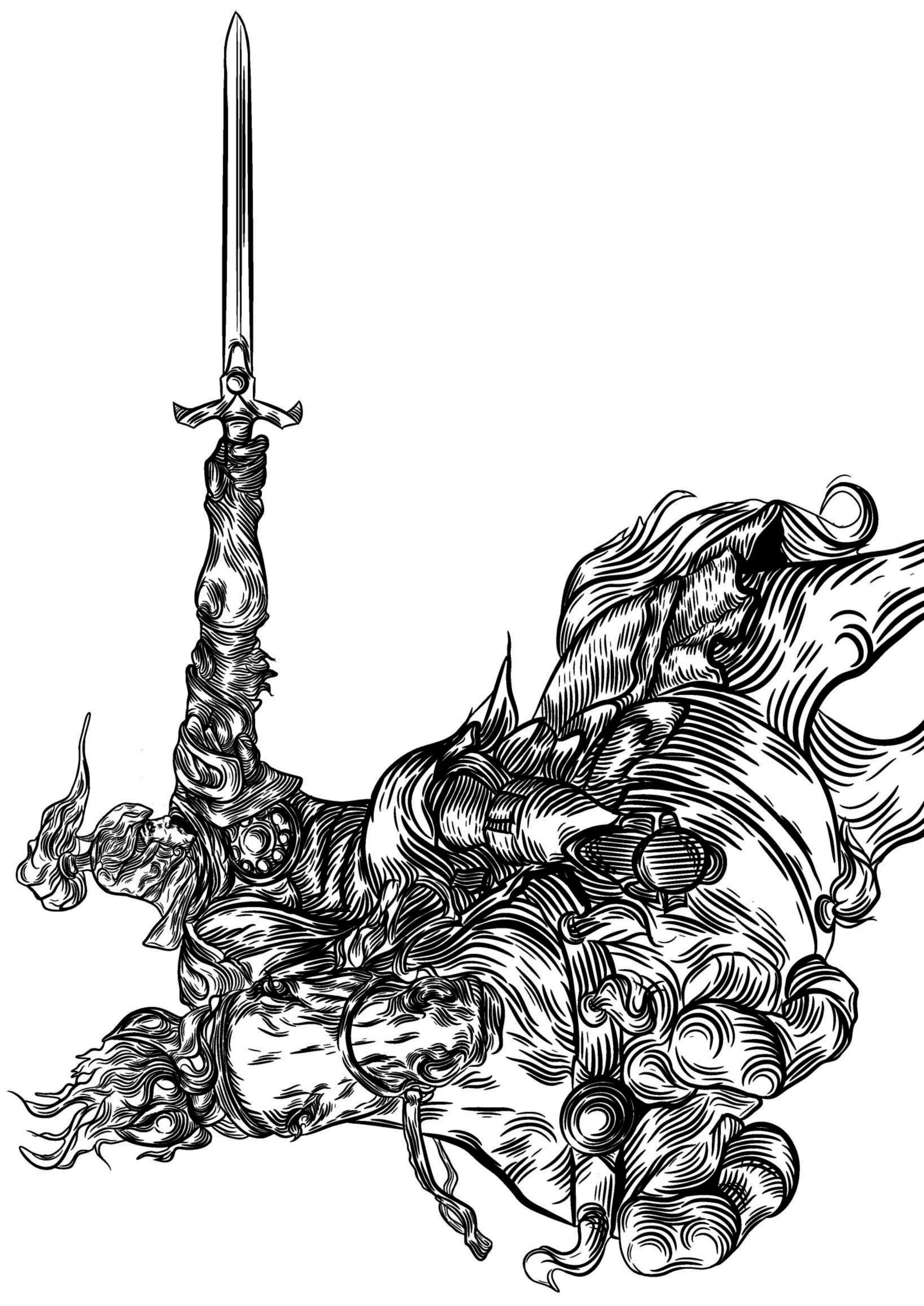
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“A brave man
acknowledges the
strength of others.”

— Veronica Roth —



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“Expose yourself to your deepest fear; after that, fear has no power, and the fear of freedom shrinks and vanishes. You are free.”

— Jim Morrison —



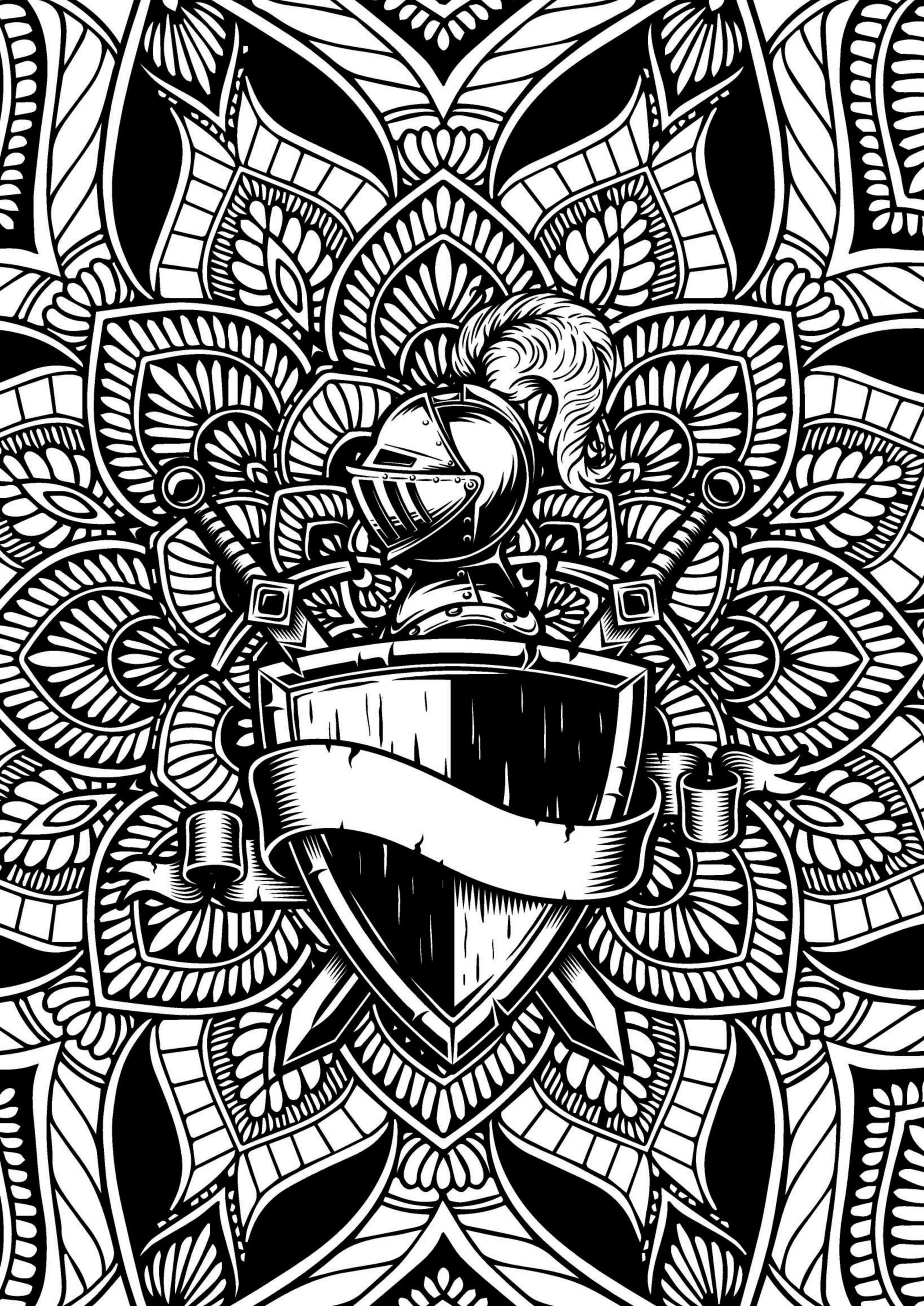
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“It’s not the size of the dog in
the fight, it’s the size of the
fight in the dog.”

— Mark Twain —



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“It takes a great deal of bravery
to stand up to our enemies,
but just as much to stand
up to our friends.”

— J. K. Rowling —



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“A true knight is fuller of
bravery in the midst, than
in the beginning
of danger.”

— Philip Sidney —



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“Physical bravery is an
animal instinct; moral
bravery is much higher
and truer courage.”

— Wendell Phillips —



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“Fight until the last gasp.”

— William Shakespeare —



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“The bravest are surely those
who have the clearest vision
of what is before them, glory
and danger alike, and yet
notwithstanding, go out
to meet it.”

— Thucydides —



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“A timid person is frightened
before a danger, a coward
during the time, and
a courageous person
afterward.”

— Jean Paul —



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“The world continues to offer
glittering prizes to those
who have stout hearts
and sharp swords.”

— F. E. Smith —



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“Often the test of courage is
not to die but to live.”

— Vittorio Alfieri —



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“The ideal man bears the accidents of life with dignity and grace, making the best of circumstances.”

— Aristotle —



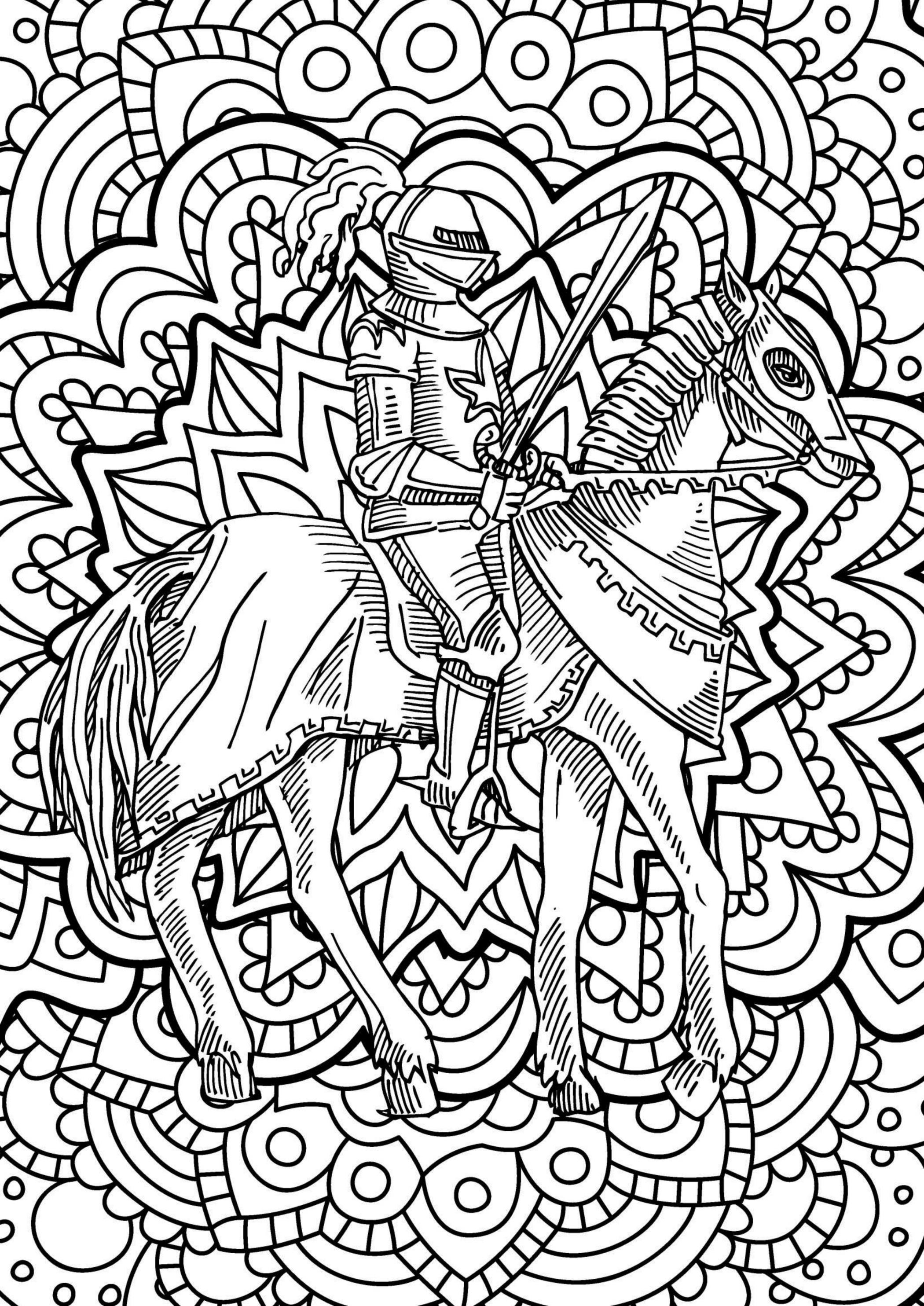
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“Boldness is ever blind, for
it sees not dangers and
inconveniences whence it
is bad in council though
good in execution.”

— Francis Bacon —



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“Nothing splendid has ever
been achieved except by
those who dared believe that
something inside them was
superior to circumstance.”

— Bruce Barton —



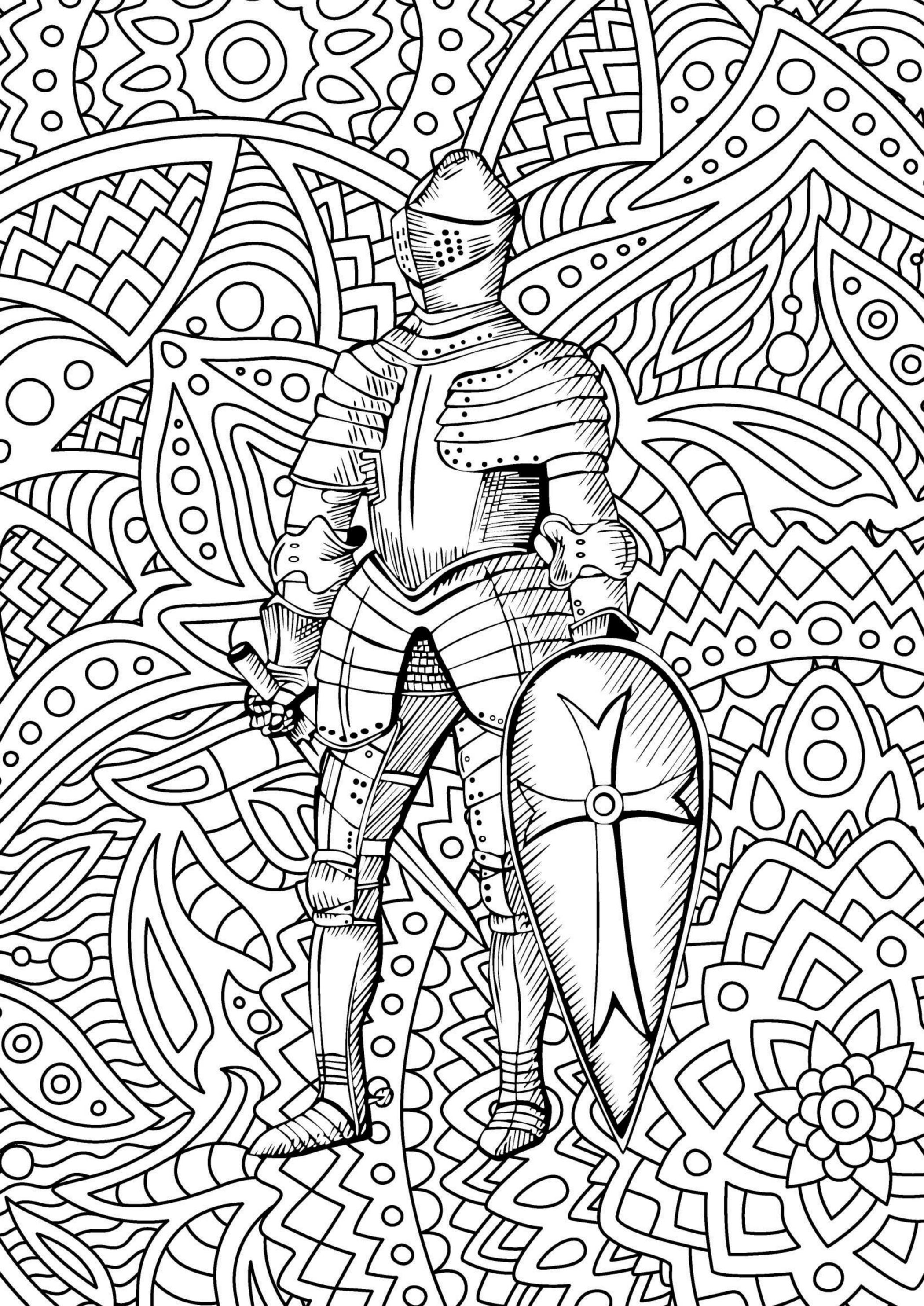
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“One of the greatest discoveries a man makes, one of his great surprises, is to find he can do what he was afraid he couldn't do.”

— Henry Ford —



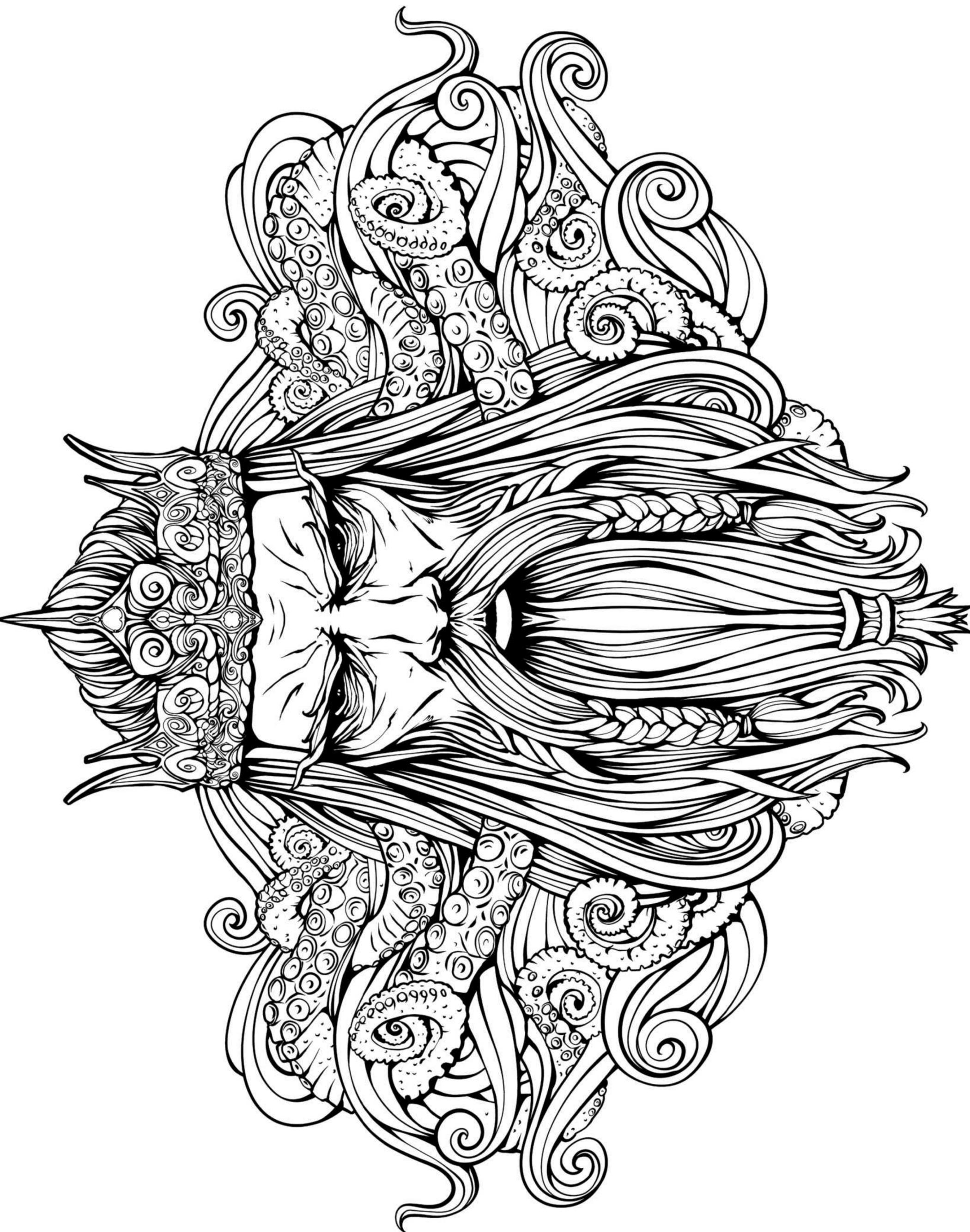
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“You gain strength,
courage, and confidence
by every experience in
which you really stop to
look fear in the face. You
must do the thing you
think you cannot do.”

— Eleanor Roosevelt —



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“Success is not final, failure is not fatal: it is the courage to continue that counts.”

— Winston Churchill —



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“Moral excellence comes about as a result of habit. We become just by doing just acts, temperate by doing temperate acts, brave by doing brave acts.”

— Aristotle —



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“Cowards die many times
before their deaths, the valiant
never taste of death but once.”

— William Shakespeare —



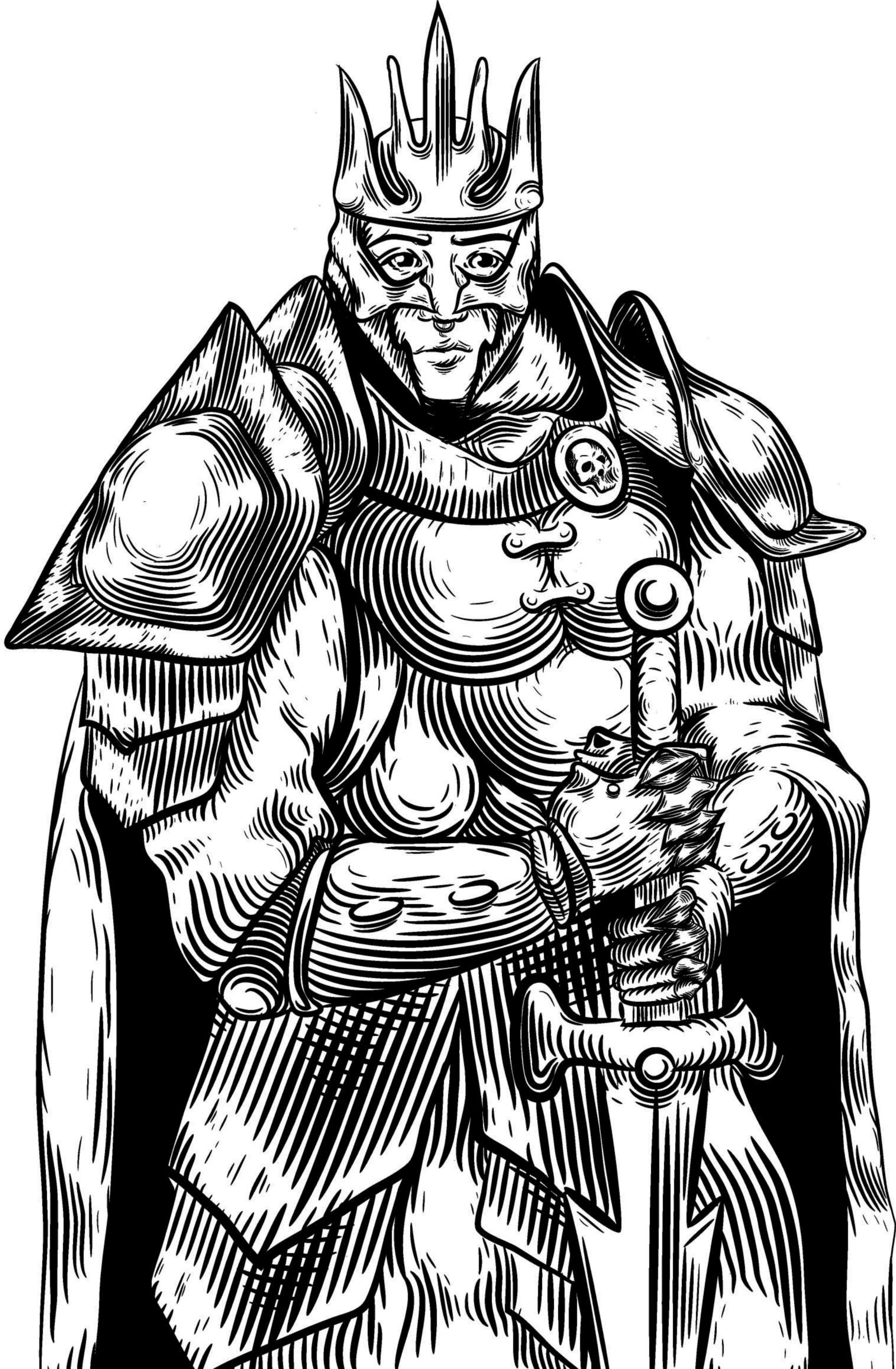
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“Life shrinks or expands in
proportion to one’s courage.”

— Anais Nin —



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“When you jump across a canyon, cautious small steps and vacillation won’t work. Sometimes you just have to go for it.”

— Rick Warren —



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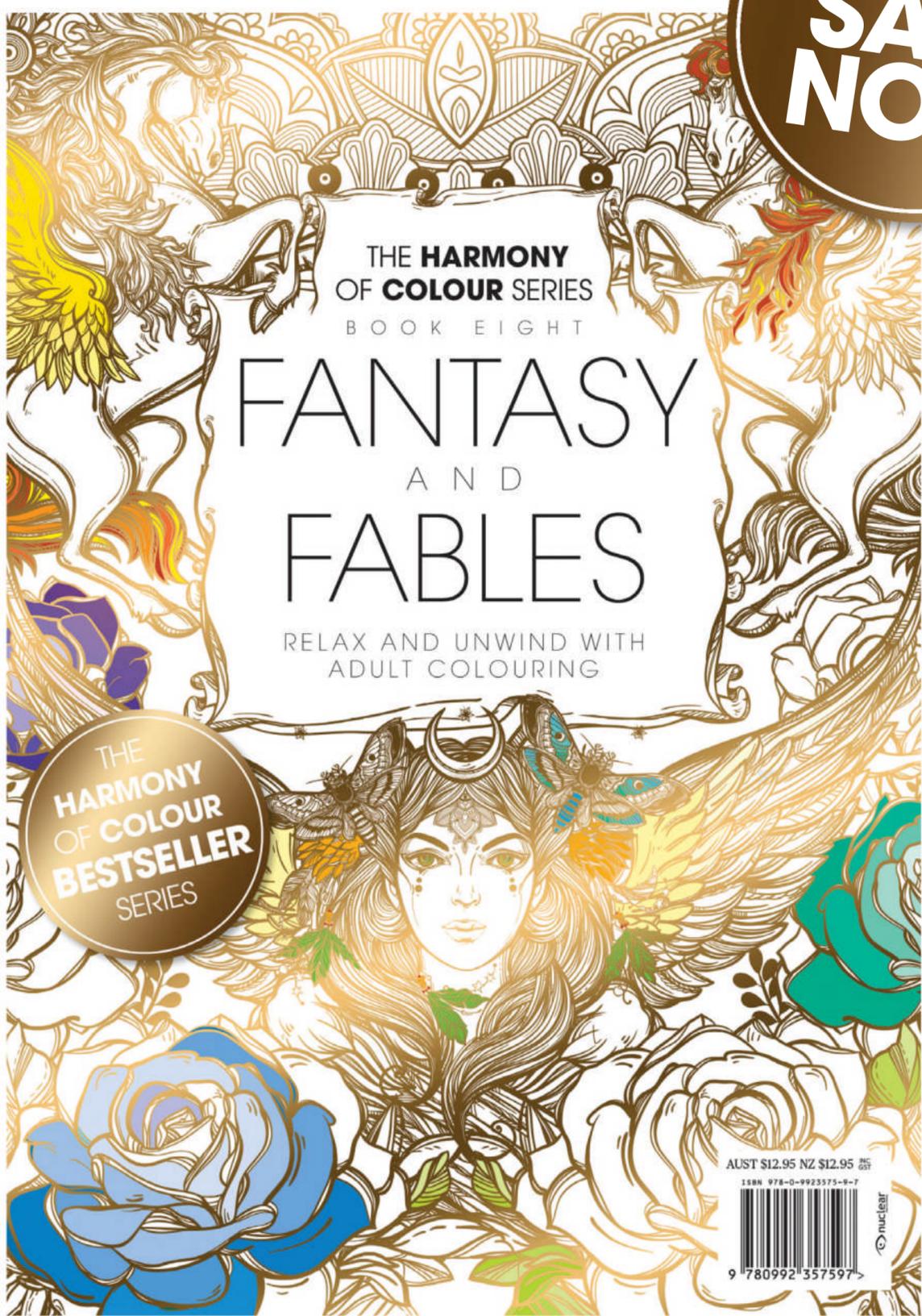
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