

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

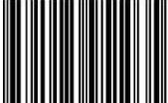
BOOK SIXTY THREE

SWEETS AND TREATS

RELAX AND UNWIND WITH
ADULT COLOURING

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ISBN 978-1-925951-03-5



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B O O K S I X T Y T H R E E

SWEETS AND TREATS

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 Sixty Three: Sweets and Treats 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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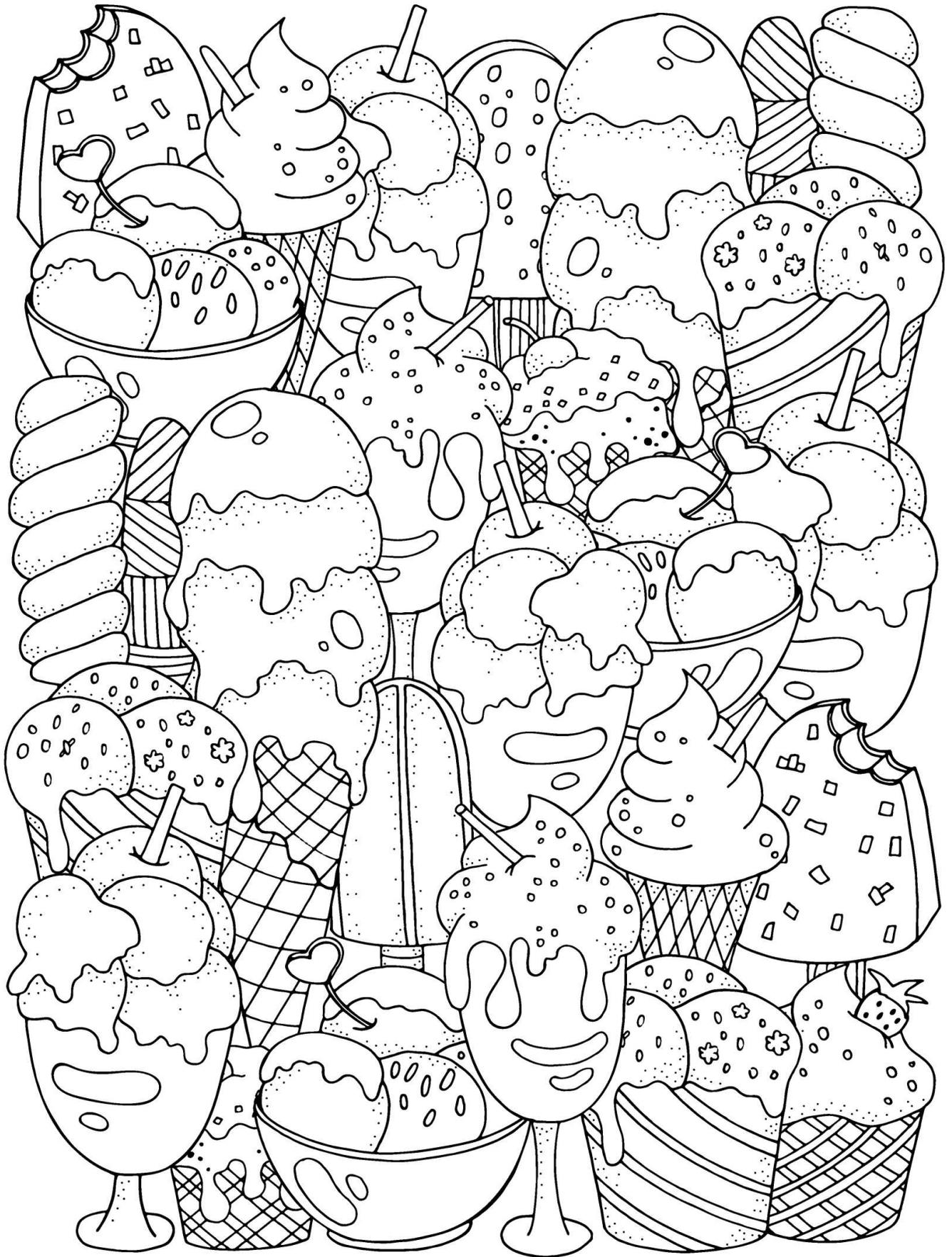
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“I’m not a vegetarian,
I’m a dessertarian.”

— Bill Watterson —



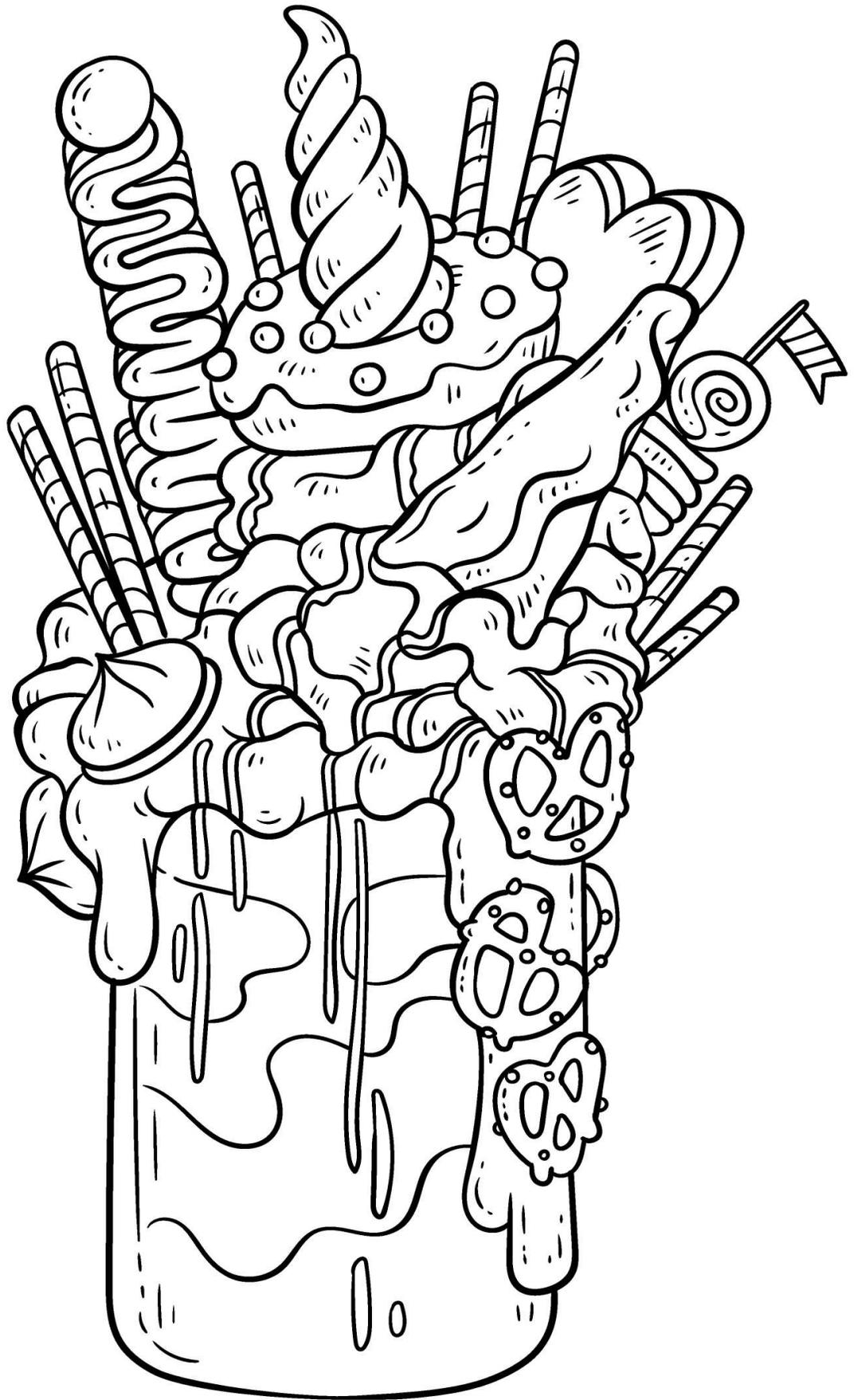
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“Sure I eat my feelings, but
I save the emotional roller
coaster for dessert.”

— Josh Stern —



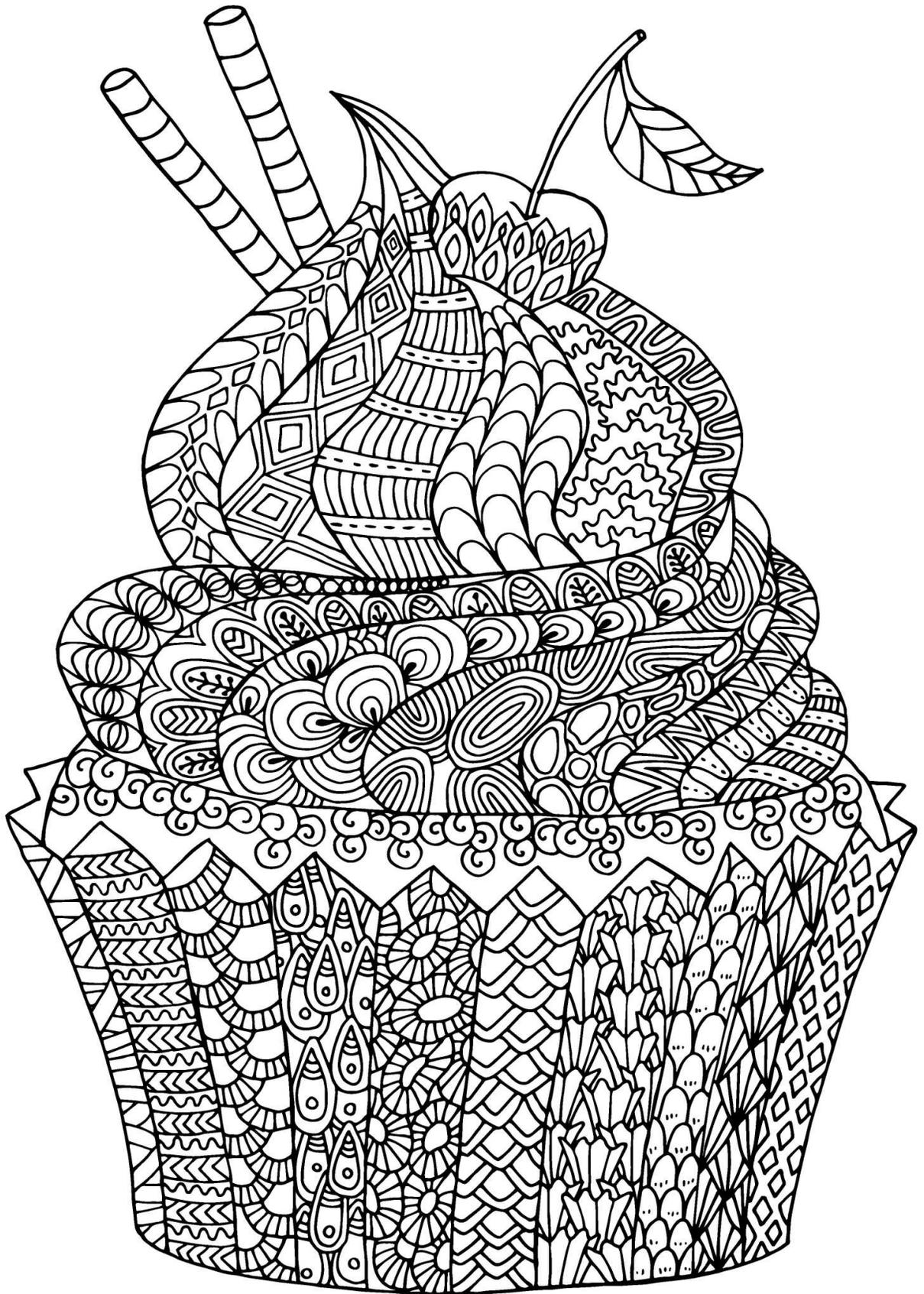
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“It’s the finale. It’s the last
impression. A bad dessert
can ruin the meal.”

— Anne McManus —



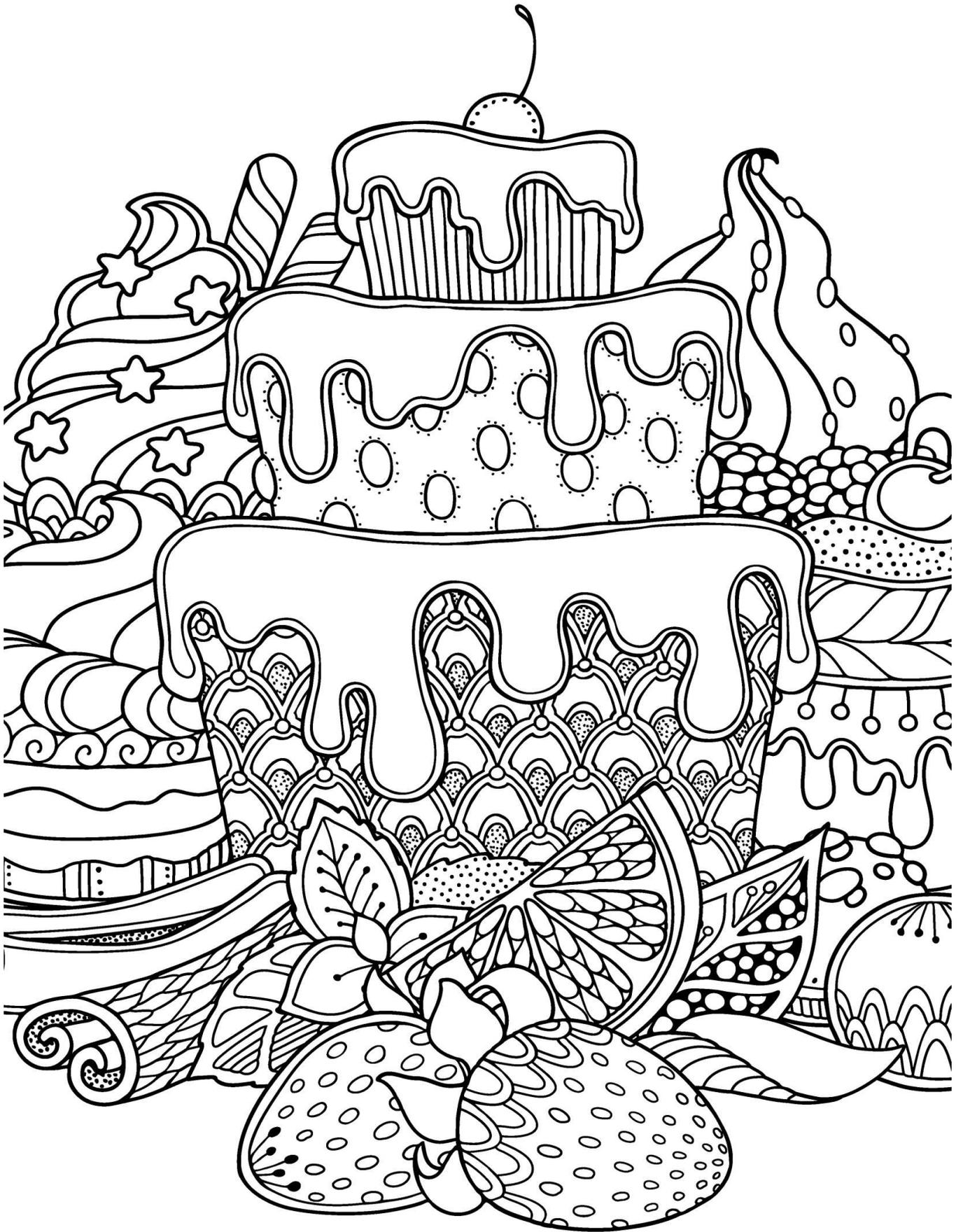
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“Don’t wreck a sublime chocolate
experience by feeling guilty.”

— Lora Brody —



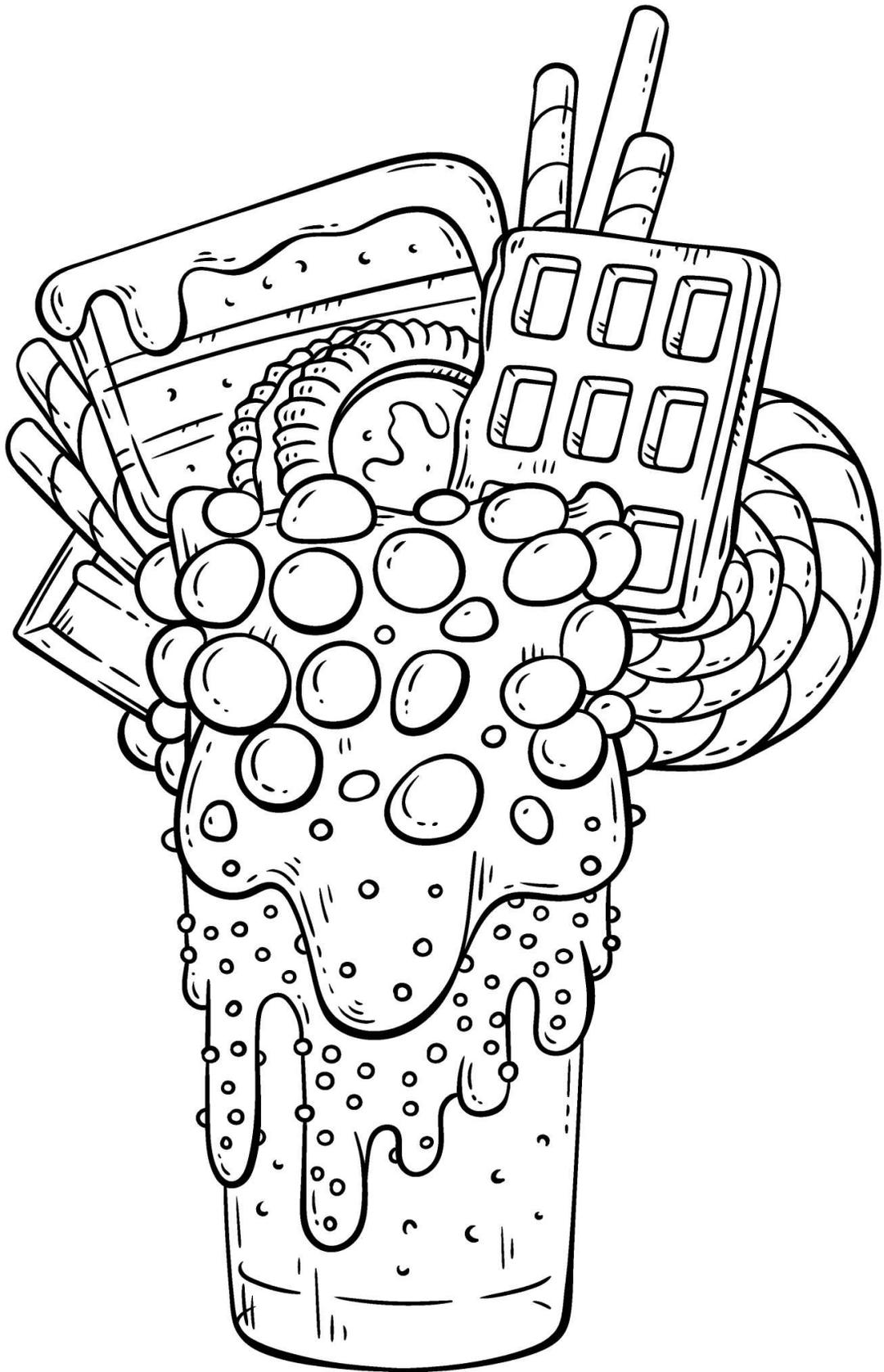
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“I want to have a good body, but
not as much as I want dessert.”

— Jason Love —



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“Dessert is probably the most important stage of the meal, since it will be the last thing your guests remember before they pass out all over the table.”

— William Powell —



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“The 12-step chocoholics
program: Never be more than 12
steps away from chocolate.”

— Terry Moore —



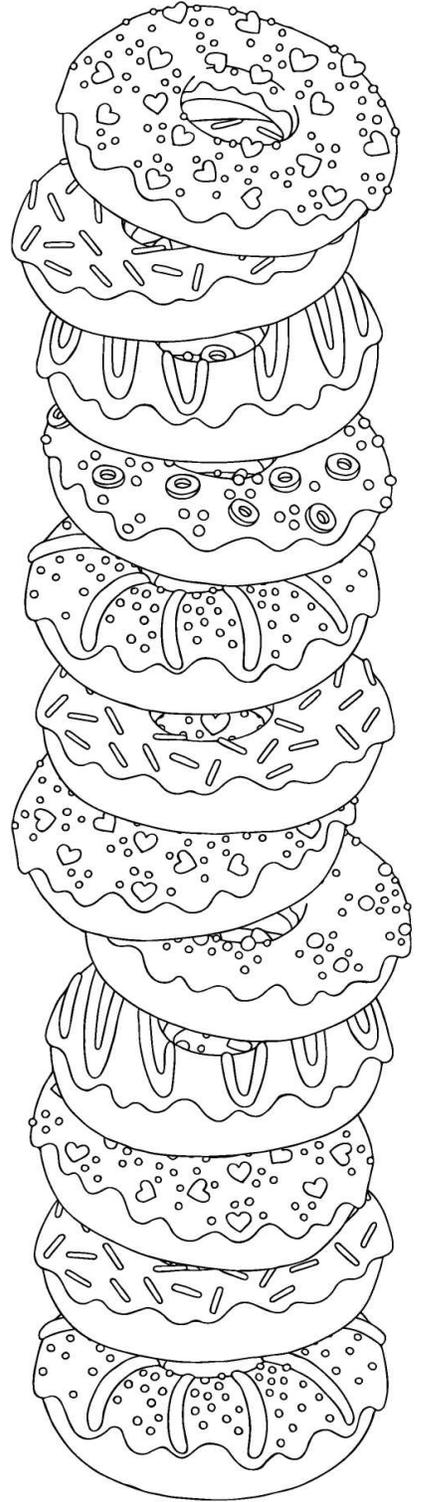
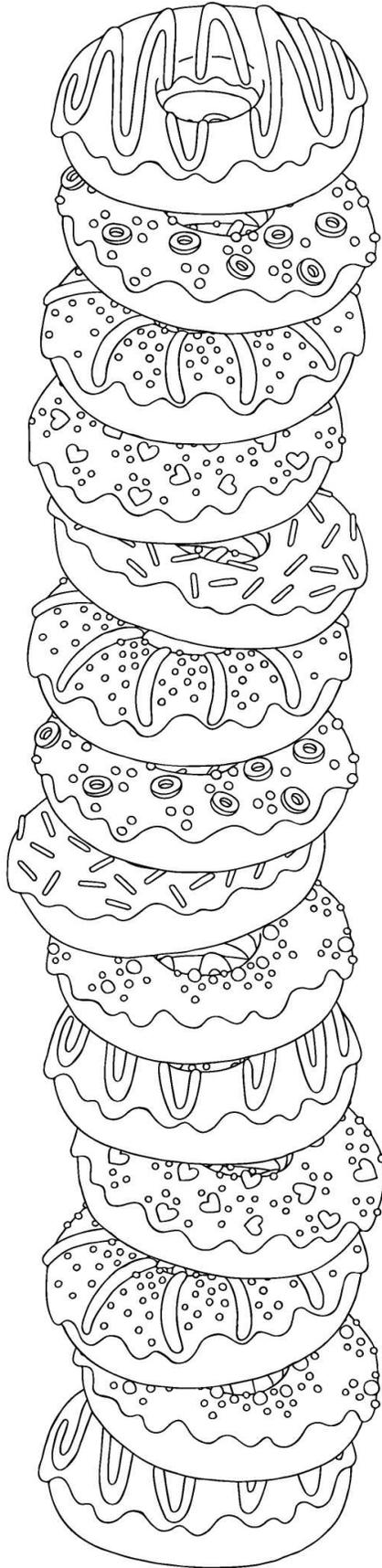
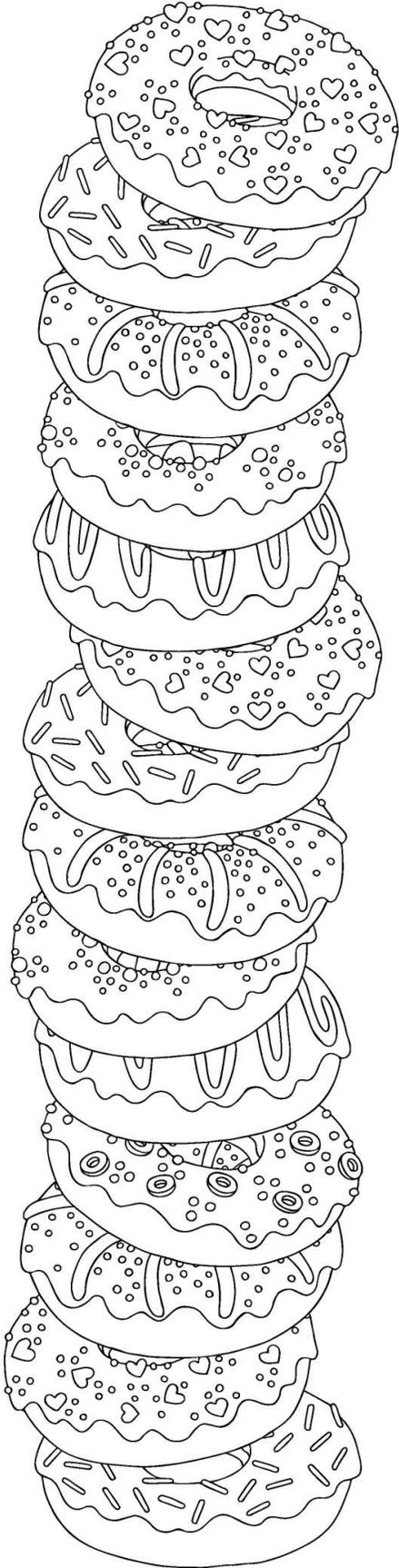
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“Desserts are the fairy
tales of the kitchen, a
happily-ever-after to supper.”

— Terri Guillemets —



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“One cannot think well, love well,
sleep well, if one has not dined well.”

— Virginia Woolf —



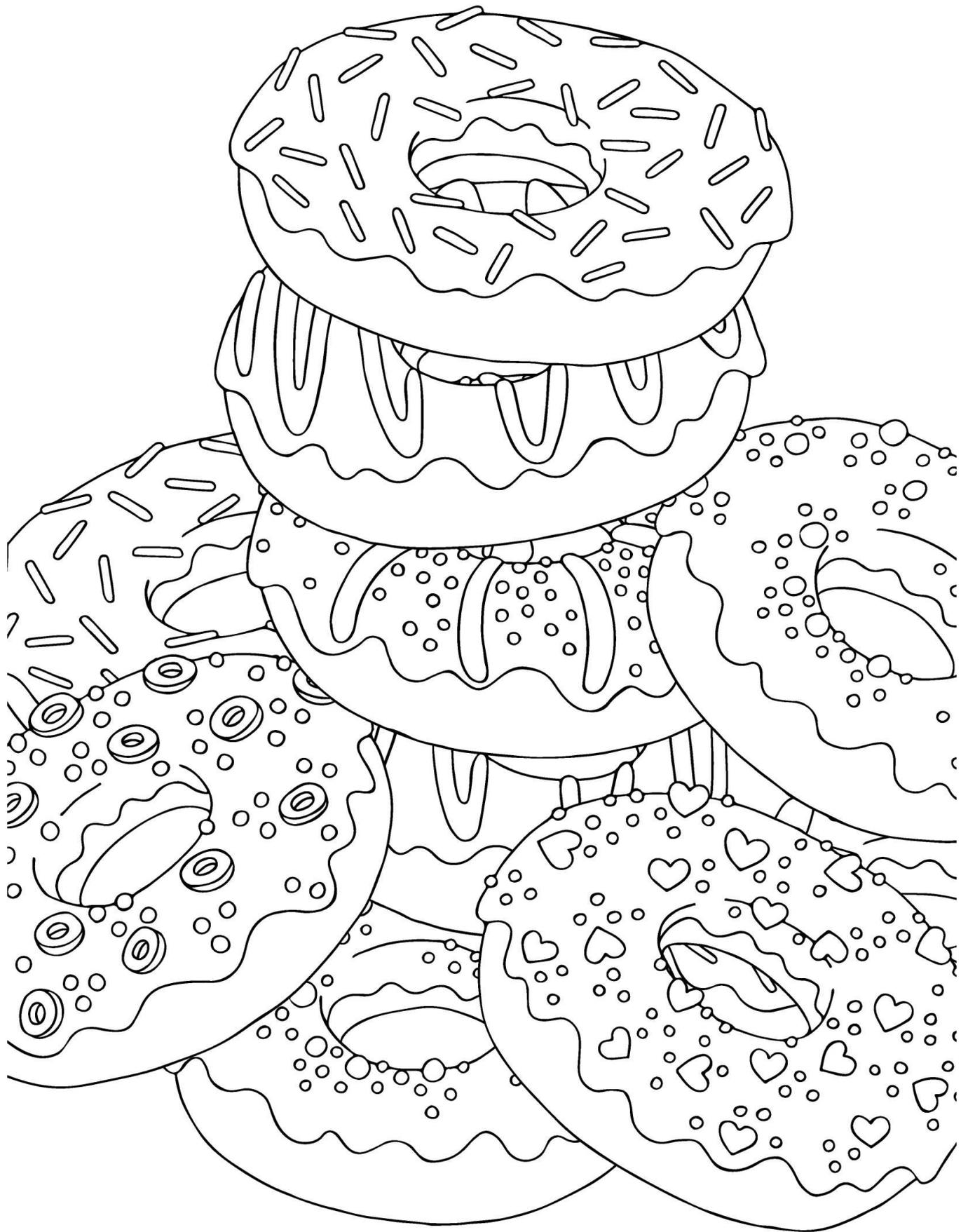
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“There is no better way to
bring people together
than with desserts.”

— Gail Simmons —



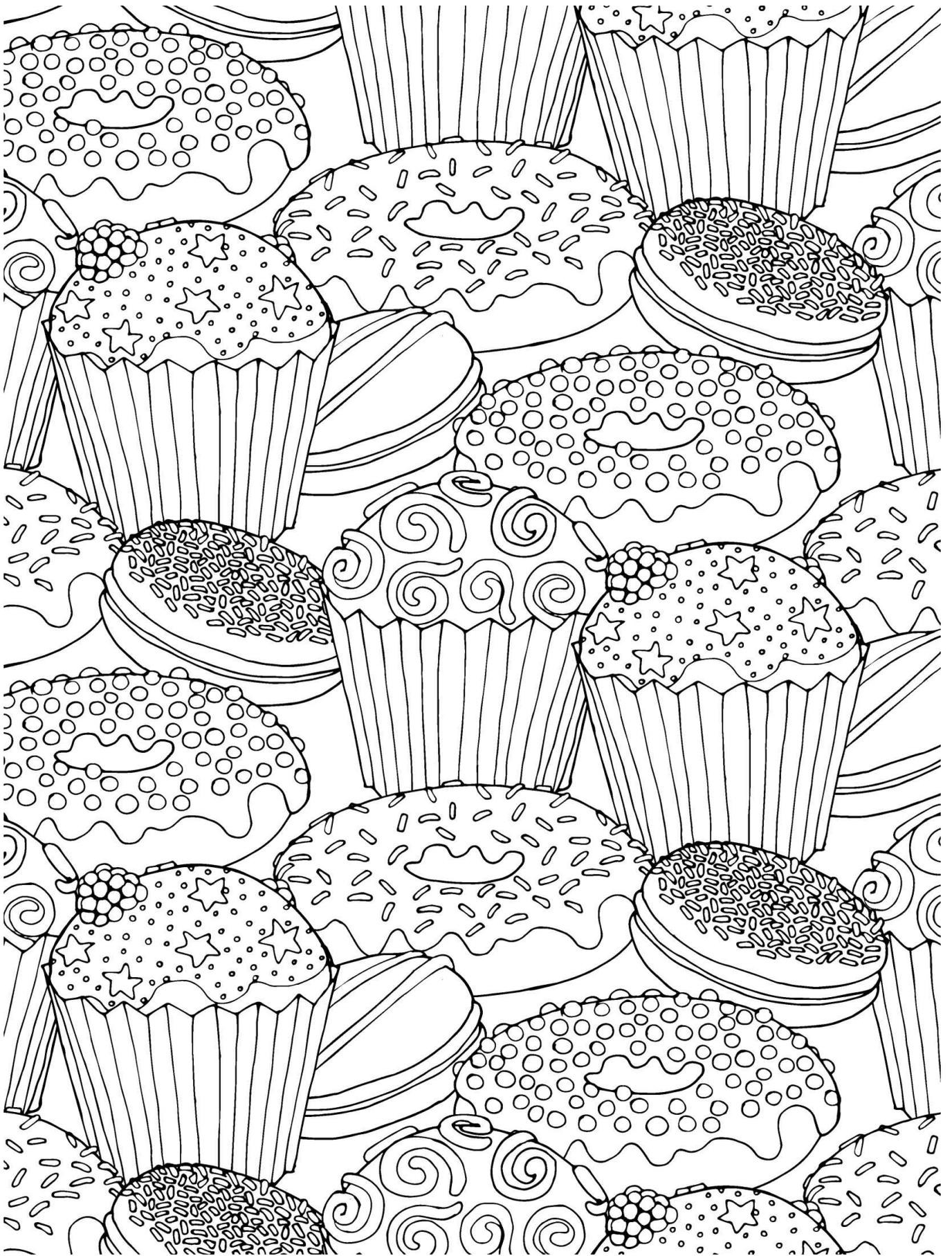
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“Candy is childhood, the best
and brightest moments you wish
could have lasted forever.”

— Dylan Lauren —



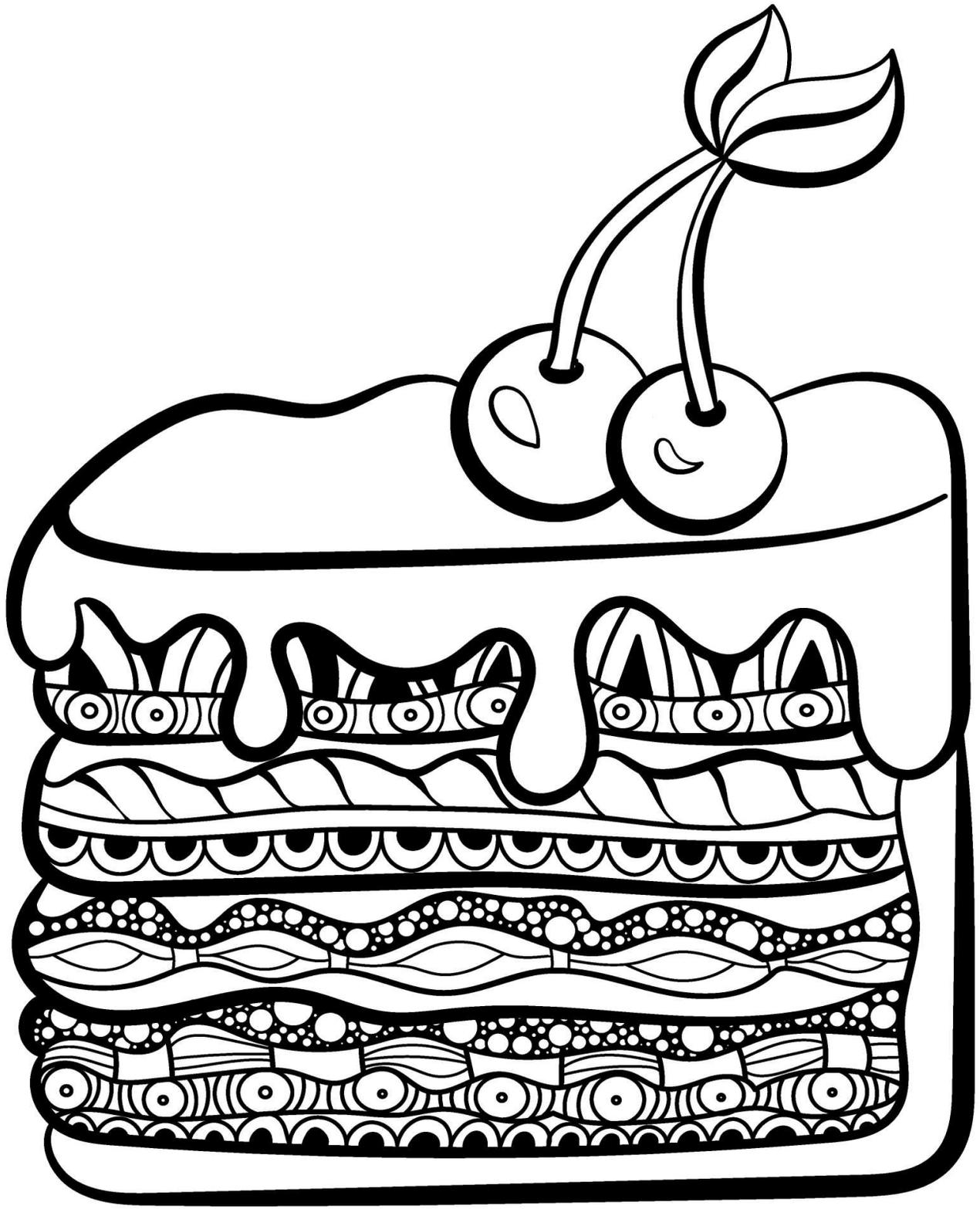
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“Cookies are made
of butter and love.”

— Norwegian Proverb —



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“Life is uncertain. Eat dessert first.”

— Ernestine Ulmer —



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“A balanced diet is a
cookie in each hand.”

— Barbara Johnson —



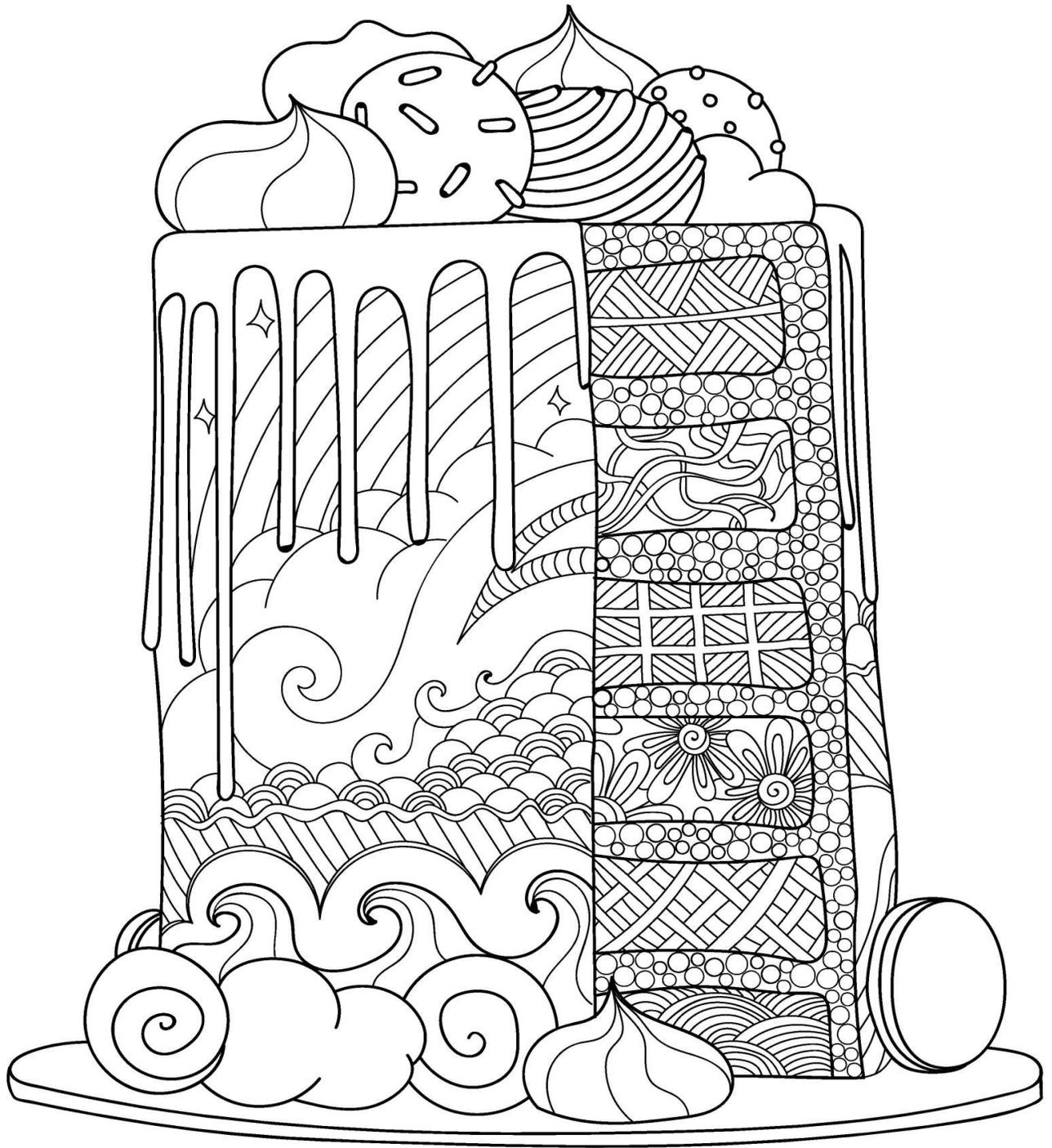
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“Stressed is desserts
spelled backwards.”

— Anonymous —



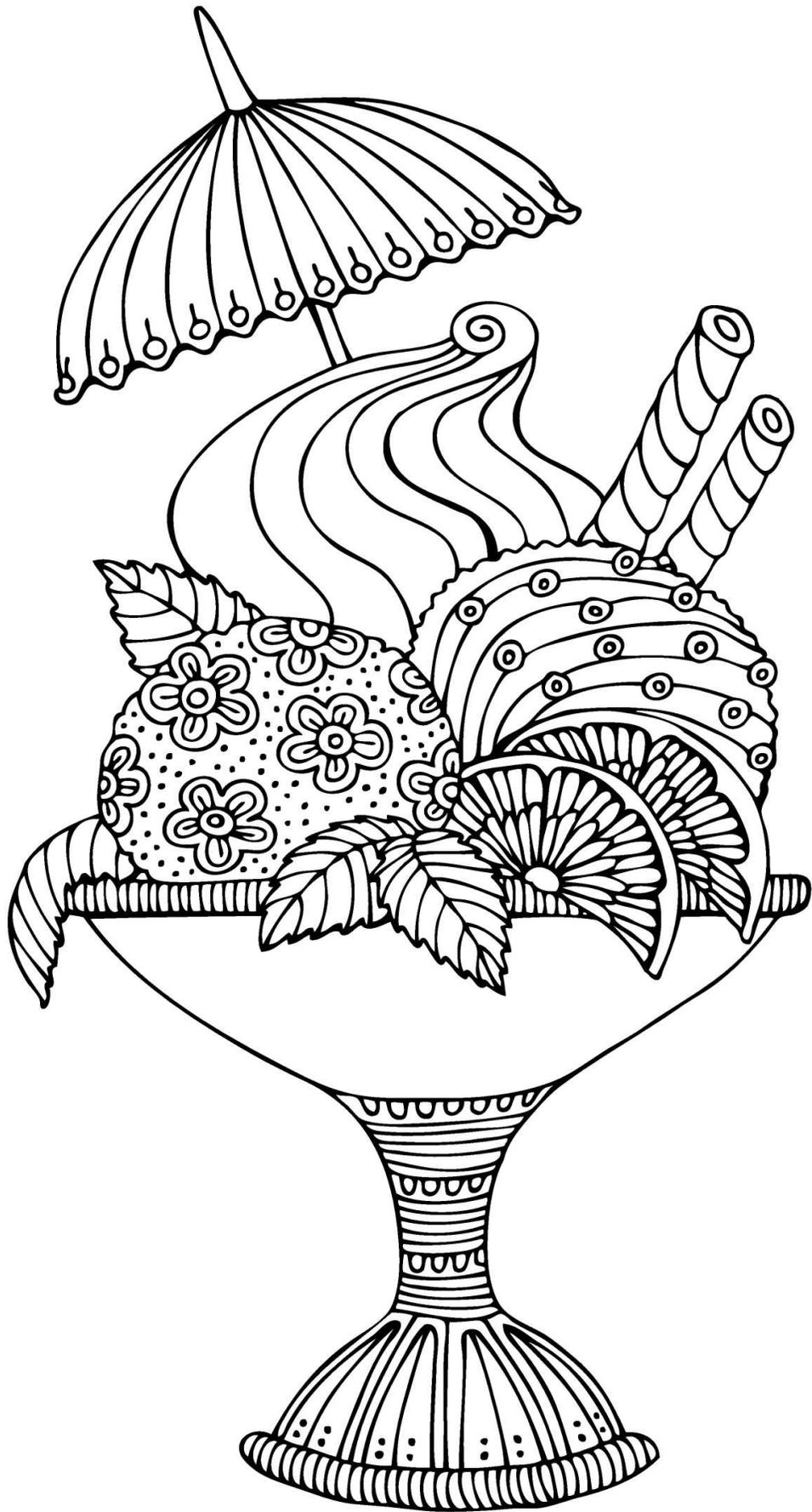
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“Vegetables are a must on
a diet. I suggest carrot
cake, zucchini bread,
and pumpkin pie.”

— Jim Davis —



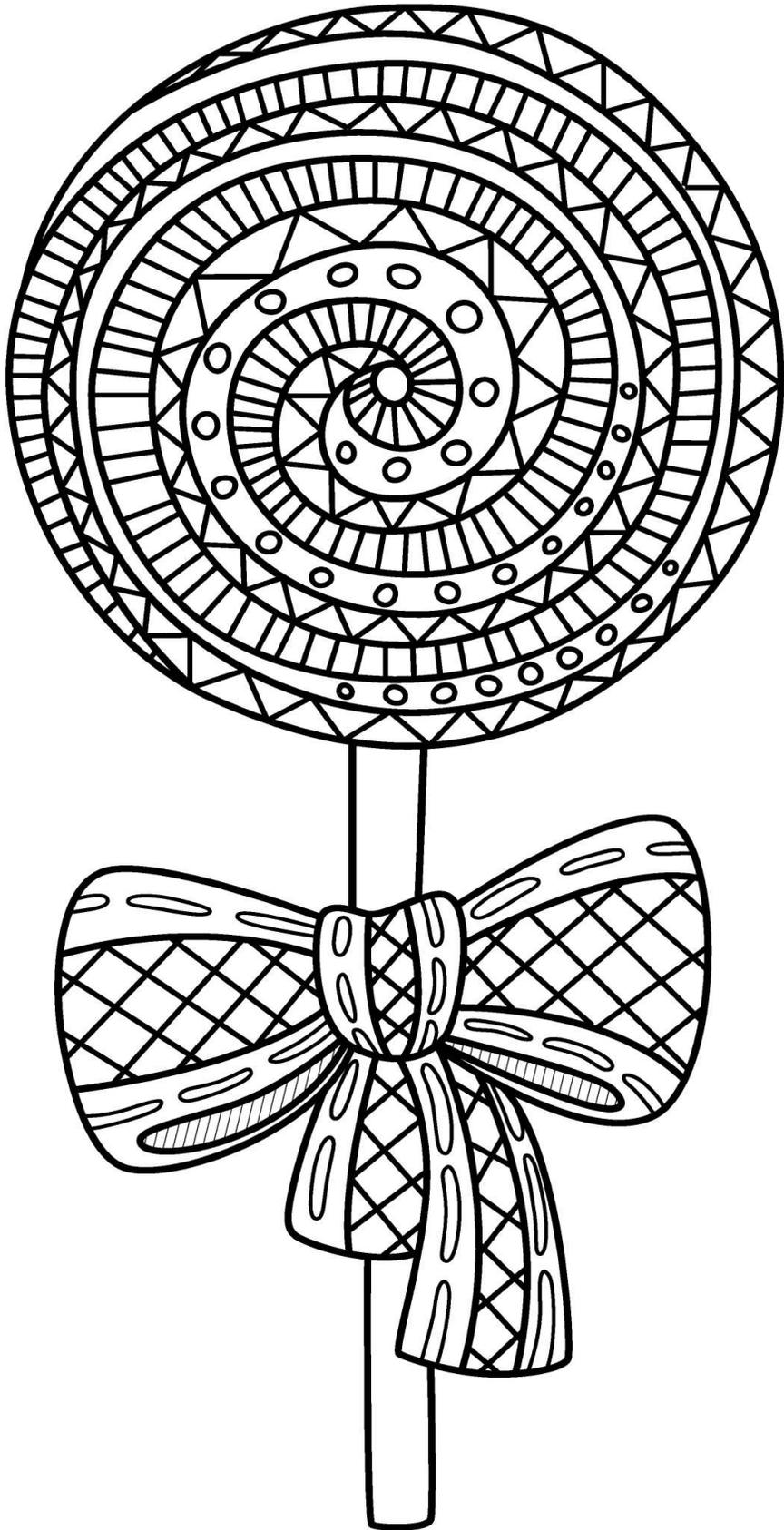
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“Candy is nature’s way of
making up for Mondays.”

— Rebecca Gober —



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“There is nothing better
than a friend, unless it
is a friend with chocolate.”

— Linda Grayson —



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“Always serve too much hot fudge
sauce on hot fudge sundaes. It
makes people overjoyed and
puts them in your debt.”

— Judith Olney —



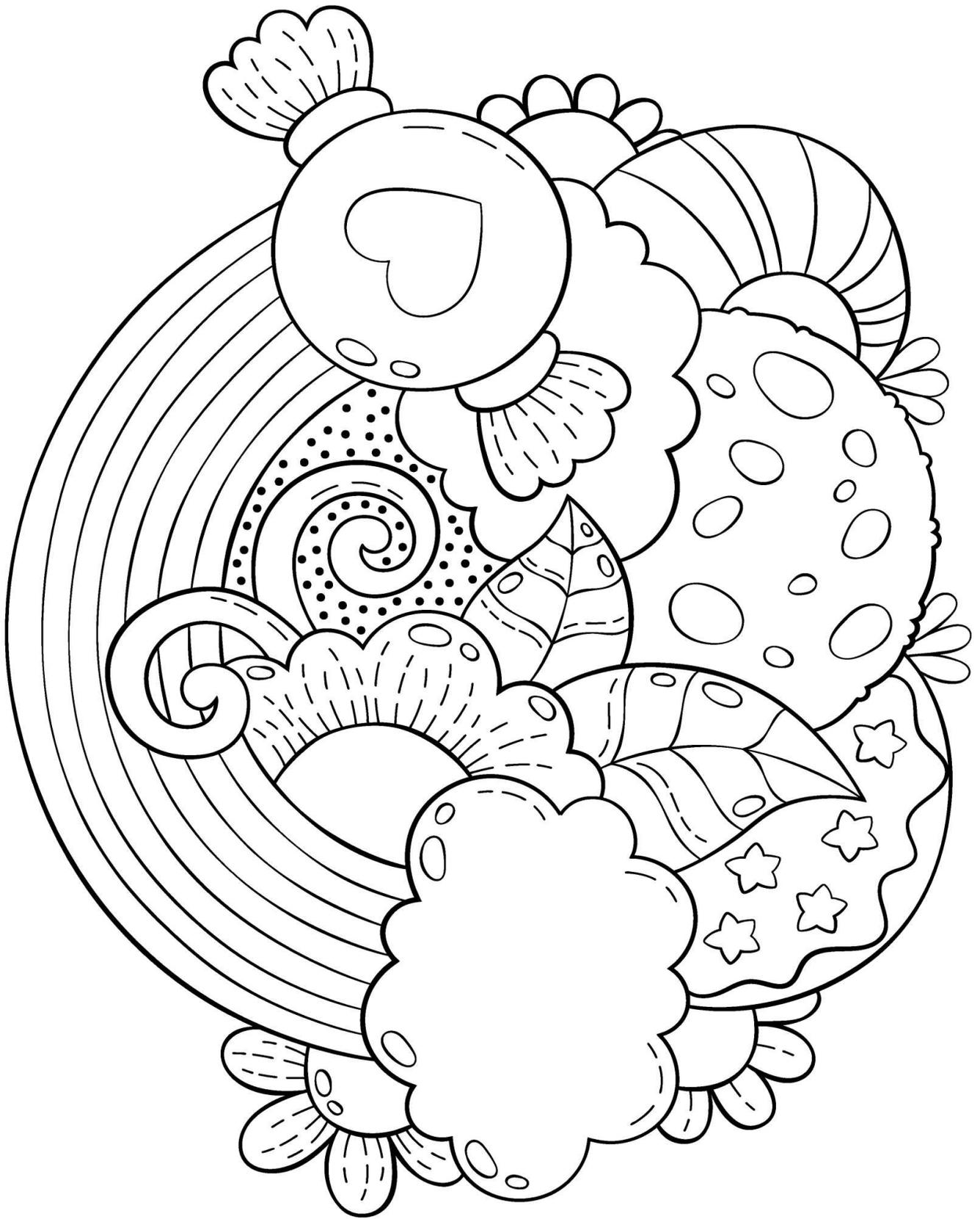
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“We must have pie.
Stress cannot exist in the
presence of a pie.”

— David Mamet —



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“All you need is love. But a
little chocolate now and
then doesn't hurt.”

— Charles M. Schulz —



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“Without ice cream, there
would be darkness and chaos.”

— Don Kardong —



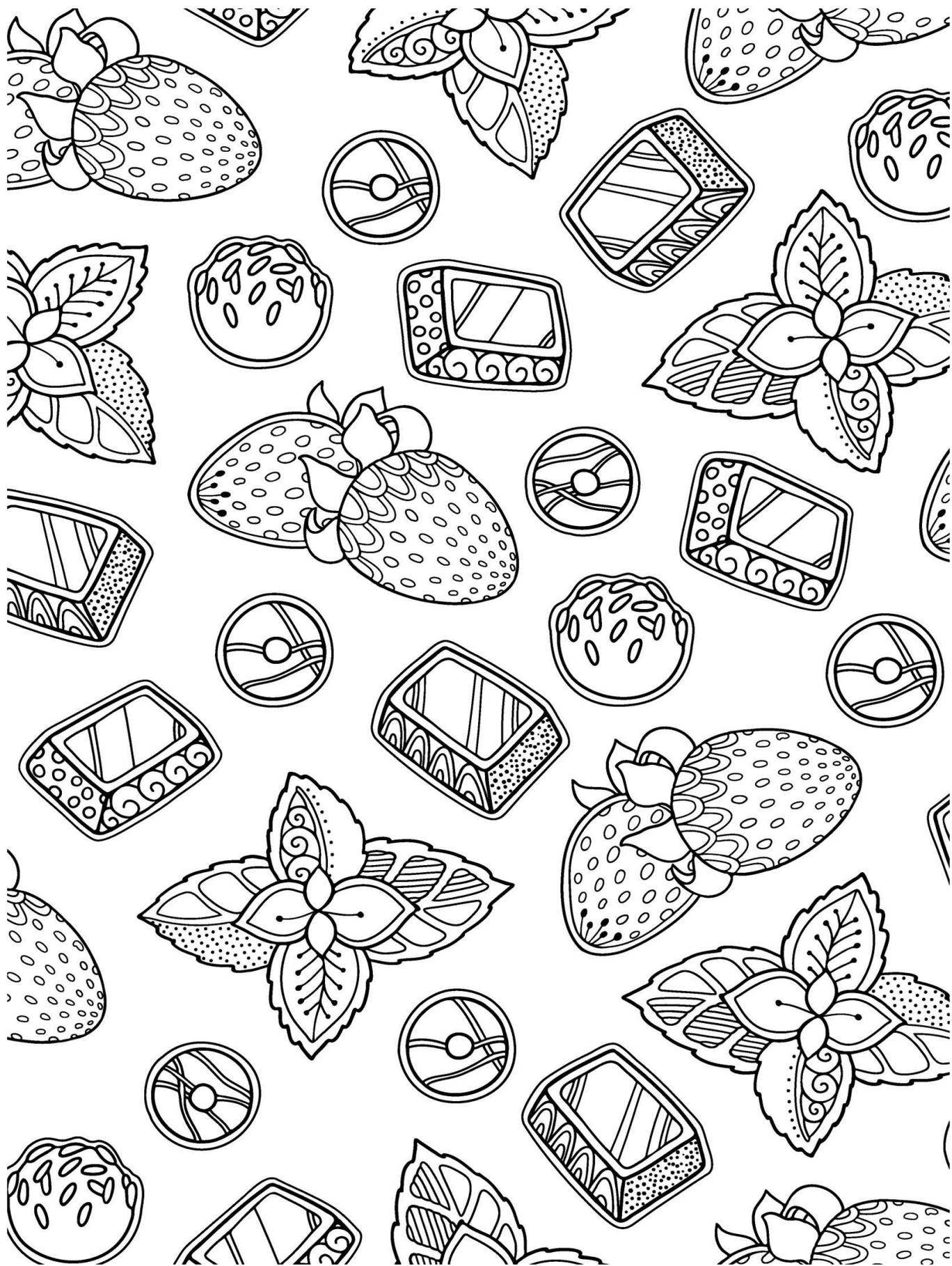
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“What you see before you,
my friend, is the result of a
lifetime of chocolate.”

— Katharine Hepburn —



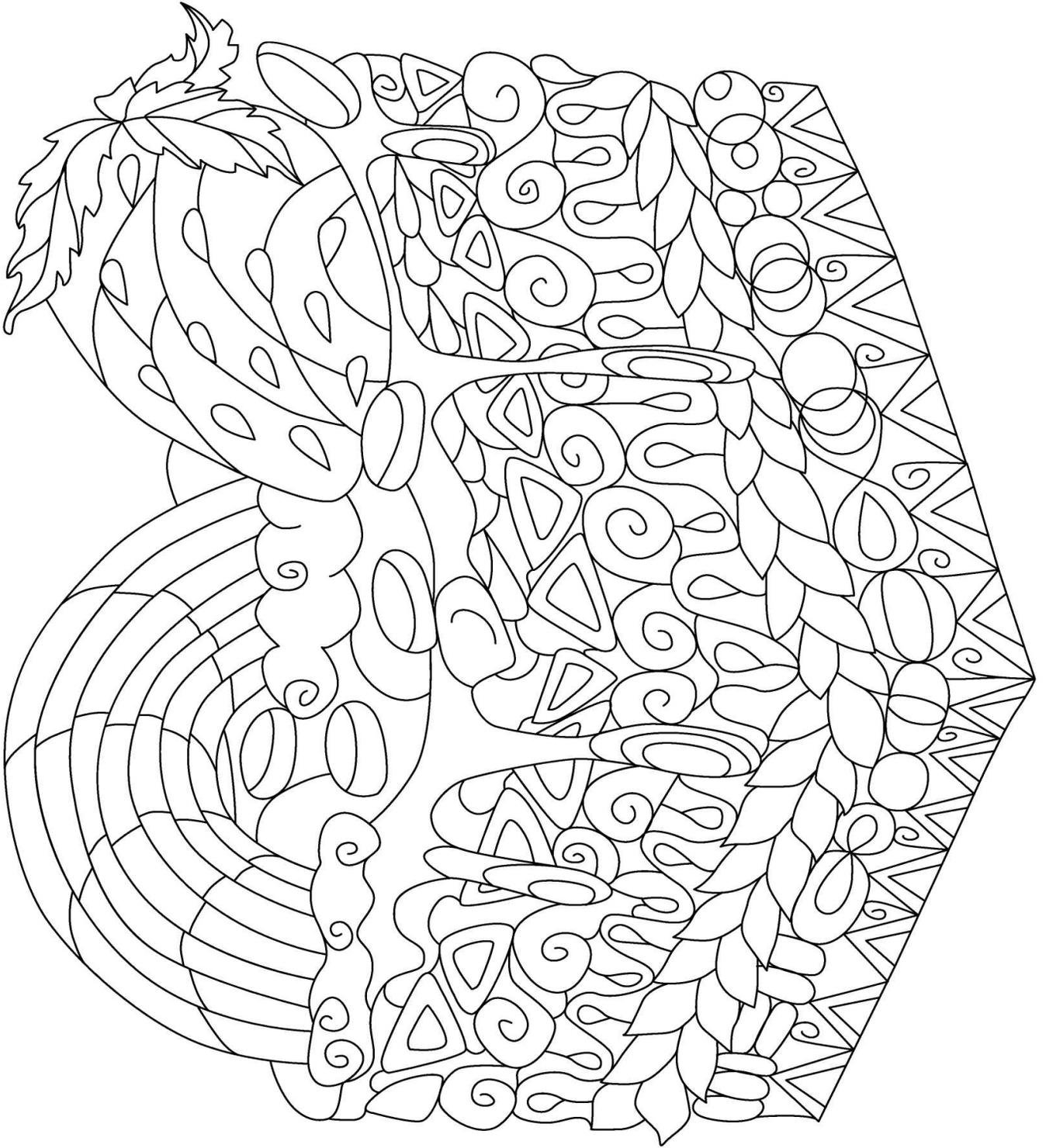
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“Baking may be regarded as a science, but it’s the chemistry between the ingredients and the cook that gives desserts life. Baking is done out of love, to share with family and friends, to see them smile.”

— Anna Olson —



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“That’s what dessert means to
me: a dollop of sweet love in
an otherwise cold world.”

— Sarah Strohmeier —



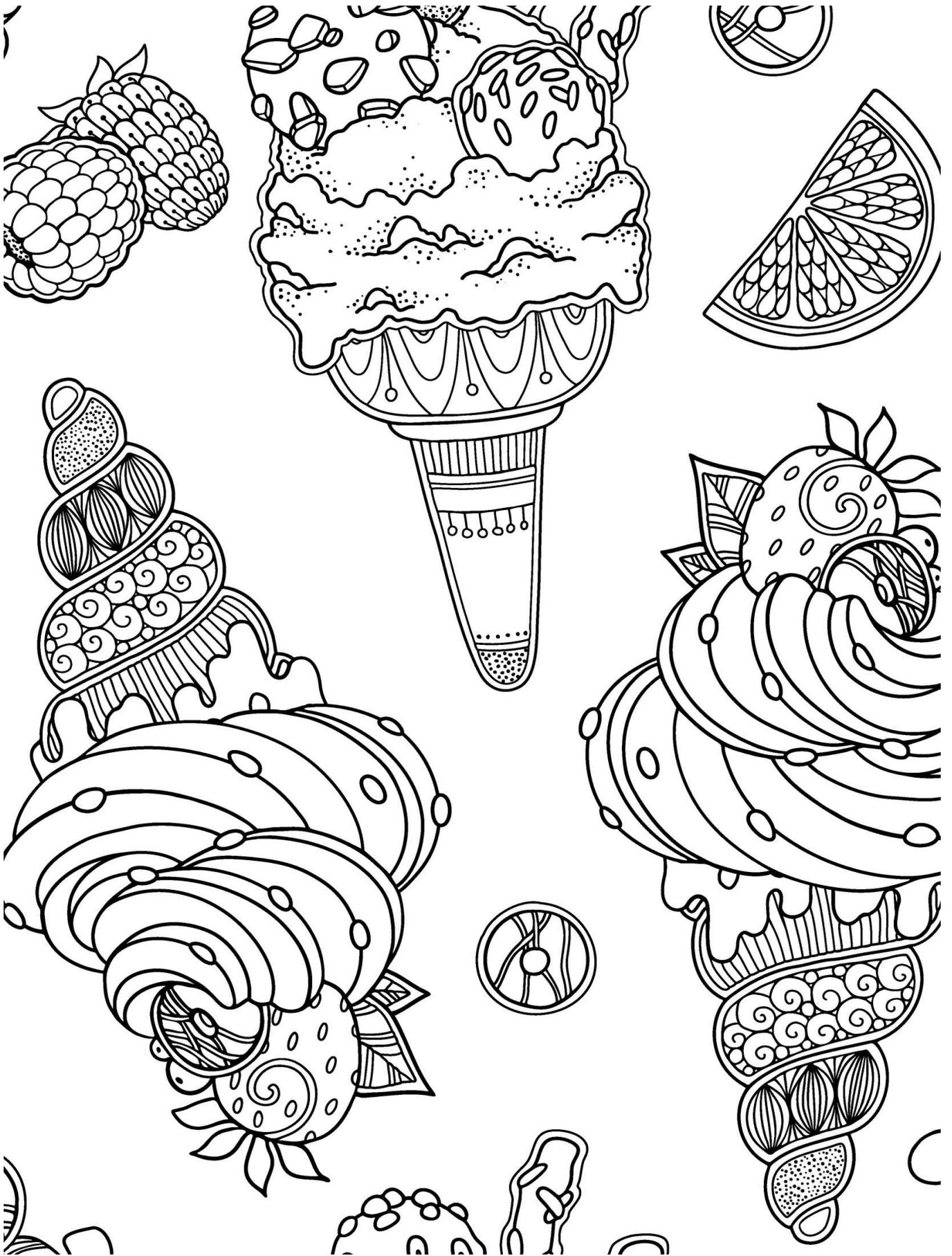
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“Let’s face it, a nice creamy
chocolate cake does a lot for
a lot of people; it does for me.”

— Audrey Hepburn —



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“I like to think of bread
as really bland cake.”

— Jim Gaffigan —



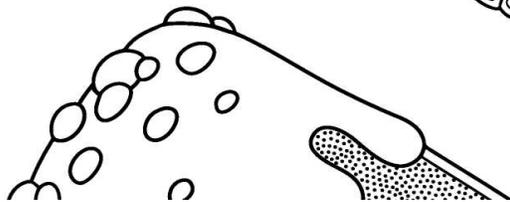
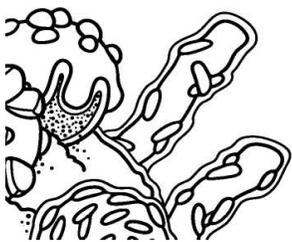
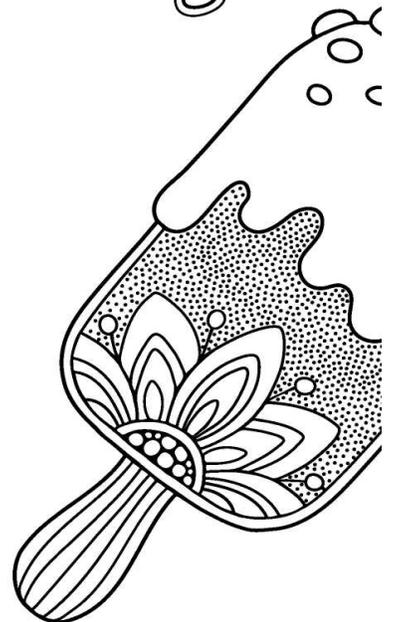
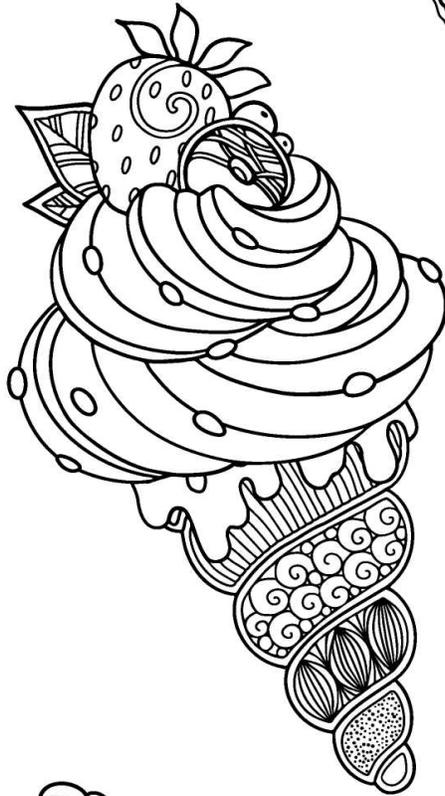
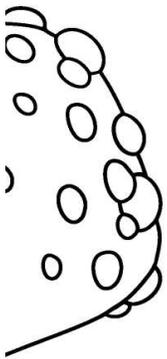
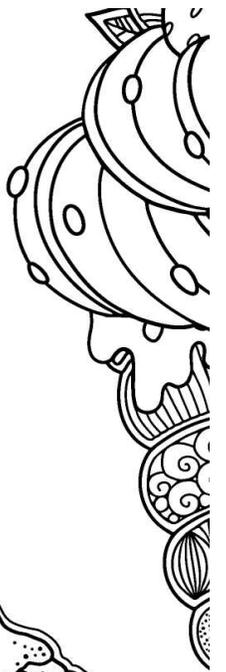
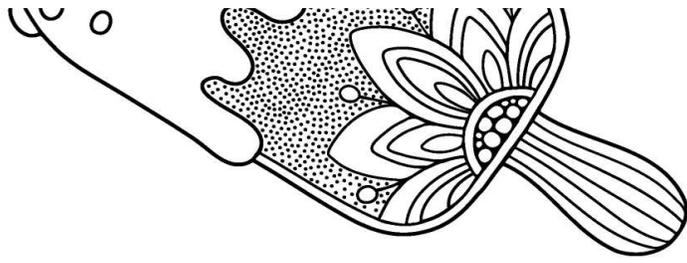
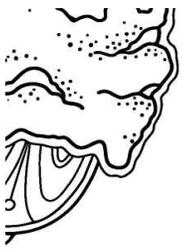
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“You can tell a lot about a
fellow’s character by his
way of eating jellybeans.”

— Ronald Reagan —



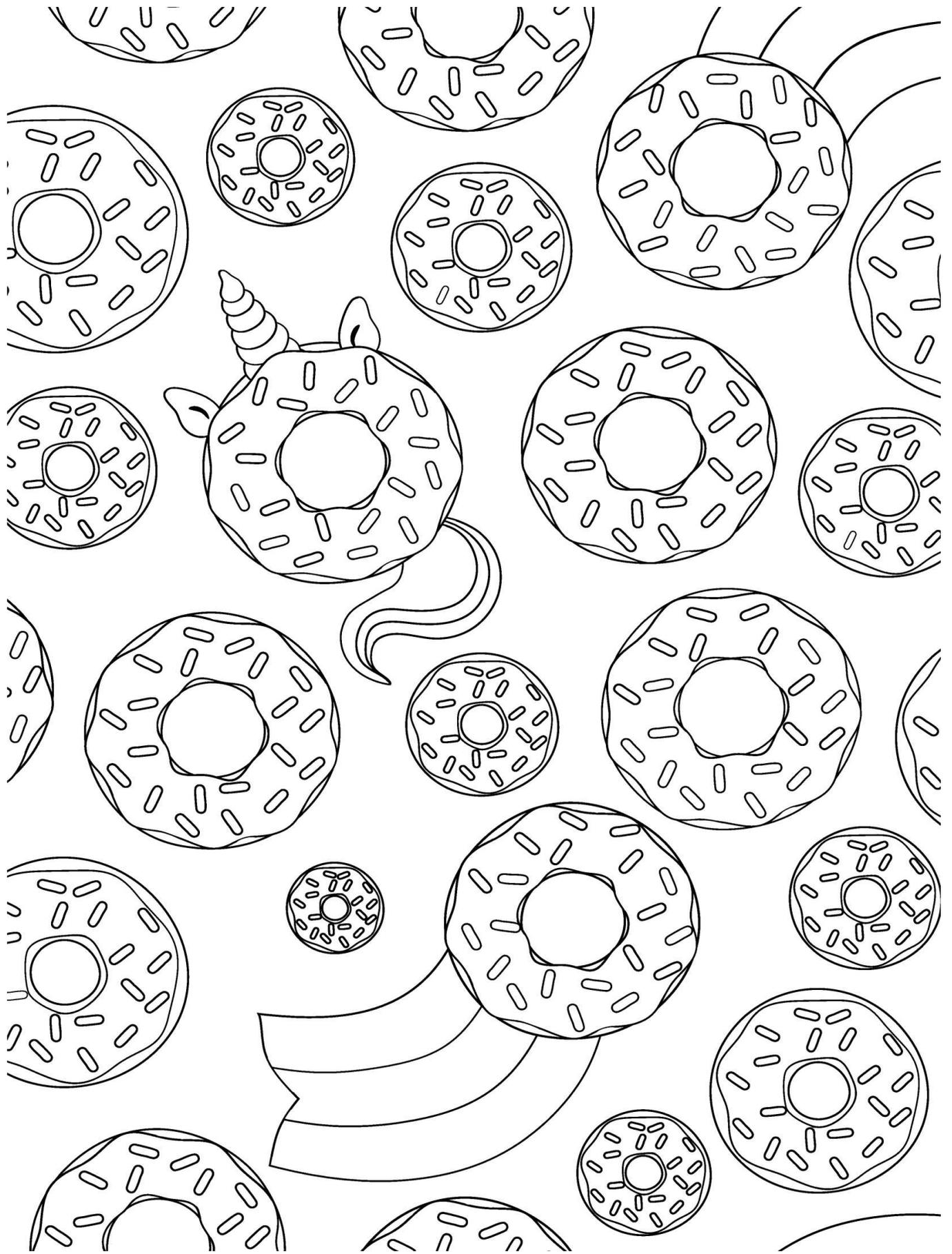
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“When you’re with a group of people and you take a bite of a really great dessert, the conversation just stops.”

— Emily Luchetti —



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“I am crazy for dessert. I eat everything. No one should be denied anything... just don't eat the whole thing.”

— Keri Russell —



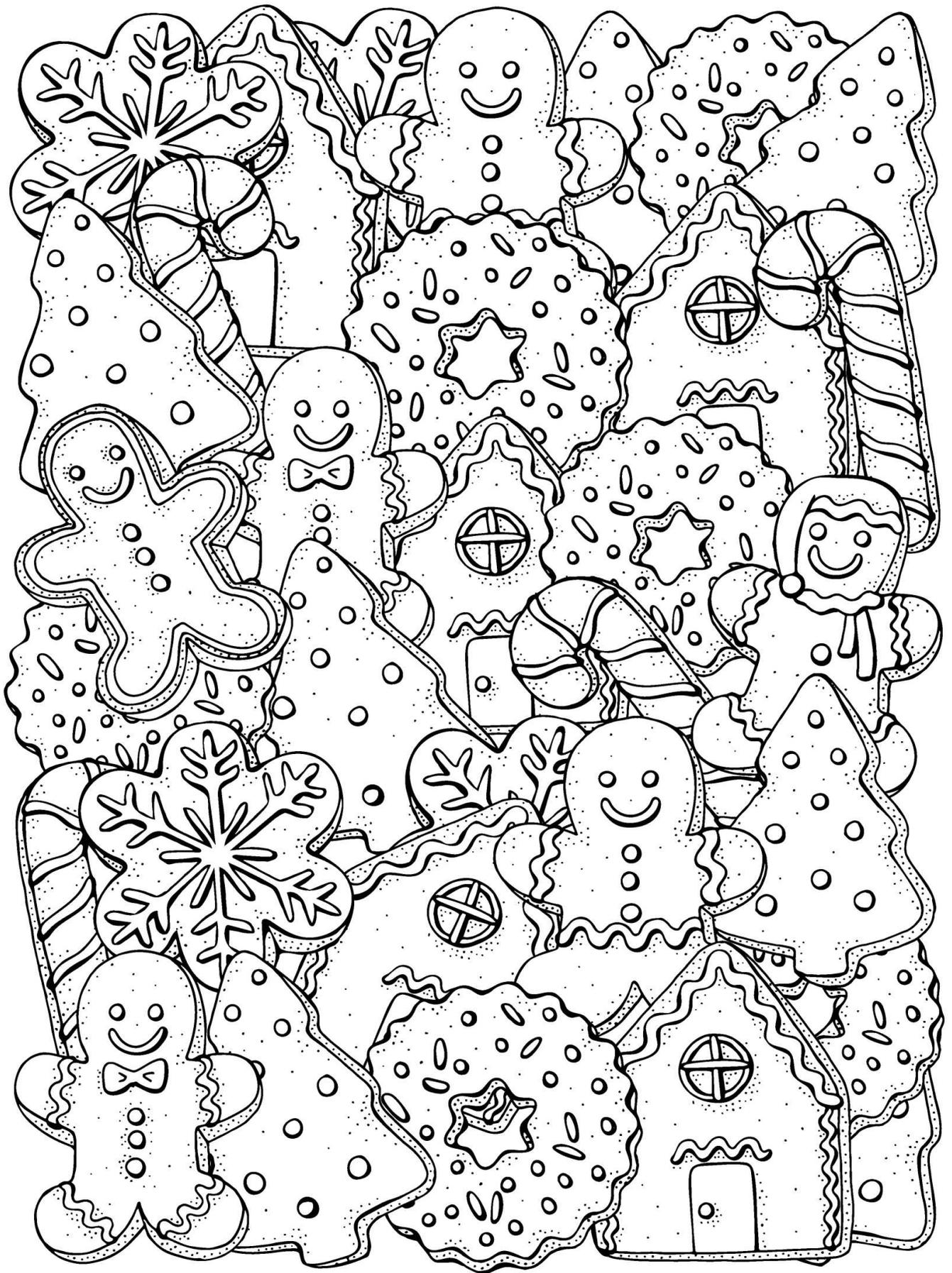
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“Strength is the capacity to
break a chocolate bar into
four pieces with your bare
hands - and then eat just
one of the pieces.”

— Judith Viorst —



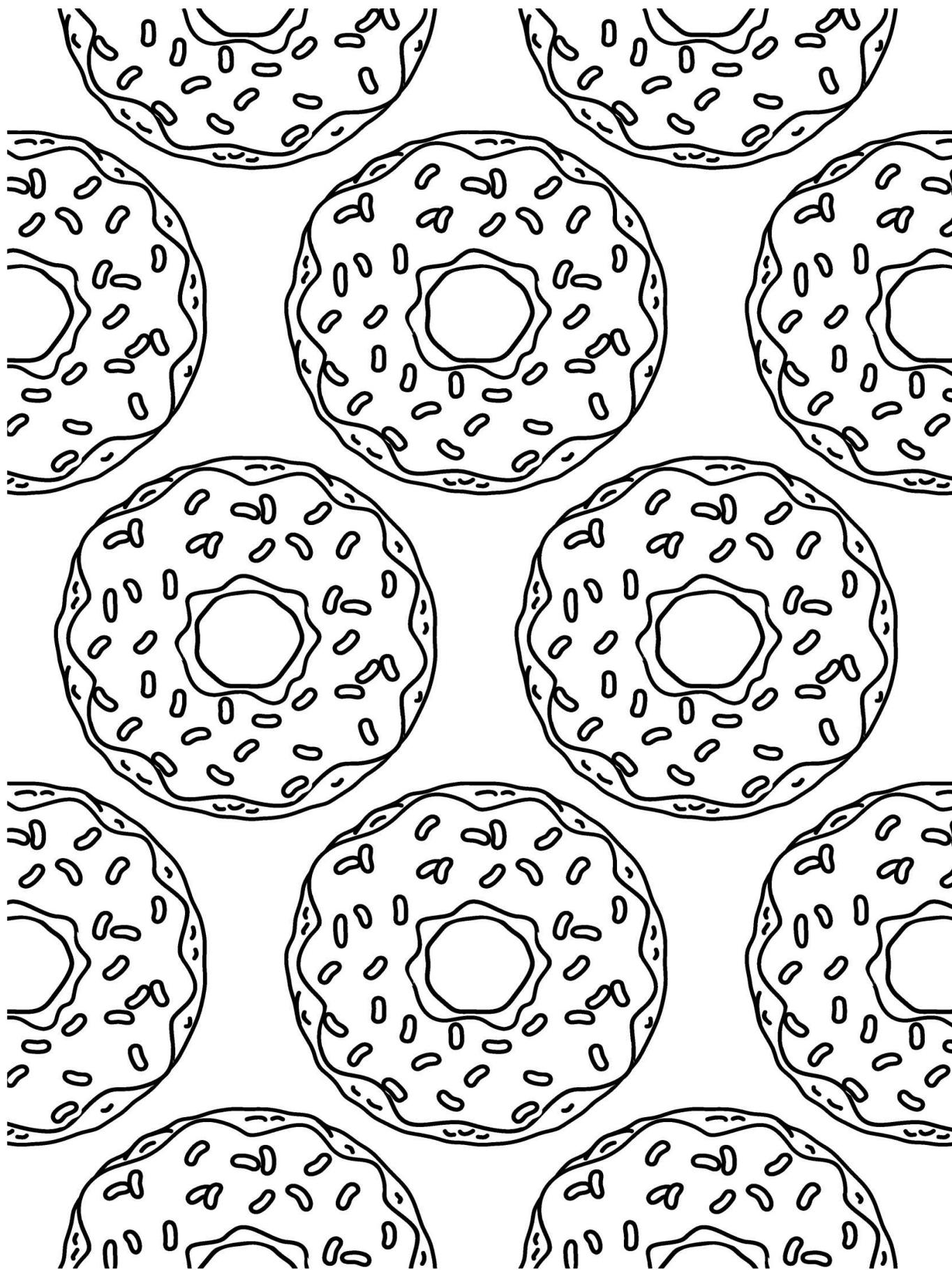
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“Researchers have discovered that chocolate produces some of the same reactions in the brain as marijuana. The researchers also discovered other similarities between the two but can’t remember what they are.”

— Matt Lauer —



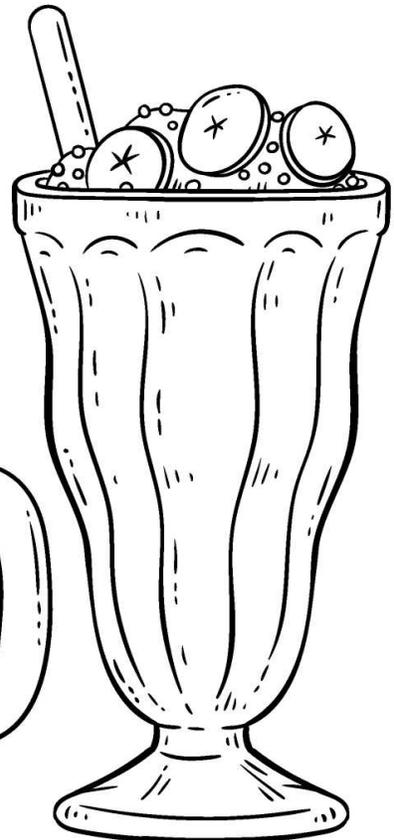
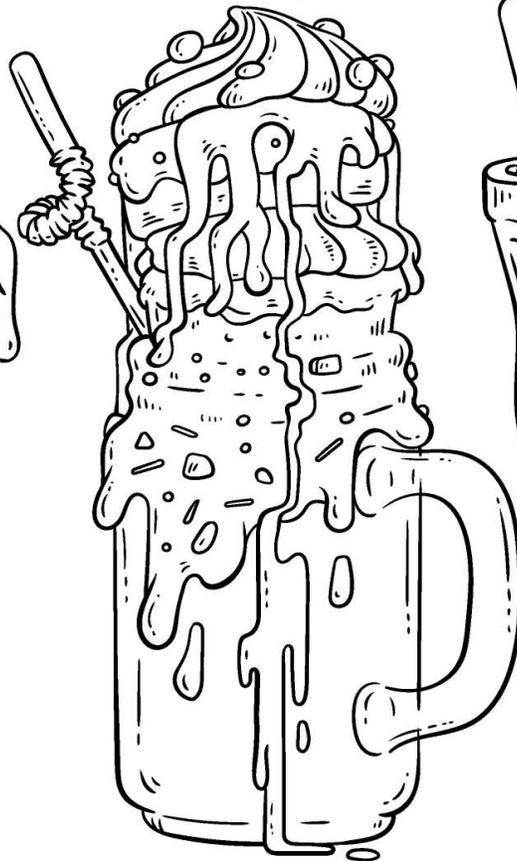
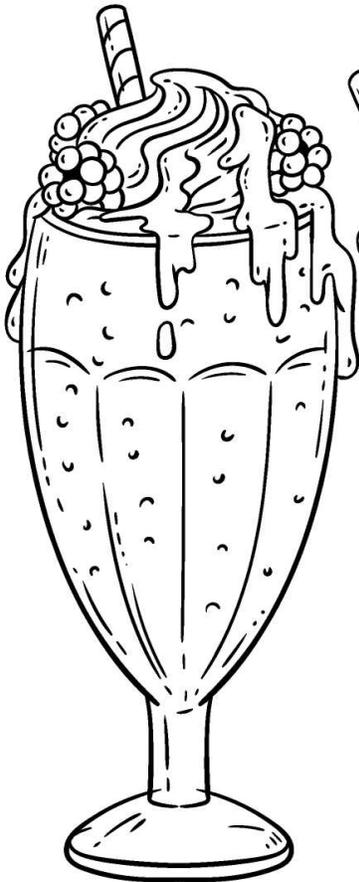
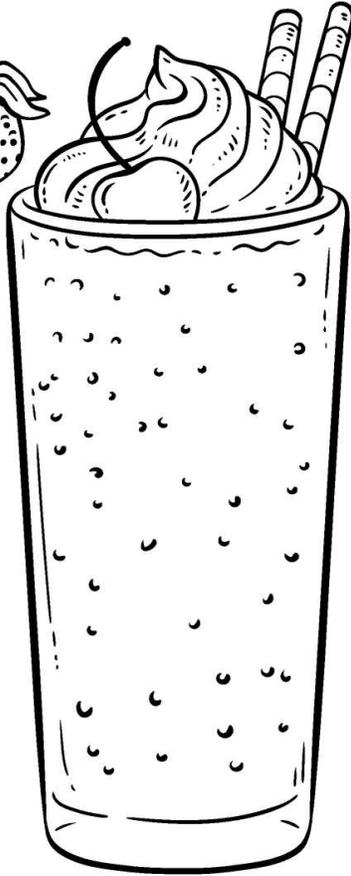
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“A kiss is a lusty dollop of
dessert to be served with
desire and savoured
with passion.”

— Al Pacino —



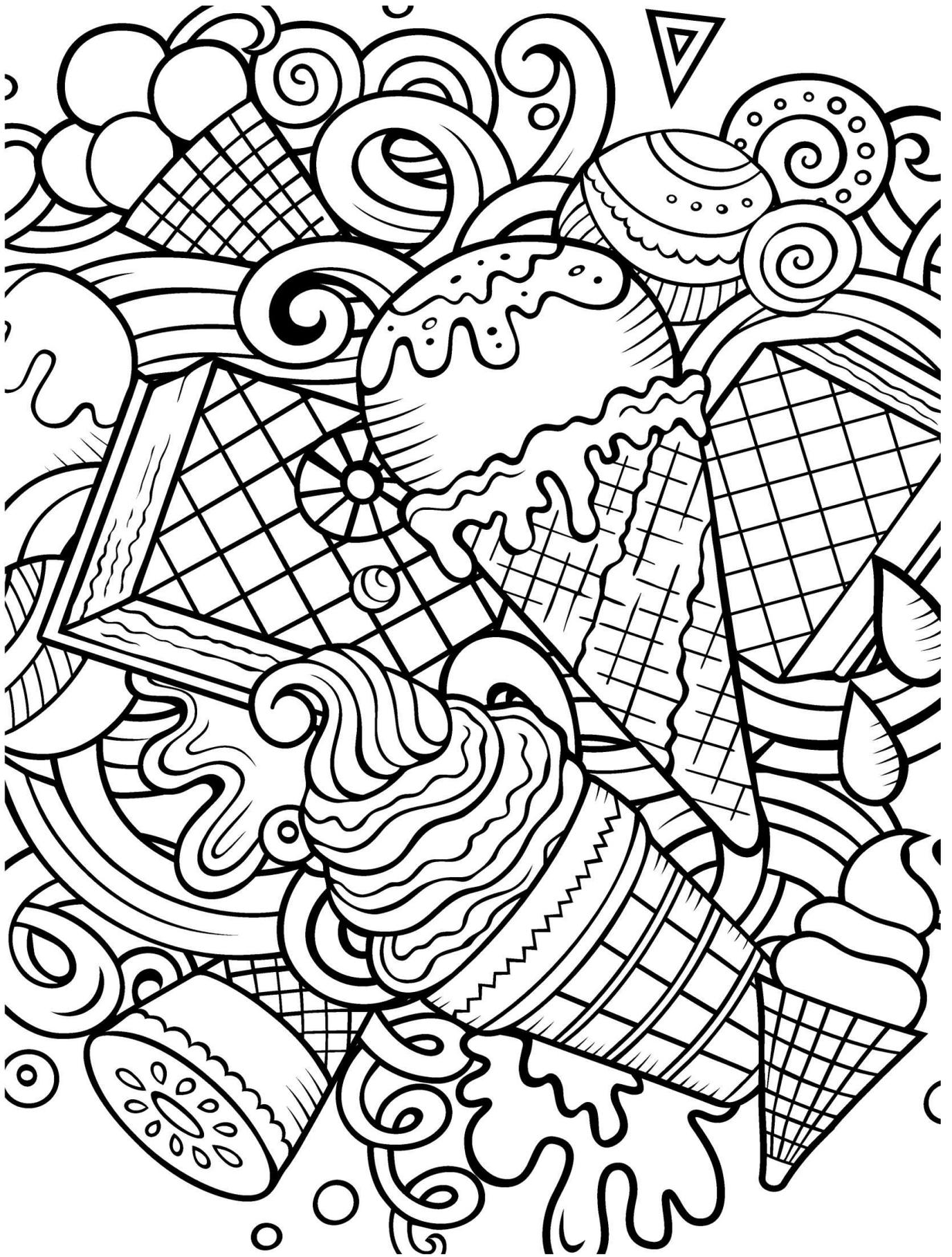
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“By some people the meal itself
is a long delay between the
appetiser and the dessert.”

— Gertrude Berg —



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“Sometimes I think that the
one thing I love most about
being an adult is the right
to buy candy whenever
and wherever I want.”

— Ryan Gosling —



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“I just taught my kids about
taxes by eating 38% of
their ice cream.”

— Conan O’Brien —



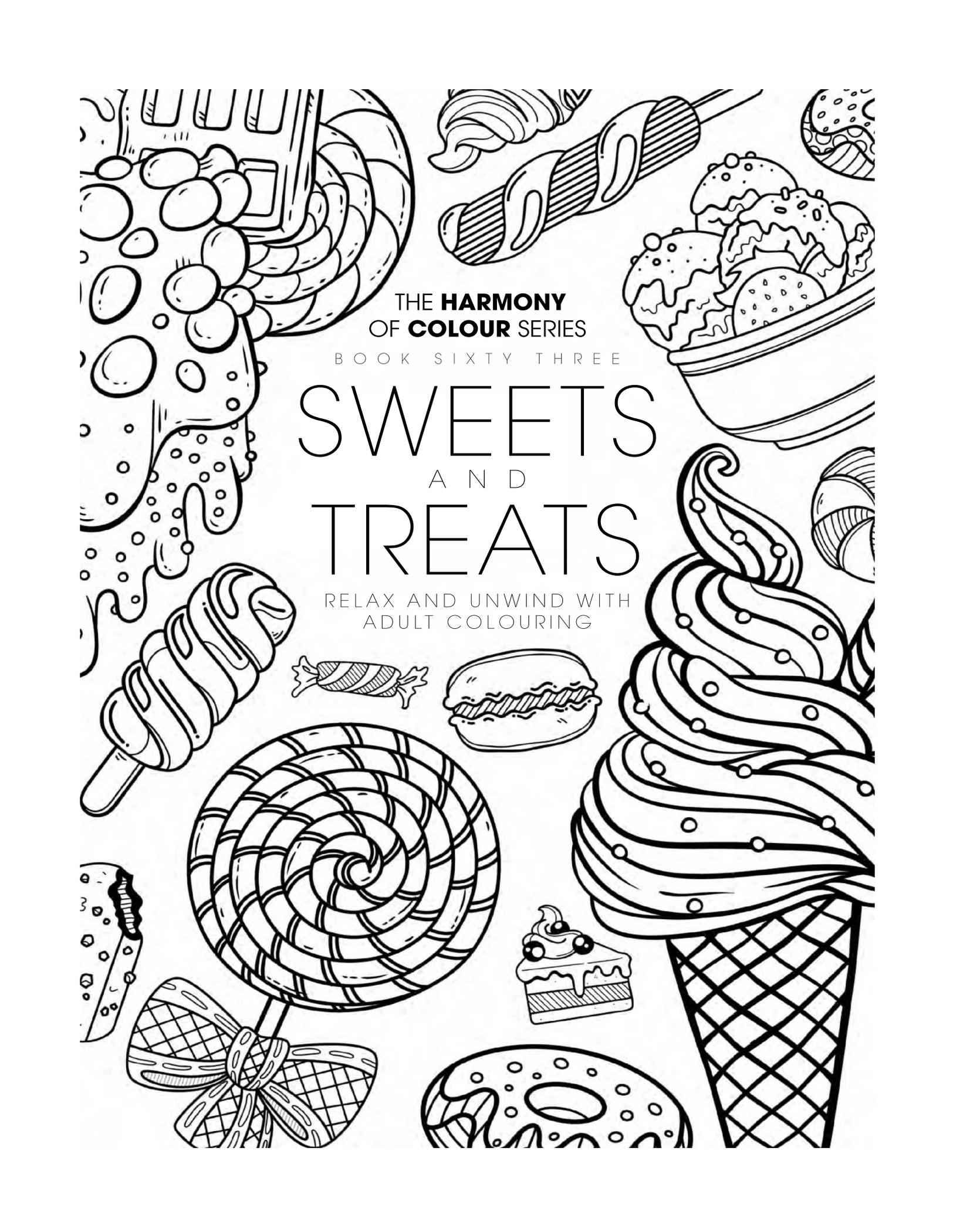
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