

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

HIDDEN VALLEY

RELAX AND UNWIND WITH
ADULT COLOURING

BOOK 111

AUST/NZ \$14.95 RRP

ISBN 978-1-925951-57-8



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

HIDDEN VALLEY

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: Hidden Valley 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...



Find Harmony of Colour on Facebook:

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All images: Shutterstock



“Study how water flows in
a valley stream, smoothly
and freely between the
rocks. Everything - even
mountains, rivers, plants
and trees - should be
your teacher.”

— Morihei Ueshiba —



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“The greatest secrets are
always hidden in the
most unlikely places.”

— Roald Dahl —



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“The whole world is
an art gallery when
you’re mindful. There
are beautiful things
everywhere and
they’re free.”

— Charles Tart —



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“Look deep into nature, and
then you will understand
everything better.”

— Albert Einstein —



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“Nature is painting
for us, day after day,
pictures of infinite
beauty.”

— John Ruskin —



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“One sees great things from
the valley; only small things
from the peak.”

— Gilbert K. Chesterton —



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“In all things of nature there is something of the marvellous.”

— Aristotle —



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“If we open our eyes, if we open our minds, if we open our hearts, we will find that this world is a magical place. It is magical not because it tricks us or changes unexpectedly into something else, but because it can be so vividly and brilliantly.”

— Chogyam Trungpa —



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“Magical places are always beautiful and deserve to be contemplated. Always stay on the bridge between the invisible and the visible.”

— Paulo Coelho —



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“I believe the world
is incomprehensibly
beautiful - an endless
prospect of magic
and wonder.”

— Ansel Adams —



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“Mountaintops inspire
leaders but valleys
mature them.”

— Winston Churchill —



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“Study nature,
love nature,
stay close to nature.
It will never fail you.”

— Frank Lloyd Wright —



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“In nature we never see
anything isolated, but
everything in connection
with something else which
is before it, beside it,
under it and over it.”

— Johann Wolfgang von Goethe —



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“Do not copy nature. Art is an abstraction. Rather, bring your art forth by dreaming in front of her and think more of creation.”

— Paul Gauguin —



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“In every walk with
nature one receives far
more than he seeks.”

— John Muir —



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“One touch of nature
makes the whole world kin.”

— William Shakespeare —



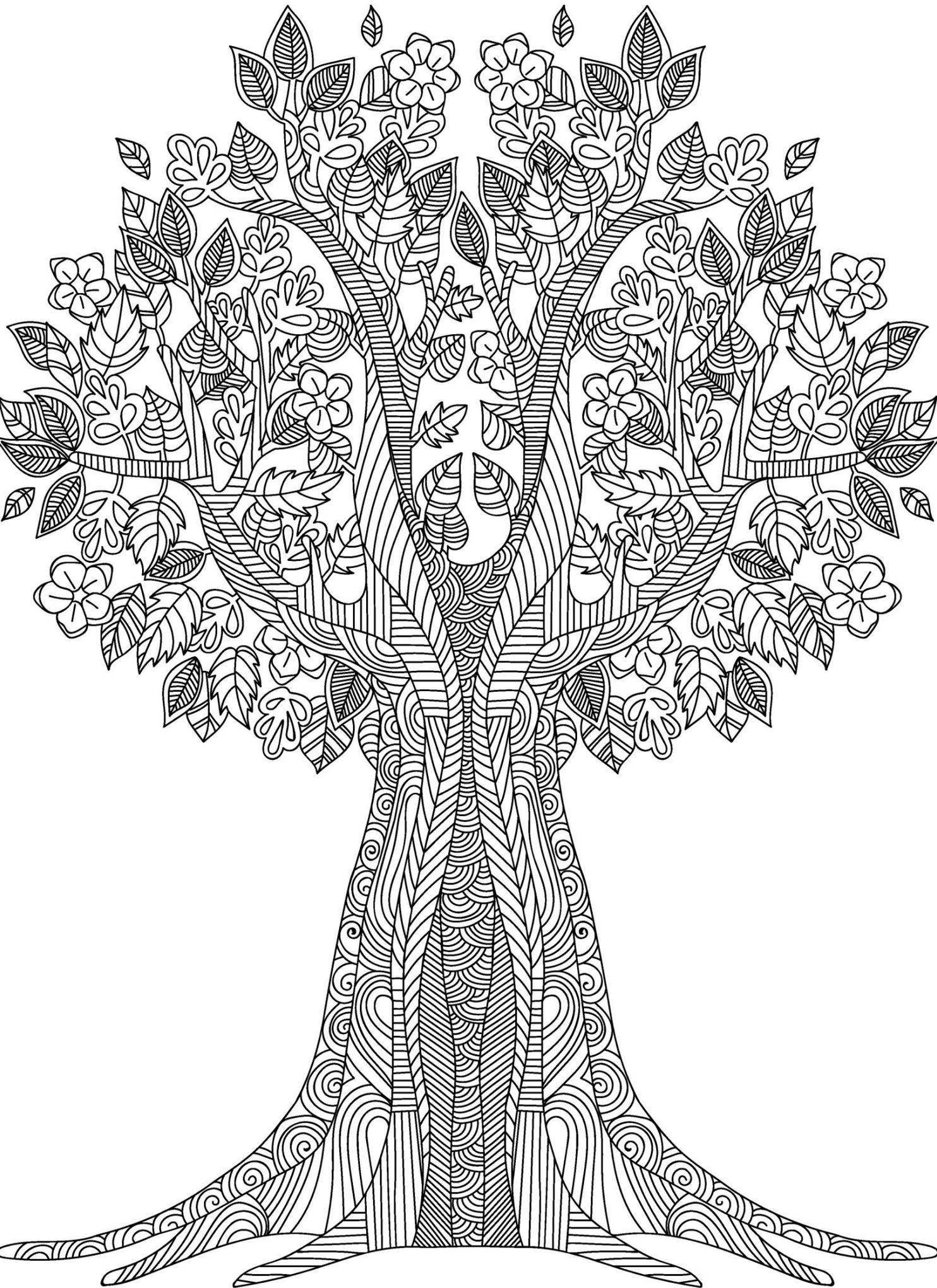
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“Teaching children about the natural world should be seen as one of the most important events in their lives.”

— Thomas Berry —



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“To the attentive eye, each moment of the year has its own beauty, and in the same fields, it beholds, every hour, a picture which was never seen before, and which shall never be seen again.”

— Ralph Waldo Emerson —



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“Mountaintops are for views
and inspiration, but fruit is
grown in the valleys.”

— Billy Graham —



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“All of life is peaks and
valleys. Don't let the
peaks get too high and
the valleys too low.”

— John Wooden —



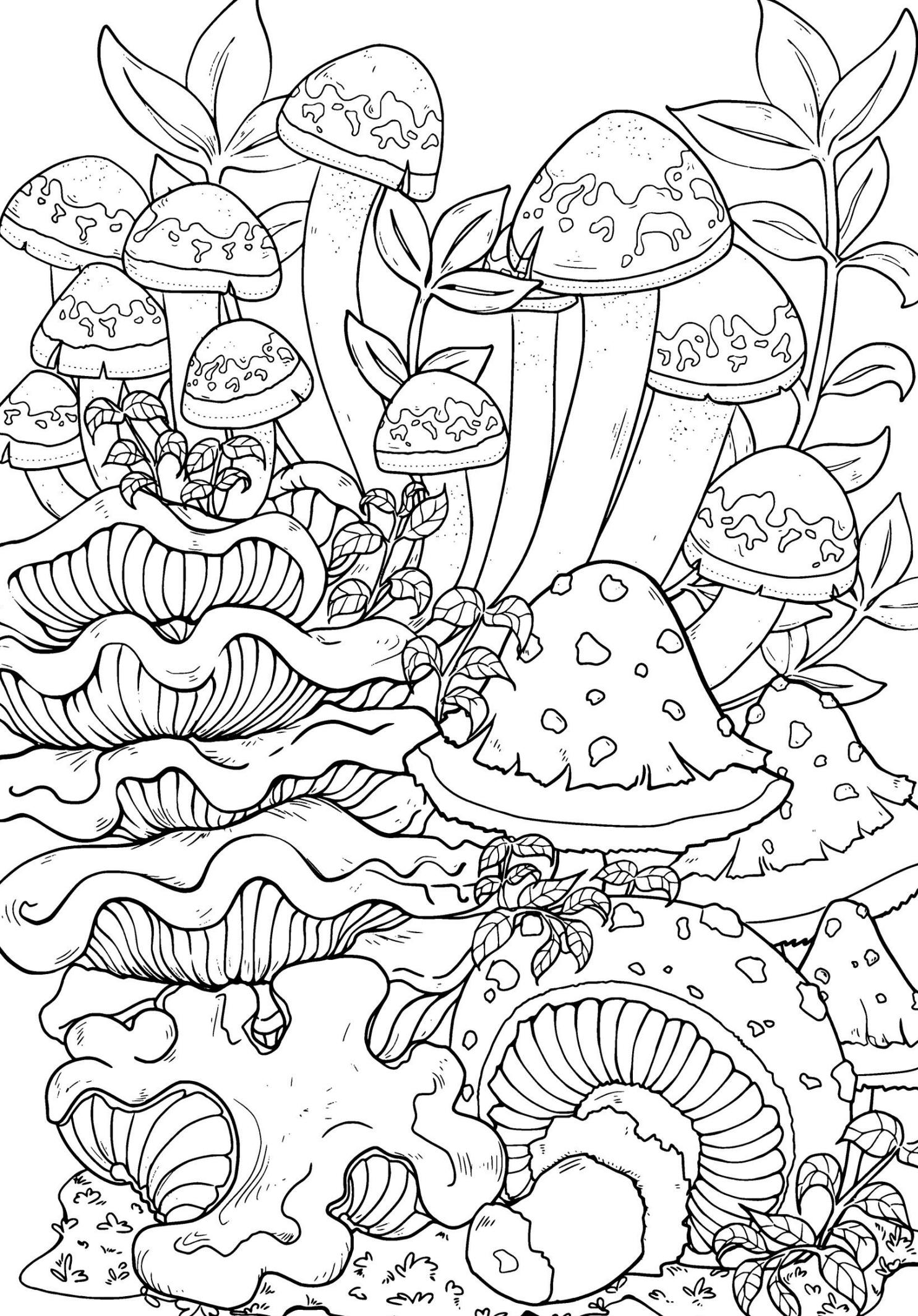
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“To be whole. To be complete. Wildness reminds us what it means to be human, what we are connected to rather than what we are separate from.”

— Terry Tempest Williams —



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“Those who don’t believe in
magic will never find it.”

— Roald Dahl —



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“The truth is: the natural world is changing. And we are totally dependent on that world. It provides our food, water and air. It is the most precious thing we have and we need to defend it.”

— David Attenborough —



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“Every particular in nature,
a leaf, a drop, a crystal, a
moment of time is related to
the whole, and partakes of
the perfection of the whole.”

— Ralph Waldo Emerson —



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“We still do not know one
thousandth of one percent of
what nature has revealed to us.”

— Albert Einstein —



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“Only if you have been
in the deepest valley,
can you ever know how
magnificent it is to be on
the highest mountain.”

— Richard M. Nixon —



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“Let us permit nature
to have her way. She
understands her business
better than we do.”

— Michel de Montaigne —



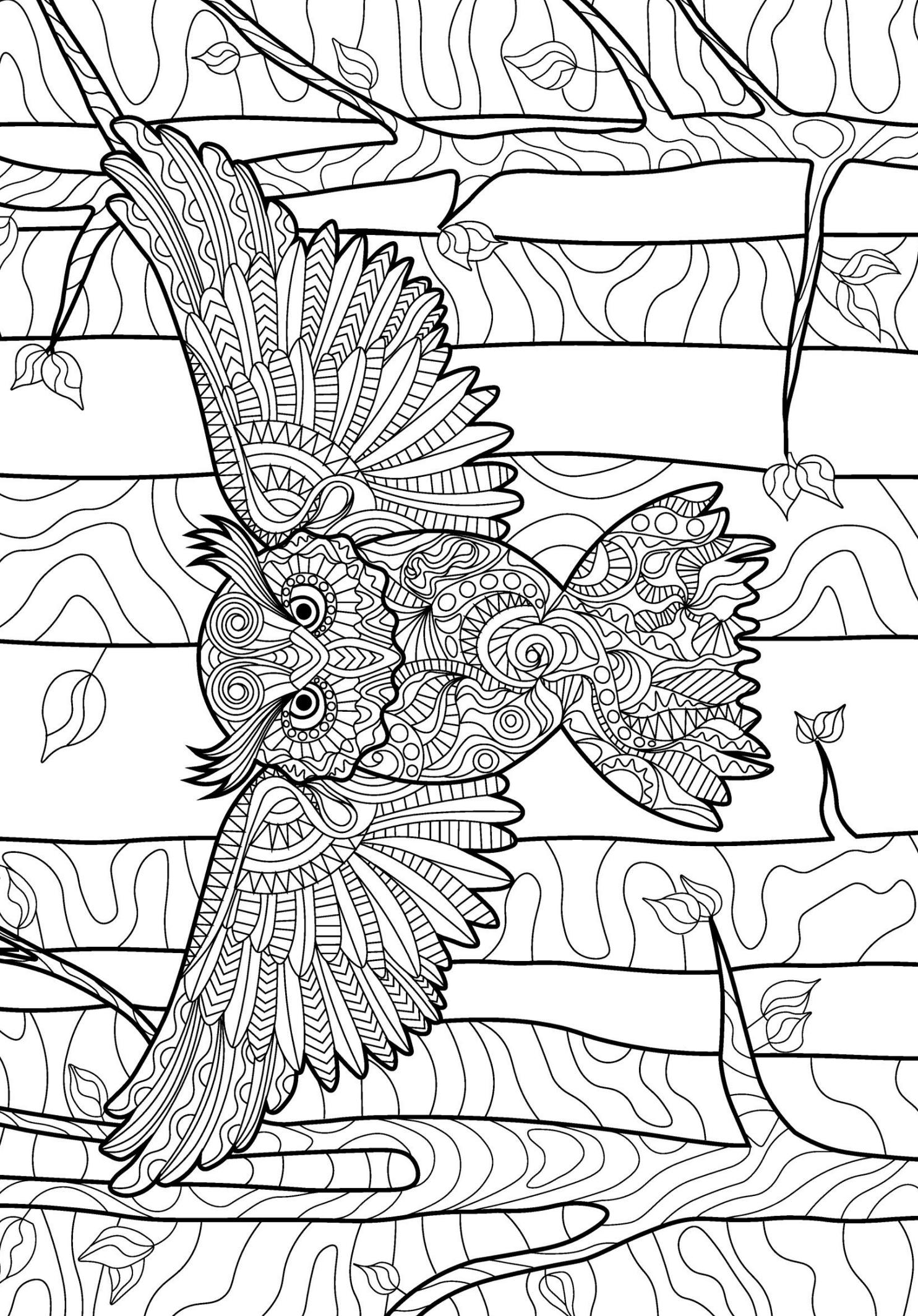
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“If the path be
beautiful, let us not
ask where it leads.”

— Anatole France —



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“A friend who is far away
is sometimes much nearer
than one who is at hand.

Is not the mountain far
more awe-inspiring and
more clearly visible to one
passing through the valley
than to those who inhabit
the mountain?”

— Khalil Gibran —



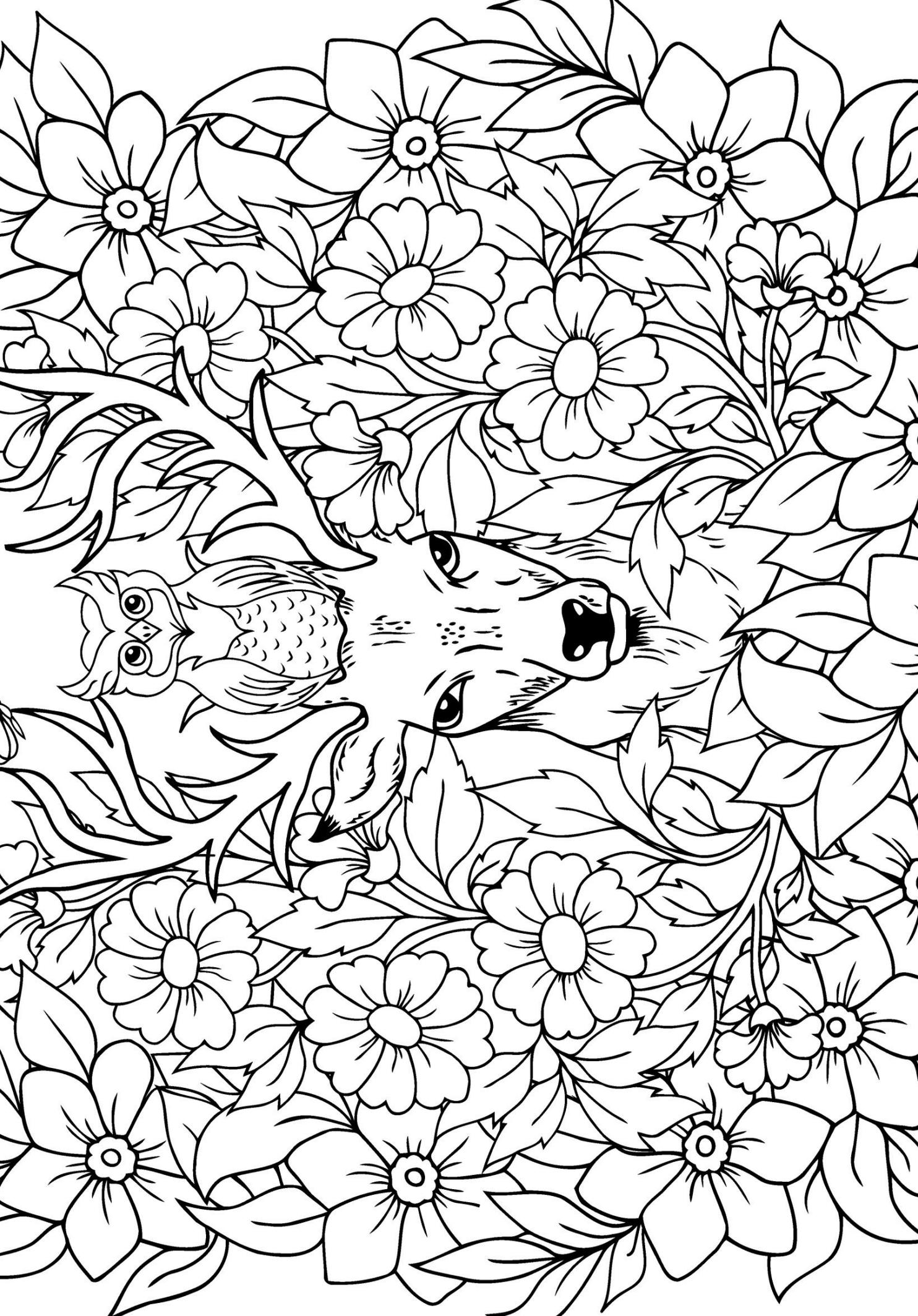
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“Our task must be to free ourselves by widening our circle of compassion to embrace all living creatures and the whole of nature and its beauty.”

— Albert Einstein —



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“There is no easy walk to freedom anywhere, and many of us will have to pass through the valley of the shadow of death again and again before we reach the mountaintop of our desires.”

— Nelson Mandela —



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“Nature does not
hurry, yet everything
is accomplished.”

— Laozi —



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“It seems to me that the natural world is the greatest source of excitement; the greatest source of visual beauty; the greatest source of intellectual interest. It is the greatest source of so much in life that makes life worth living.”

— David Attenborough —



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“It is not the language
of painters but the
language of nature which
one should listen to, the
feeling for the things
themselves, for reality is
more important than the
feeling for pictures.”

— Vincent Van Gogh —



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“Nature uses human
imagination to lift her
work of creation to
even higher levels.”

— Luigi Pirandello —



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“Never stay up on
the barren heights of
cleverness, but come
down into the green
valleys of silliness.”

— Ludwig Wittgenstein —



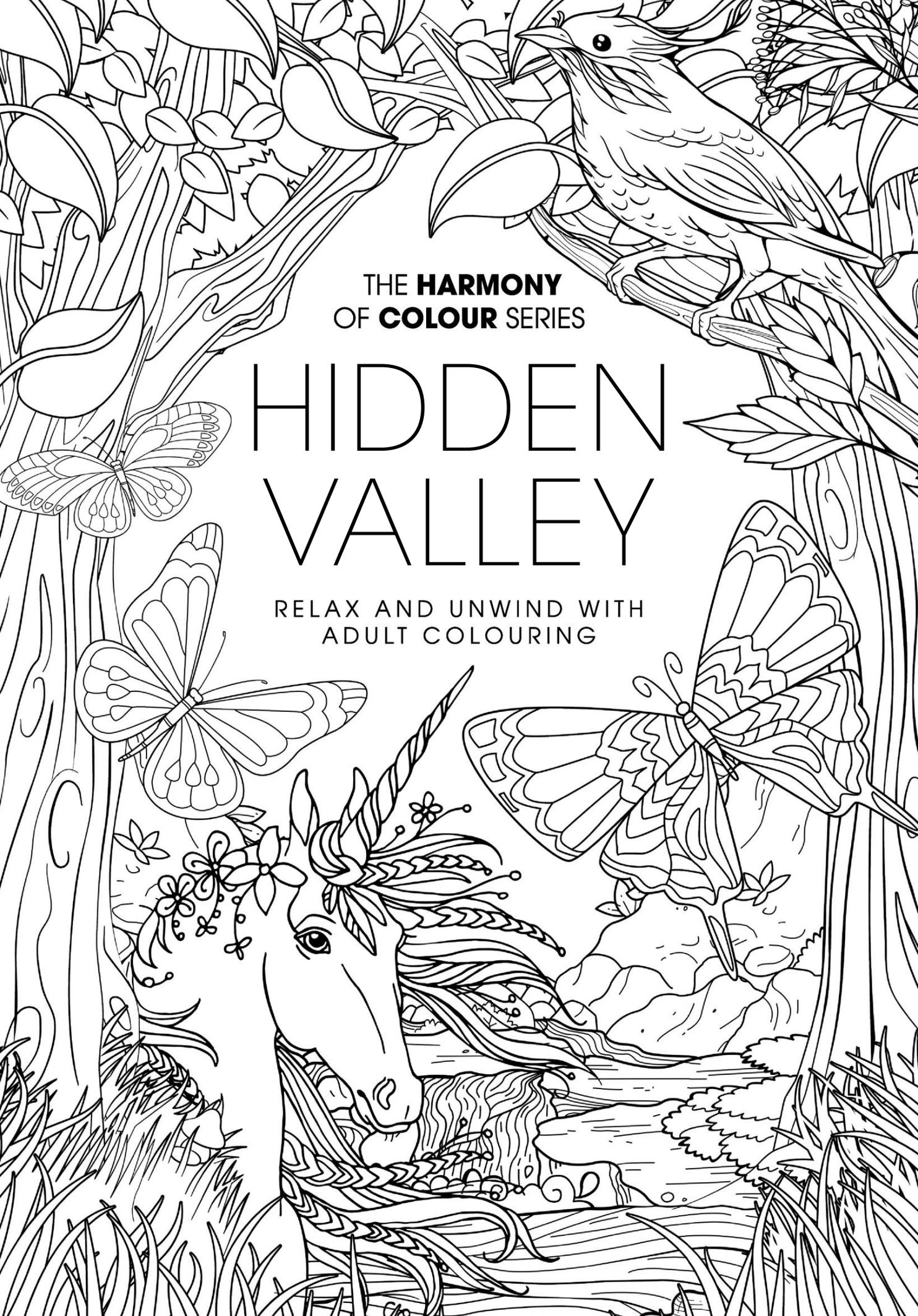
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