



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

# SERENE SPRING

RELAX AND UNWIND WITH  
ADULT COLOURING

BOOK NINETY FOUR  
AUST \$12.95 NZ \$12.95 inc GST

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# SERENE SPRING

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: Serene Spring* 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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PO Box 230  
Double Bay NSW 1360  
Australia  
+612 9363 1464

Creative Director: Luke Shaddock  
Managing Director: Michael Downs

All images: Shutterstock



“Flowers don’t worry  
about how they’re  
going to bloom.  
They just open up  
and turn toward the  
light and that makes  
them beautiful.”

— Jim Carrey —



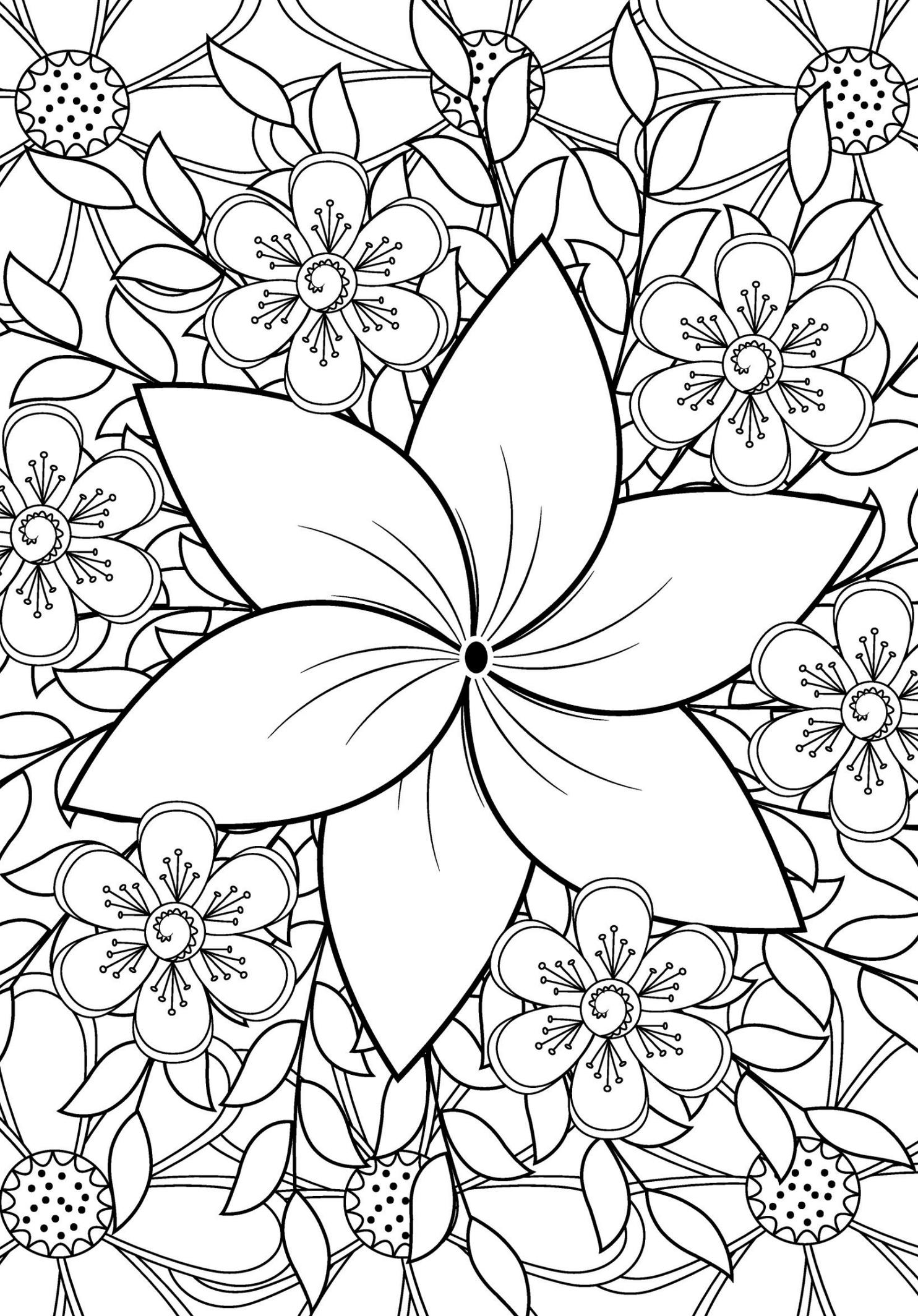
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“Without darkness, nothing  
comes to birth, As without  
light, nothing flowers.”

— May Sarton —



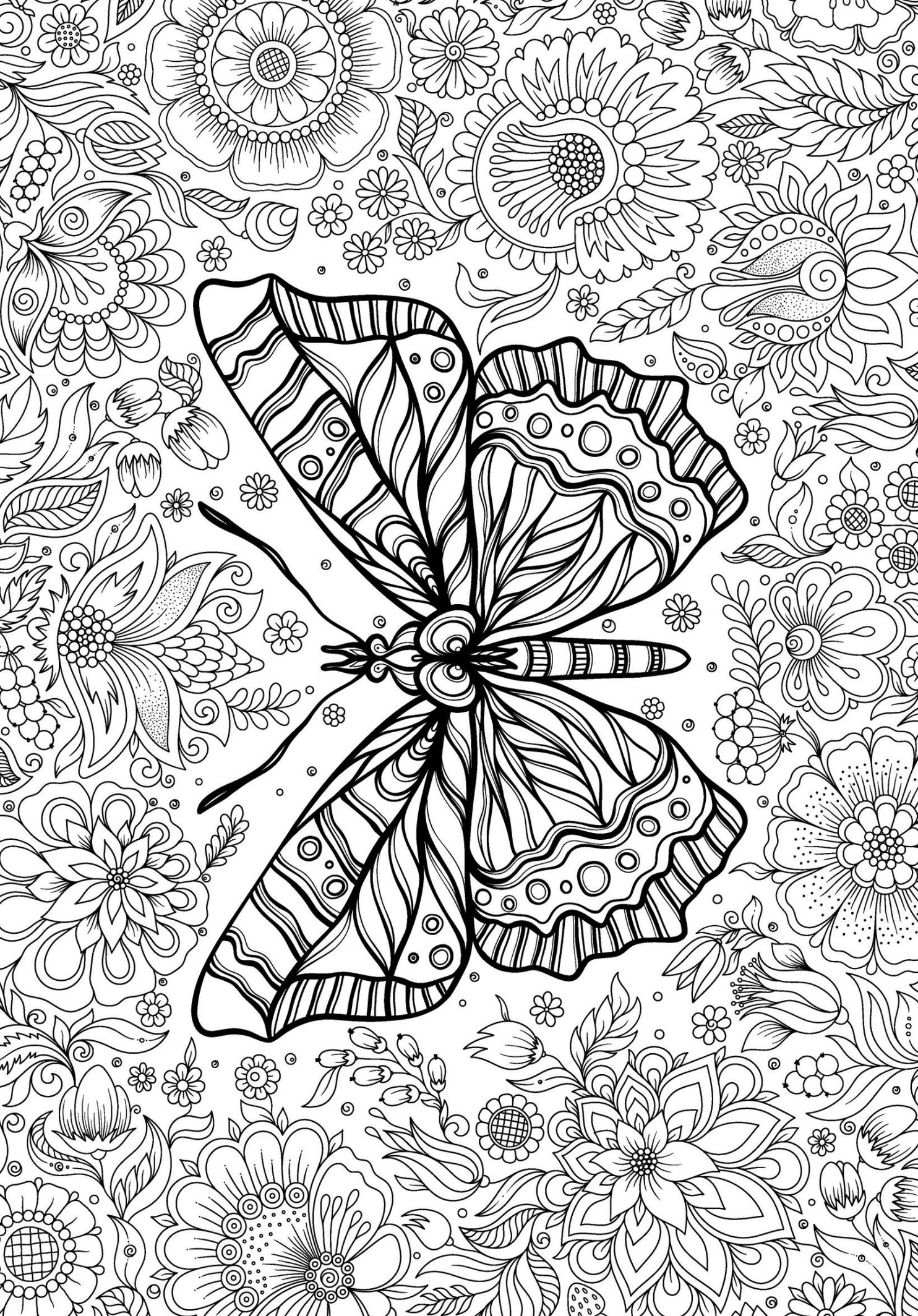
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“And the day came  
when the risk to remain  
tight in a bud was  
more painful than the  
risk it took to blossom.”

— Anais Nin —



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“The two most important  
days in your life are the  
day you are born and the  
day you find out why.”

— Mark Twain —



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“For everything that lives is  
holy, life delights in life.”

— William Blake —



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“Let us be grateful to  
people who make us  
happy, they are the  
charming gardeners  
who make our  
souls blossom.”

— Marcel Proust —



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“Unless you try to do  
something beyond what  
you have already mastered,  
you will never grow.”

— Ralph Waldo Emerson —



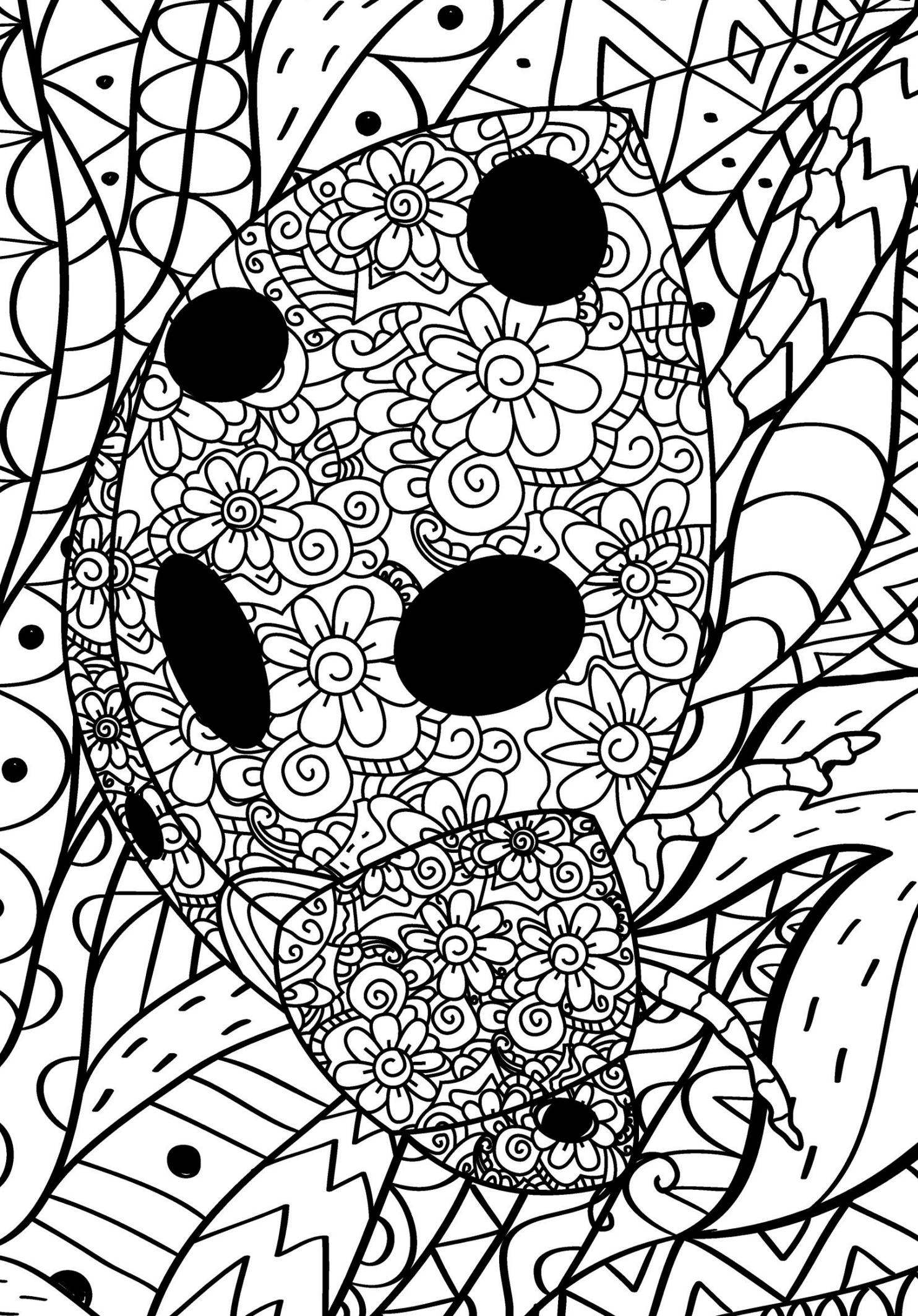
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“Everyone wants to live  
on top of the mountain,  
but all the happiness  
and growth occurs while  
you’re climbing it.”

— Andy Rooney —



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“Where flowers bloom  
so does hope.”

— Lady Bird Johnson —



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“Life is growth. If we stop growing, technically and spiritually, we are as good as dead.”

— Morihei Ueshiba —



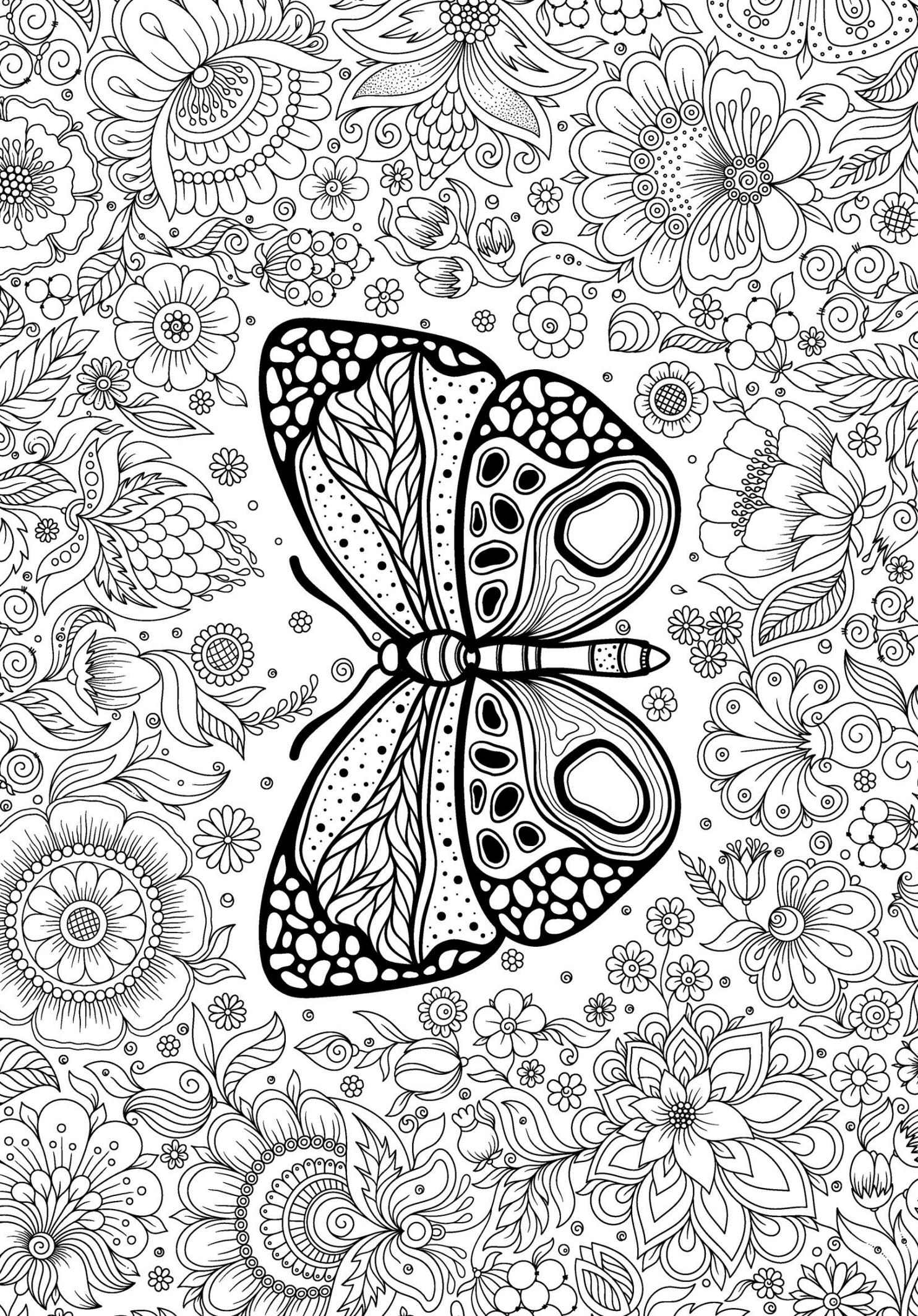
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“Strength and  
growth come only  
through continuous  
effort and struggle.”

— Napoleon Hill —



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“Just living is not  
enough... one must  
have sunshine, freedom,  
and a little flower.”

— Hans Christian Andersen —



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“One can choose to go back toward safety or forward toward growth. Growth must be chosen again and again; fear must be overcome again and again.”

— Abraham Maslow —



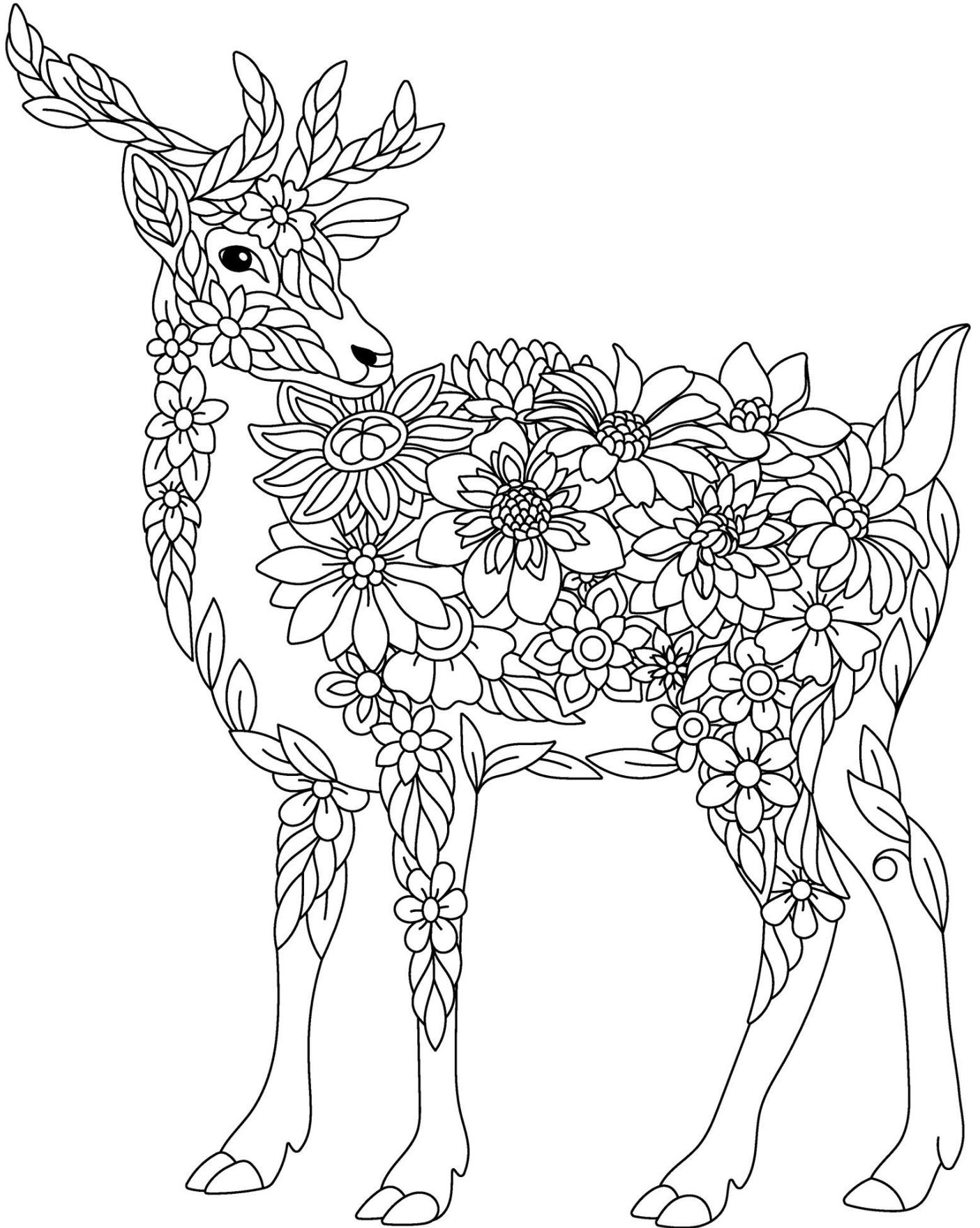
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“The flower is the poetry  
of reproduction. It is an  
example of the eternal  
seductiveness of life.”

— Jean Giraudoux —



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“All the flowers of all  
the tomorrows are in  
the seed of today.”

— Croft M. Pentz —



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“If we’re growing, we’re  
always going to be out  
of our comfort zone.”

— John C. Maxwell —



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“Let me look upward  
into the branches of the  
flowering oak and know  
that it grew great and  
strong because it grew  
slowly and well.”

— Bill Vaughan —



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“Love is like a beautiful  
flower which I may  
not touch, but whose  
fragrance makes the  
garden a place of  
delight just the same.”

— Helen Keller —



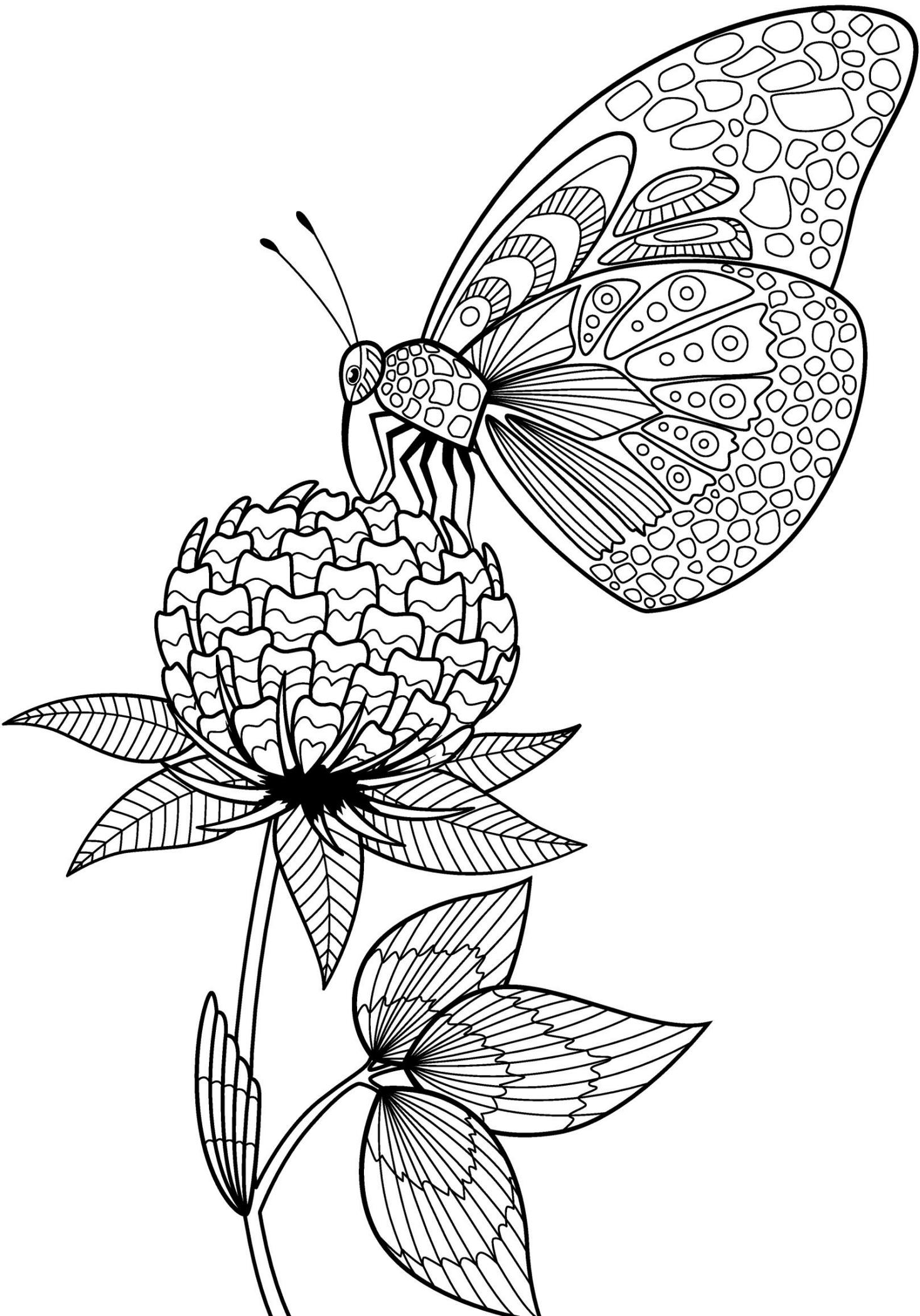
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“Never look back unless  
you are planning  
to go that way.”

— Henry David Thoreau —



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“Where there is age there  
is evolution. Where there  
is life there is growth.”

— Anjelica Huston —



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“A feeling of continuous growth is a wonderful source of motivation and self confidence.”

— Brian Tracy —



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“Life isn’t about finding  
yourself. Life is about  
creating yourself.”

— George Bernard Shaw —



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“It does not matter if you  
are a rose or a lotus or a  
marigold. What matters is  
that you are flowering.”

— Rajneesh —



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“Good timber does not  
grow with ease; the  
stronger the wind, the  
stronger the trees”

— J. Willard Marriott —



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“One way or another,  
we all have to find what  
best fosters the flowering  
of our humanity in this  
contemporary life, and  
dedicate ourselves to that.”

— Joseph Campbell —



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“The sun does not shine for  
a few trees and flowers, but  
for the wide world’s joy.”

— Henry Ward Beecher —



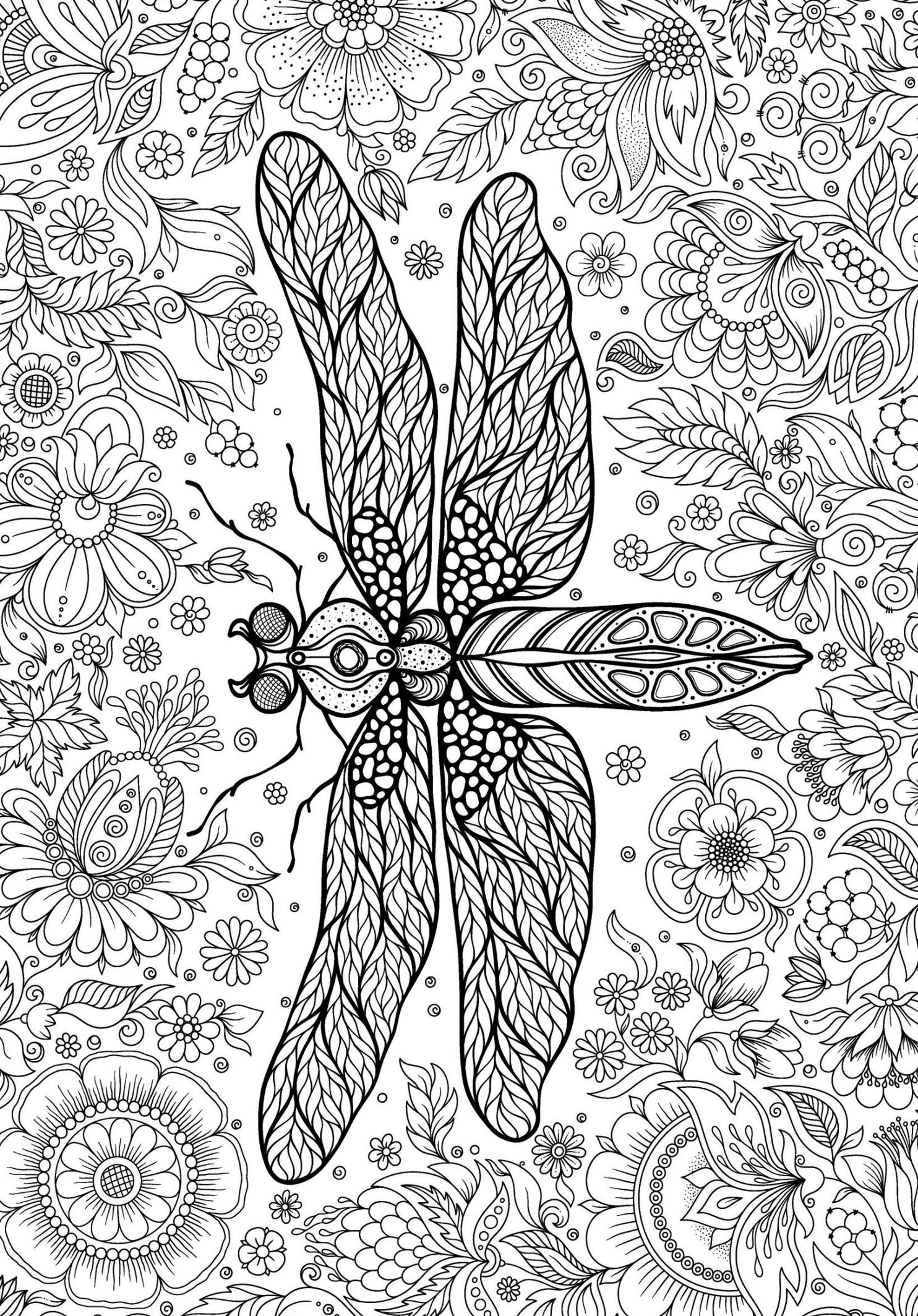
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“There are no great limits to growth because there are no limits of human intelligence, imagination, and wonder.”

— Ronald Reagan —



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“There were never moments  
in your life when you  
actually saw something  
end, for whether you knew  
it or not something else was  
always flowering. Never  
a disappearance,  
always a transformation.”

— Glen David Gold —



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“Intellectual growth should  
commence at birth and  
cease only at death.”

— Albert Einstein —



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“Growth is an erratic  
forward movement:  
two steps forward, one  
step back. Remember  
that and be very  
gentle with yourself.”

— Julia Cameron —



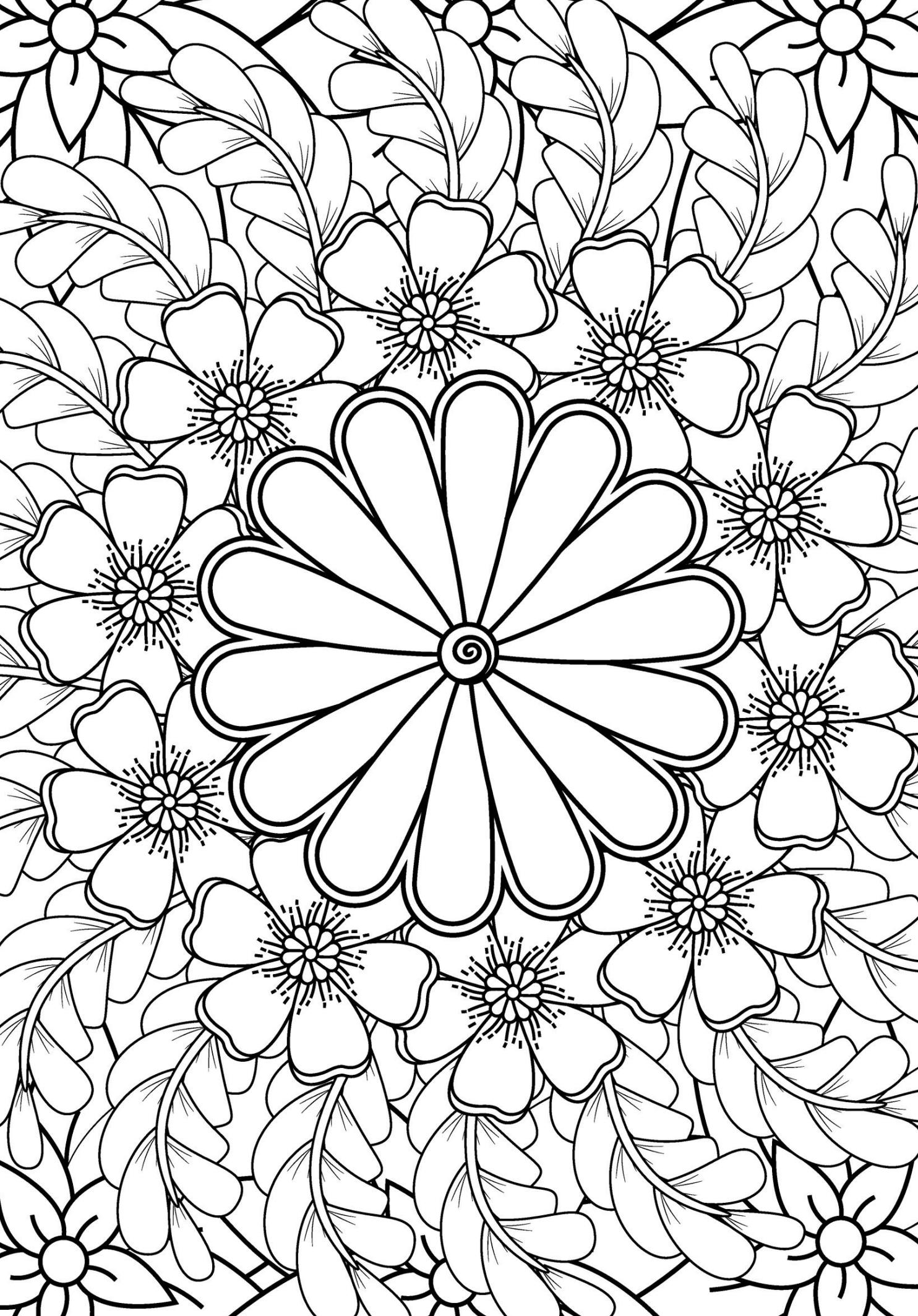
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“I believe love produces  
a certain flowering of the  
whole personality which  
nothing else can achieve.”

— Ivan Turgenev —



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“We are the only species on  
earth capable of preventing  
our own flowering.”

— David Whyte —



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“You will either step forward  
into growth or you will step  
back into safety.”

— Abraham Maslow —



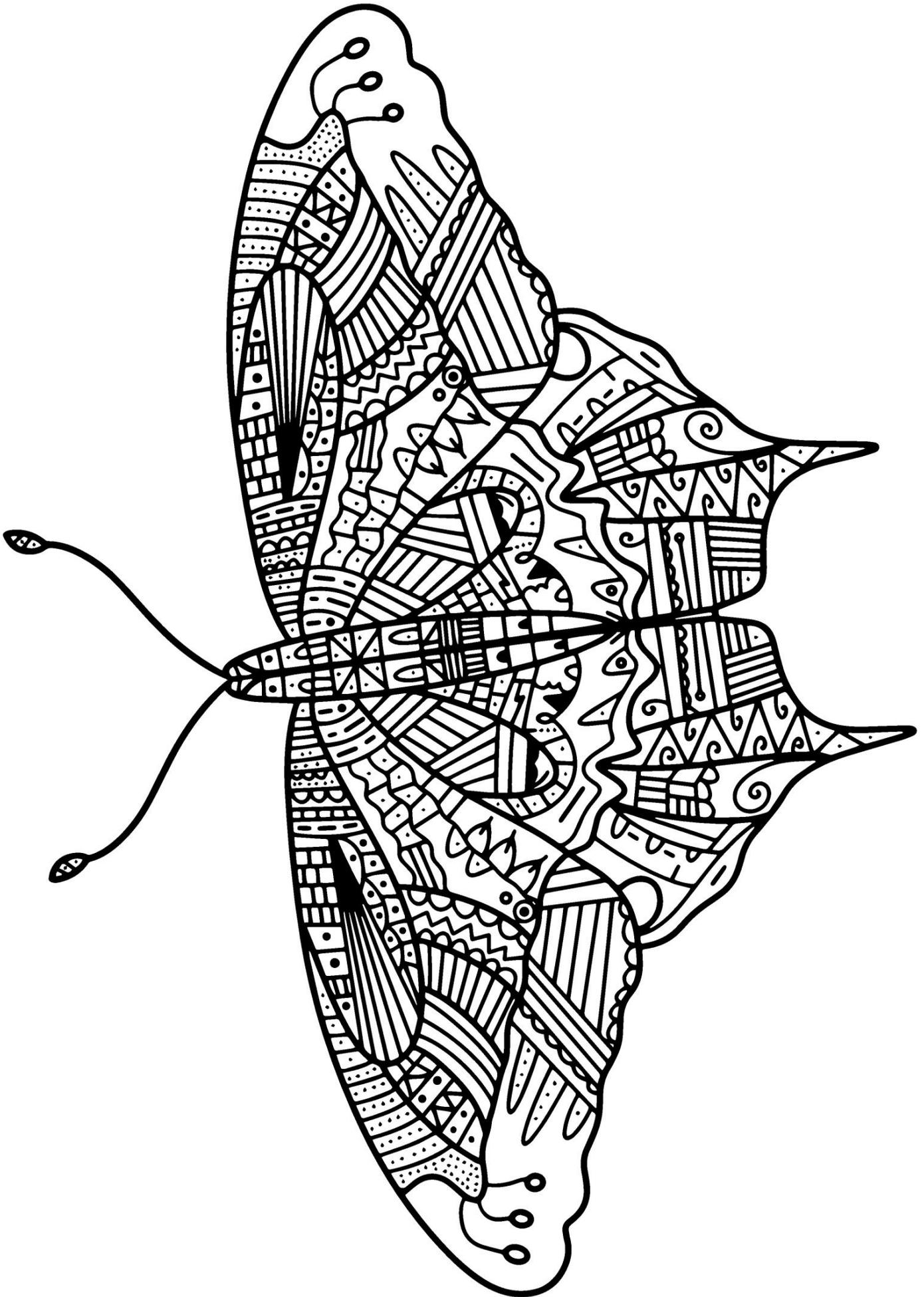
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“Without continual  
growth and progress,  
such words as  
improvement,  
achievement, and  
success have no  
meaning.”

— Benjamin Franklin —



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“Don't judge each  
day by the harvest you  
reap but by the seeds  
that you plant.”

— Robert Louis Stevenson —



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“Hope is a walk  
through a flowering  
meadow. One does  
not require that it  
lead anywhere.”

— Robert Breault —



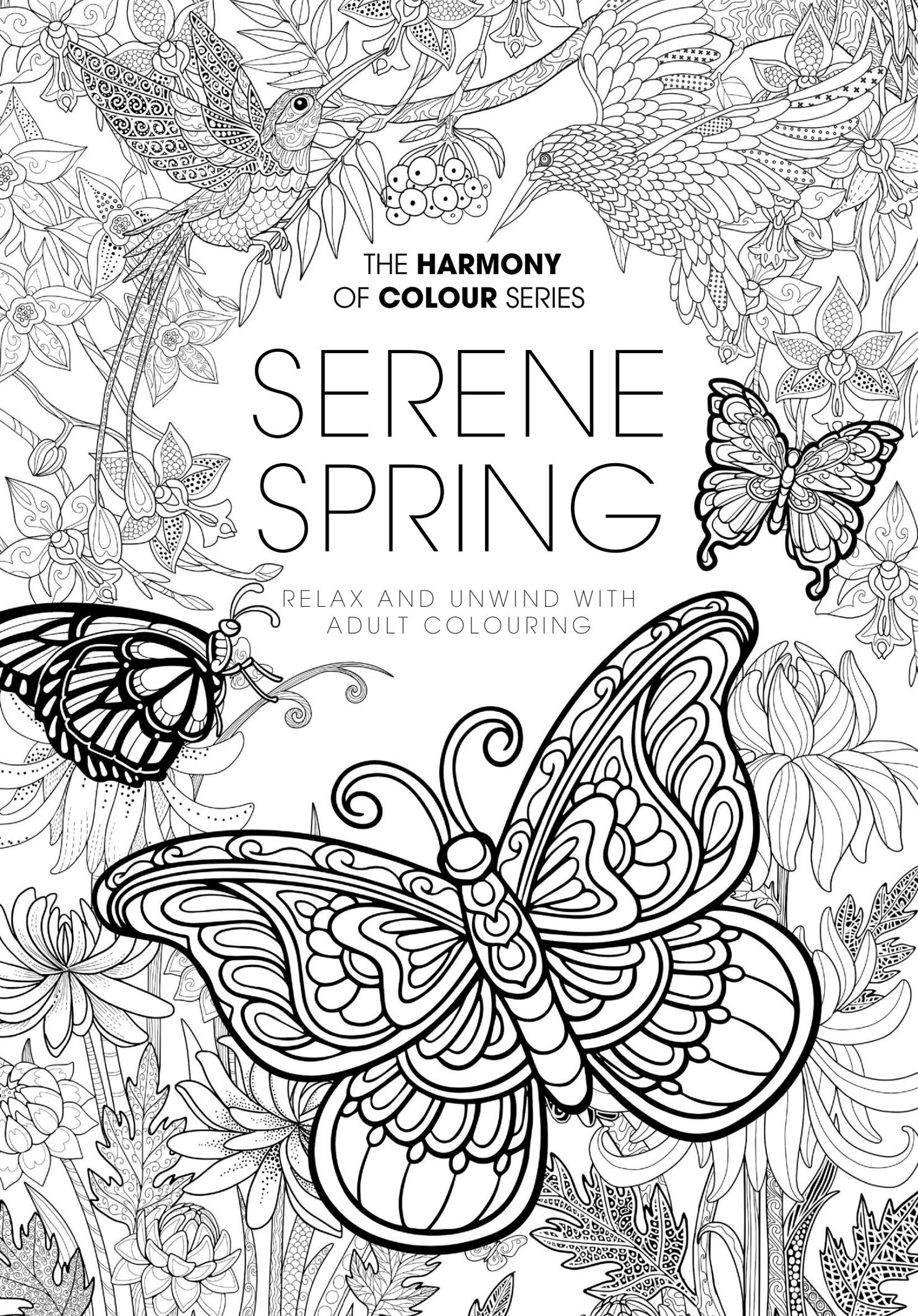
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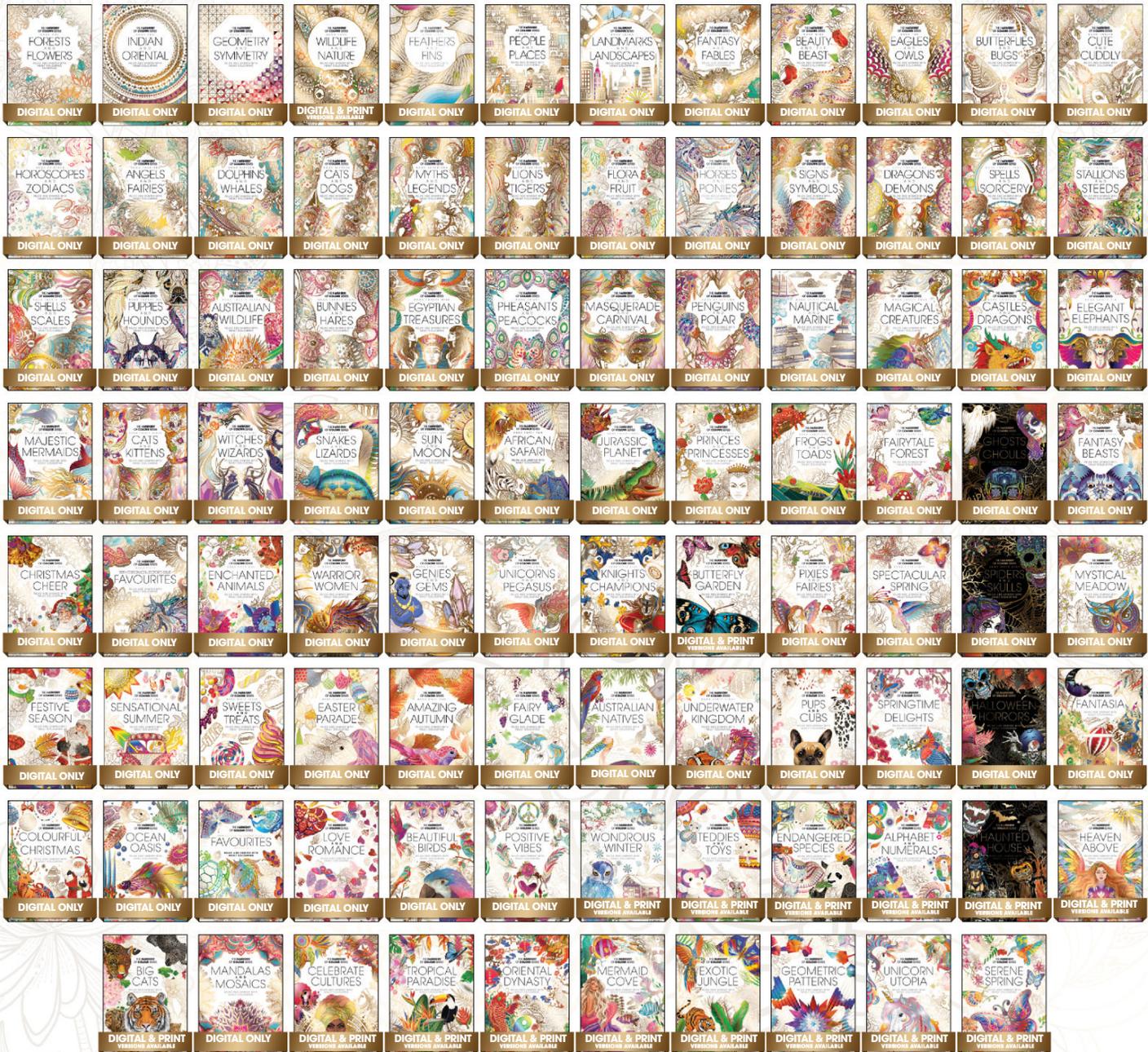


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