



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

SPRINGTIME DELIGHTS

RELAX AND UNWIND WITH
ADULT COLOURING

BOOK SEVENTY

AUST \$12.95 NZ \$12.95 INC GST

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

SPRINGTIME DELIGHTS

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 Seventy: Springtime Delights 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



“Love is the flower
you’ve got to let grow.”

— John Lennon —



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“Land is not merely soil, it is
a fountain of energy flowing
through a circuit of soils,
plants and animals.”

— Aldo Leopold —



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

— Croft M. Pentz —



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“Blossom by blossom
the spring begins.”

— Algernon Charles Swinburne —



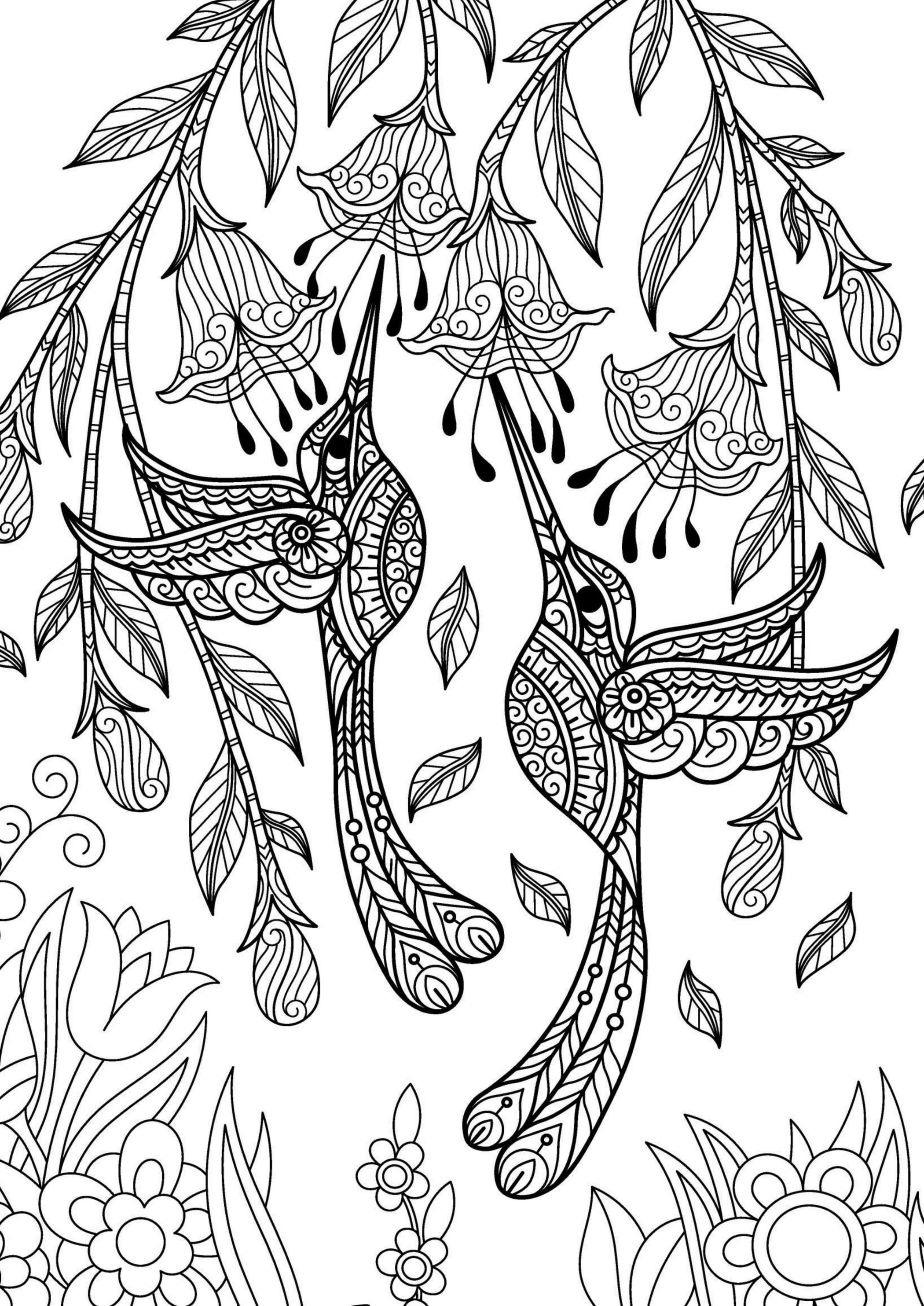
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“In joy or sadness, flowers
are our constant friends.”

— Okakura Kakuzo —



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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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“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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“People from a planet without flowers would think we must be mad with joy the whole time to have such things about us.”

— Iris Murdoch —



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"I'd rather have roses on my table
than diamonds on my neck."

— Emma Goldman —



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“We can complain because rose bushes have thorns, or rejoice because thorn bushes have roses.”

— Abraham Lincoln —



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“So plant your own gardens
and decorate your own
soul, instead of waiting for
someone to bring you flowers.”

— Jorge Luis Borges —



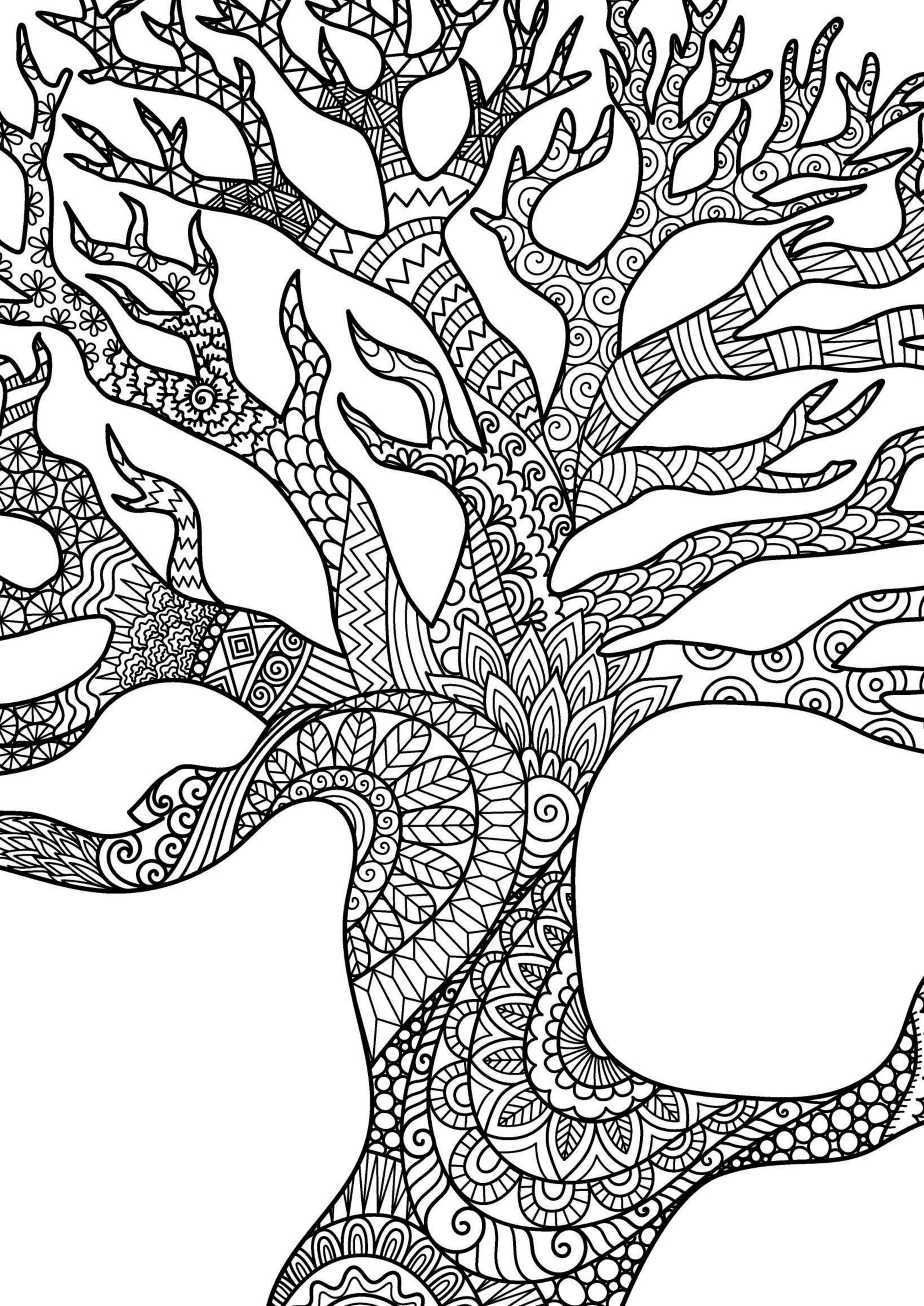
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“Kind hearts are the gardens,
kind thoughts are the roots,
kind words are the flowers,
kind deeds are the fruits,
take care of your garden
and keep out the weeds,
fill it with sunshine,
kind words and
kind deeds.”

— Henry Wadsworth Longfellow —



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“A flower does not think of competing with the flower next to it. It just blooms.”

— Zenkei Shibayama —



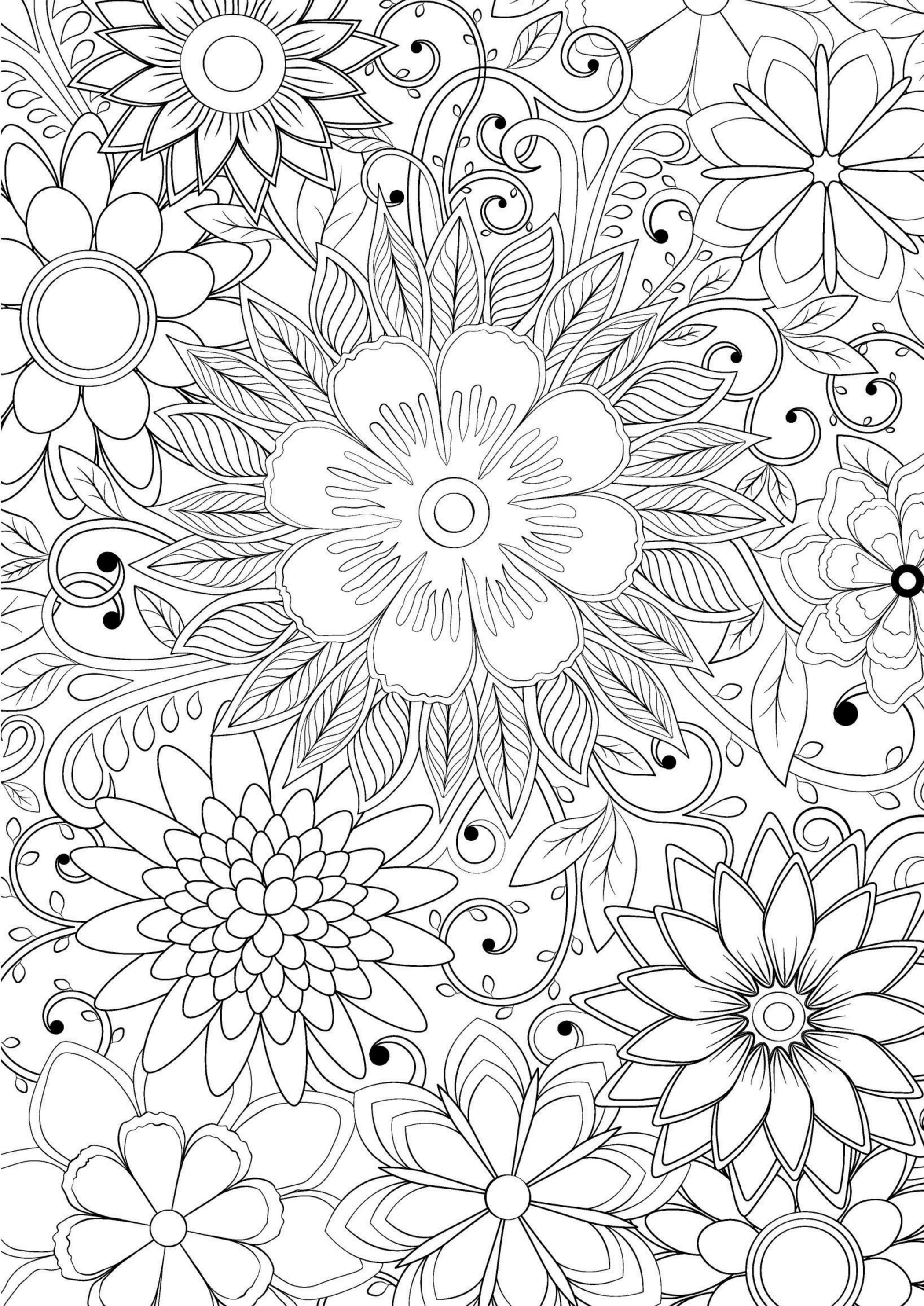
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“Don't judge each day by
the harvest you reap but by
the seeds that you plant.”

— Robert Louis Stevenson —



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“There is simply the rose;
it is perfect in every
moment of its existence.”

— Ralph Waldo Emerson —



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“Love is a fruit in season
at all times, and within
reach of every hand.”

— Mother Teresa —



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“To plant a garden is to
believe in tomorrow.”

— Audrey Hepburn —



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“If you look the right way,
you can see that the whole
world is a garden.”

— Frances Hodgson Burnett —



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“He who wants a rose
must respect her thorn.”

— Andre Gide —



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“To be overcome by the
fragrance of flowers is a
delectable form of defeat.”

— Beverley Nichols —



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“It is my faith that every flower
enjoys the air it breathes!”

— William Wordsworth —



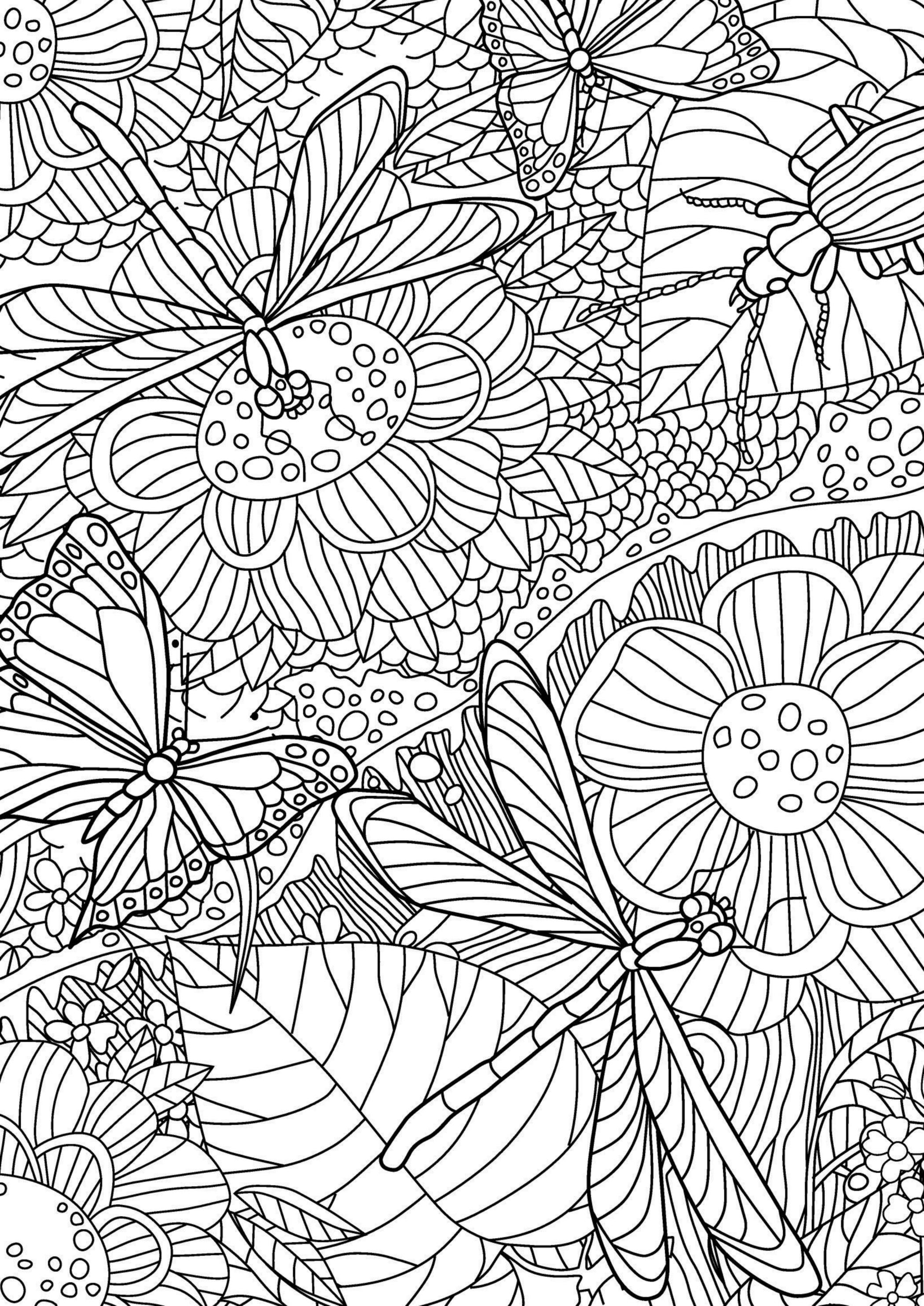
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“A flower cannot blossom
without sunshine, and man
cannot live without love.”

— Max Muller —



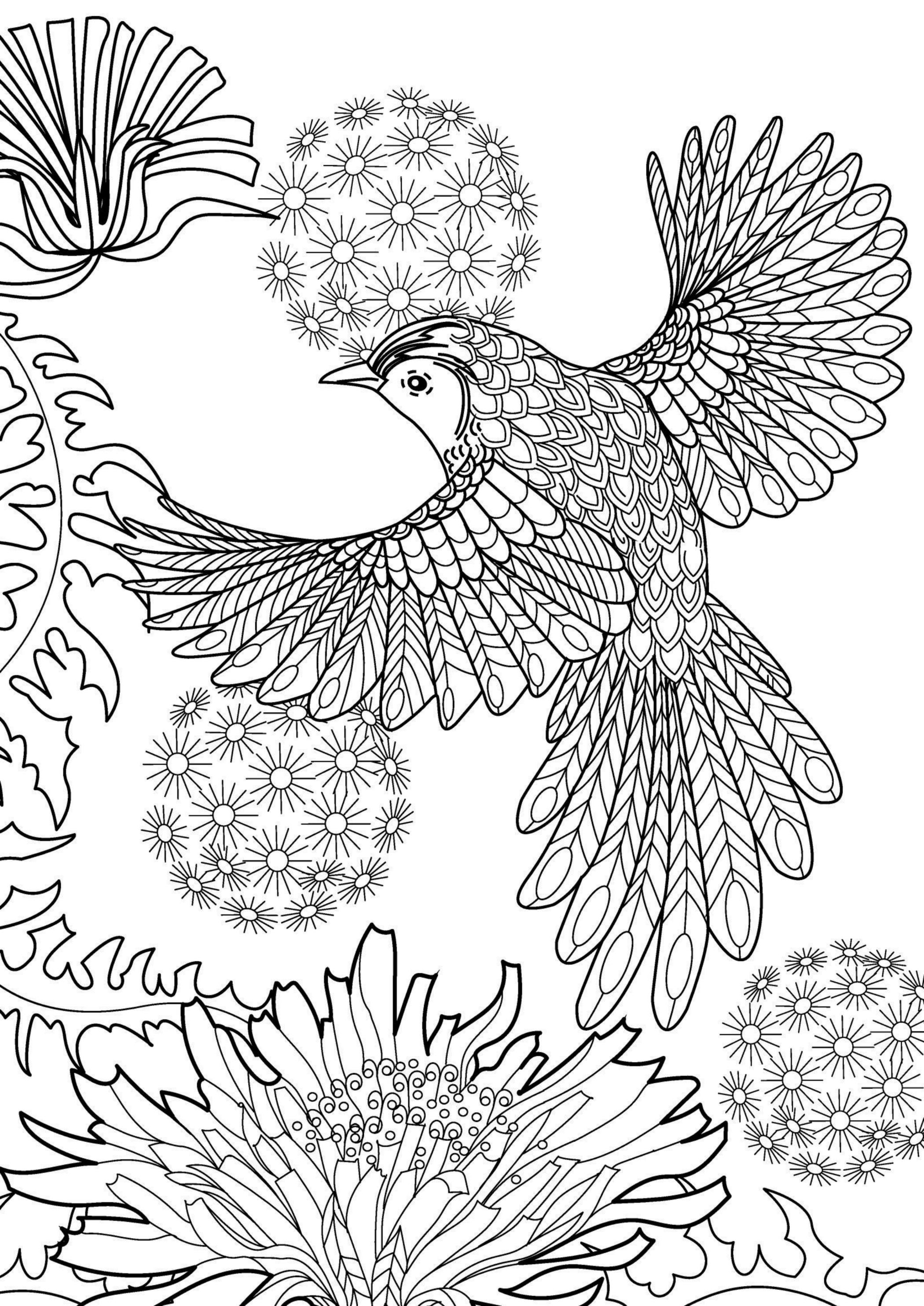
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“I perhaps owe having
become a painter to flowers.”

— Claude Monet —



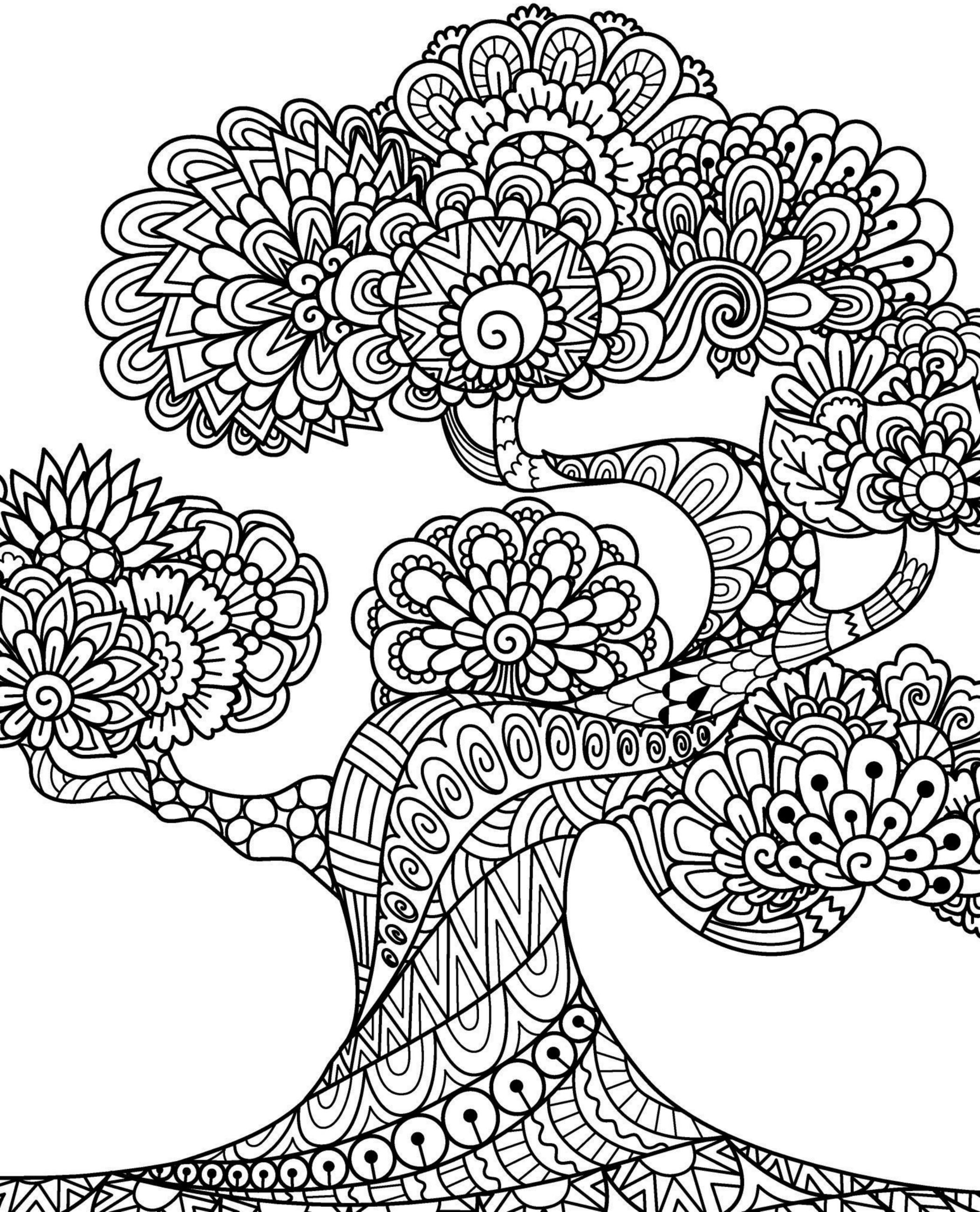
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“You can cut all the
flowers but you cannot
keep spring from coming.”

— Pablo Neruda —



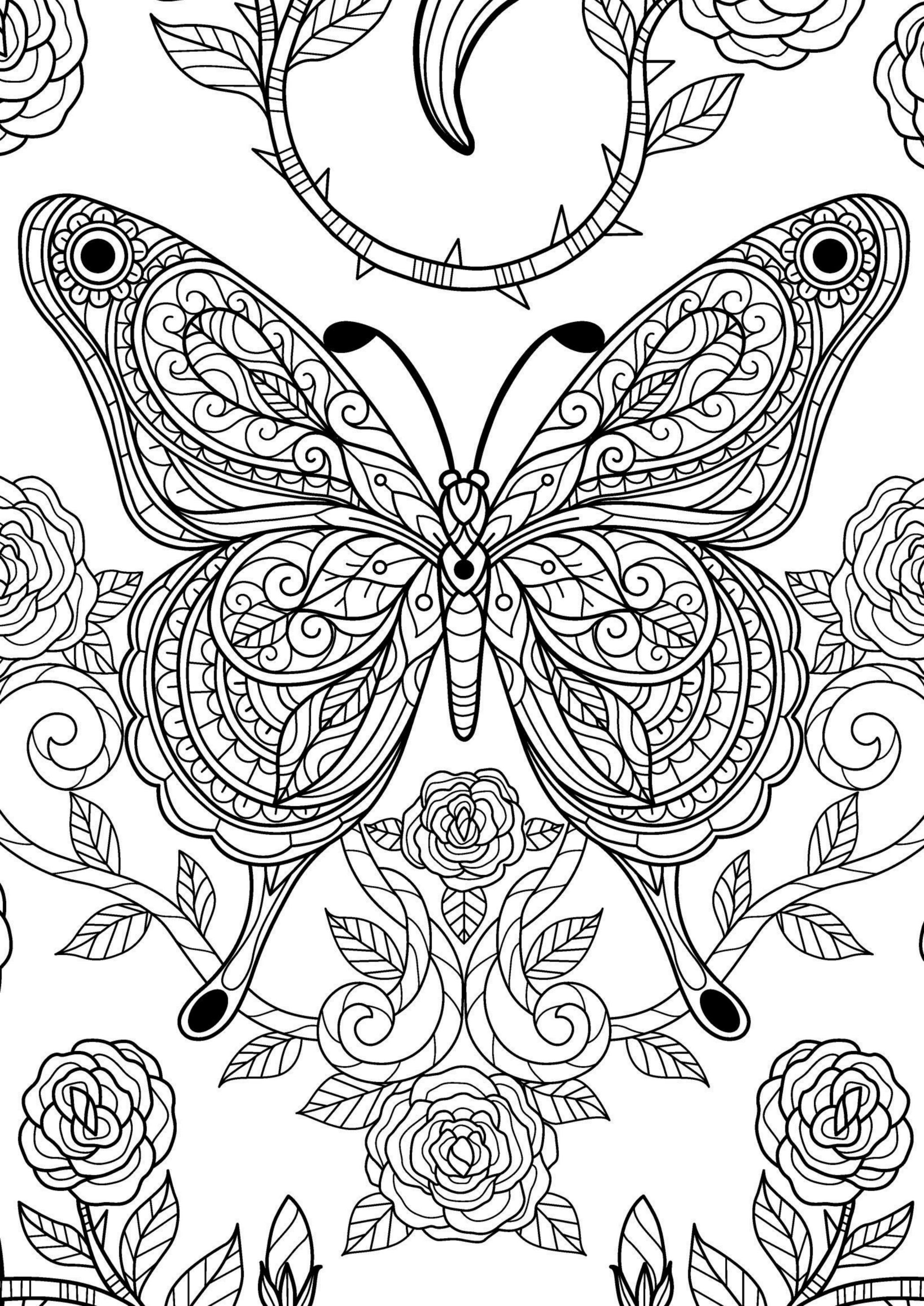
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“Life is the flower for
which love is the honey.”

— Victor Hugo —



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"A flower blossoms for its own joy."

— Oscar Wilde —



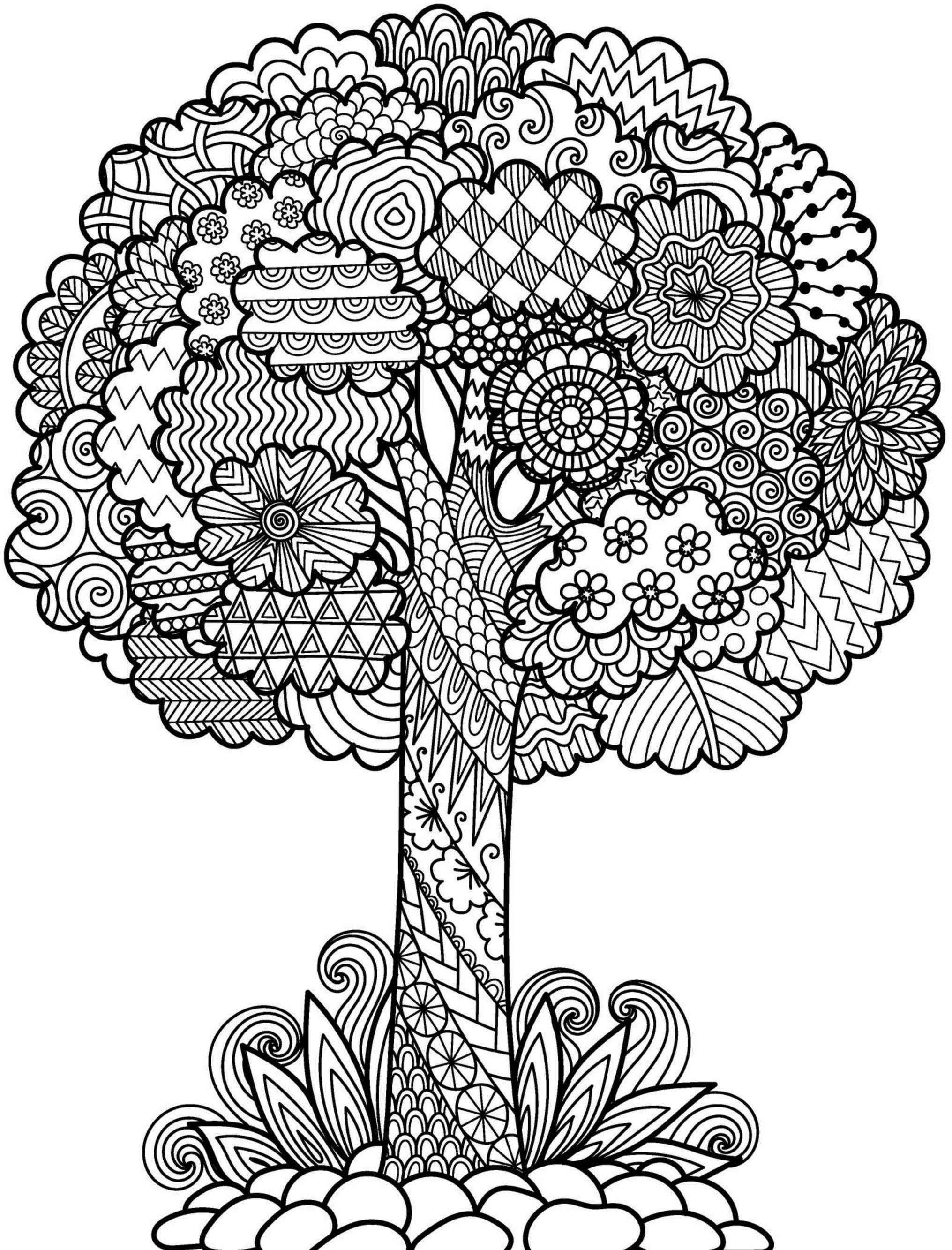
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“If you take a flower in your hand and really look at it, it’s your world for a moment.”

— Georgia O’Keeffe —



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

— Hans Christian Andersen —



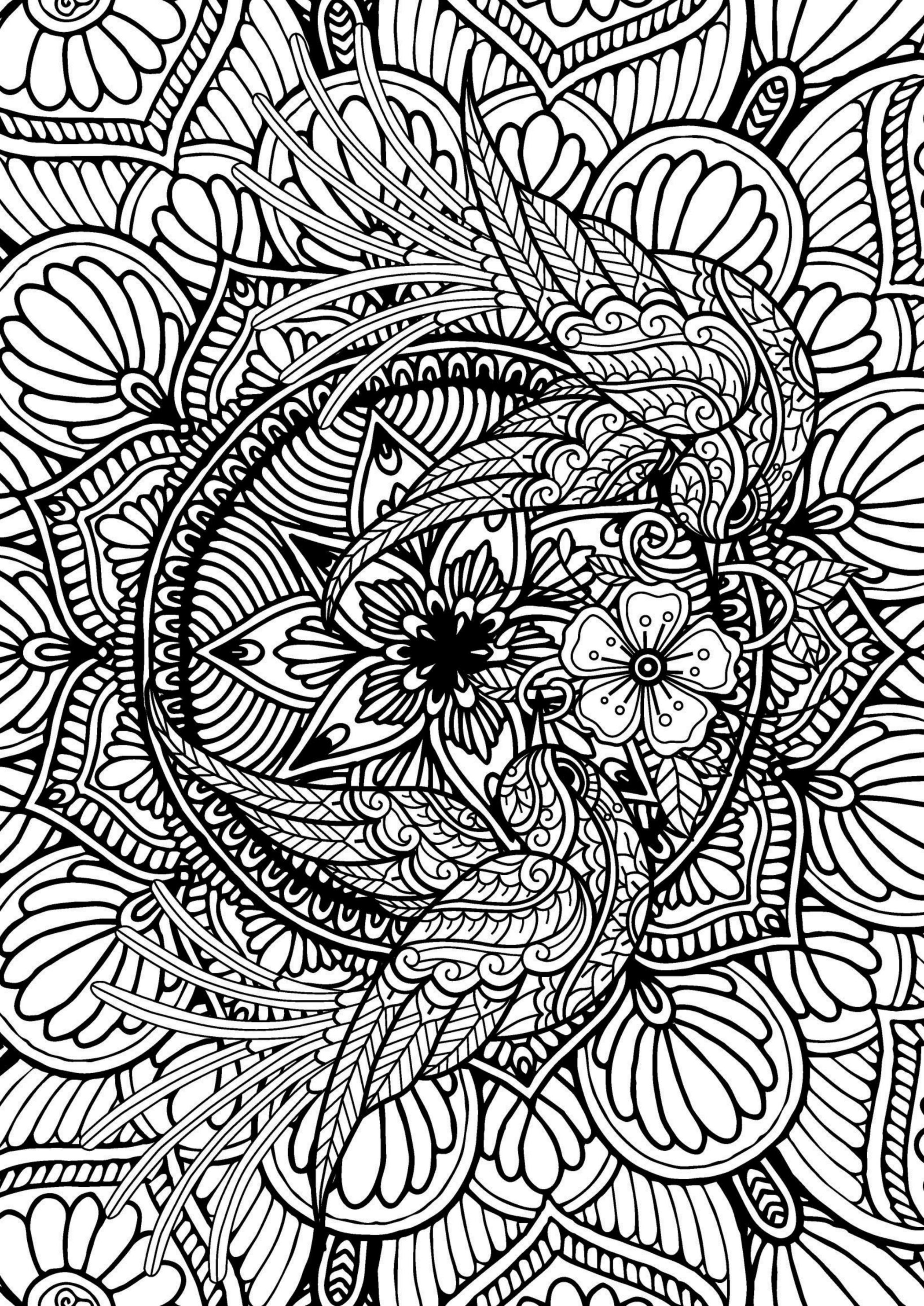
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“Let us be grateful to
people who make us
happy, they are the
charming gardeners who
make our souls blossom.”

— Marcel Proust —



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“Where flowers bloom
so does hope.

Lady Bird Johnson —



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“Dear common flower,
that grow’st beside the way,
fringing the dusty road
with harmless gold,
first pledge of blithesome May,
which children pluck
and, full of pride uphold.”

— James Russell Lowell —



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“In the hopes of reaching
the moon men fail to see
the flowers that blossom
at their feet.”

— Albert Schweitzer —



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“If dandelions were hard to grow, they would be most welcome on any lawn.”

— Andrew Mason —



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“But for one’s health as you
say, it is very necessary to
work in the garden and see
the flowers growing.”

— Vincent Van Gogh —



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“I know a bank where the wild
thyme blows, where oxlips and
the nodding violet grows, quite
over-canopied with luscious
woodbine, with sweet musk-
roses and with eglantine.”

— William Shakespeare —



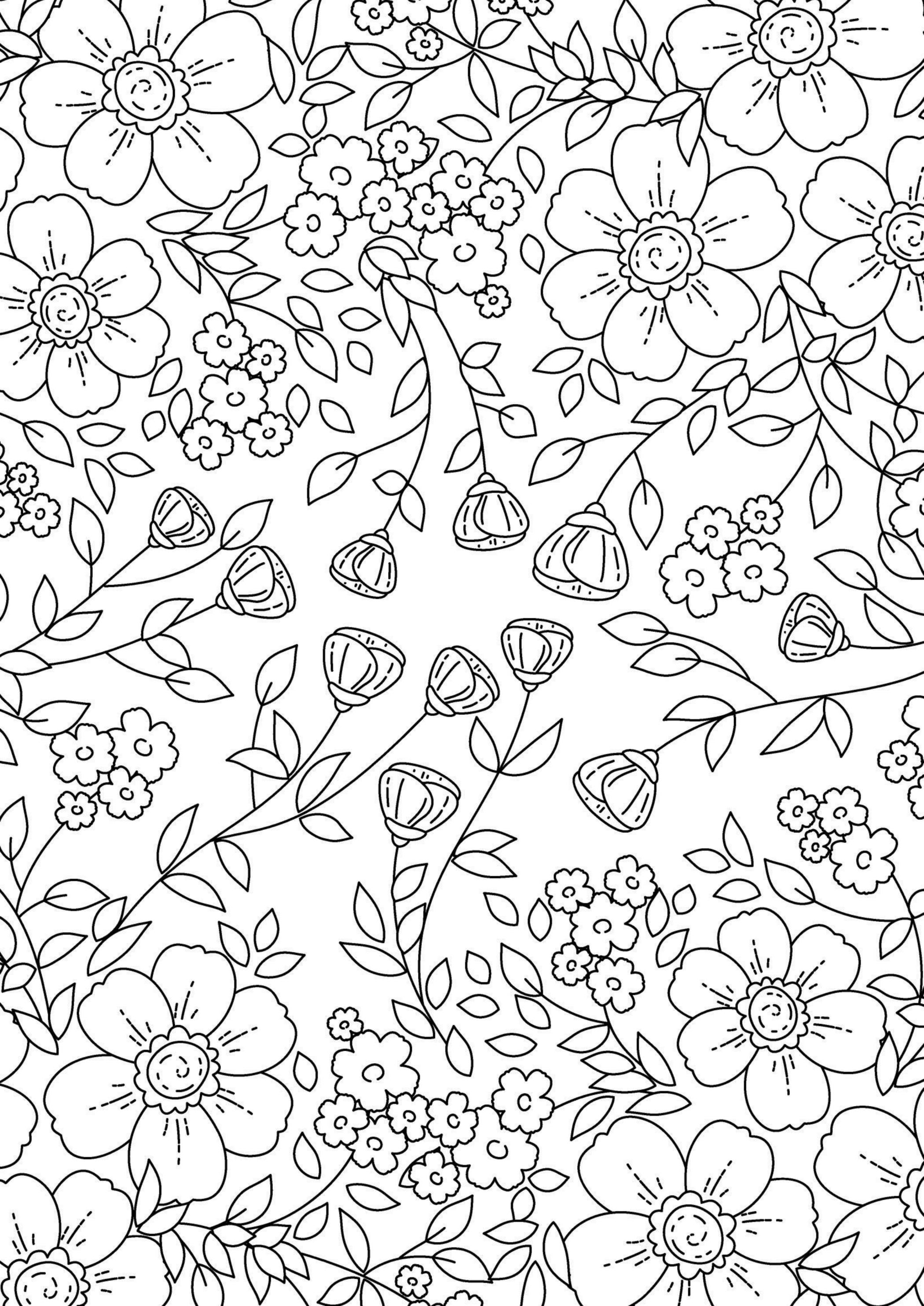
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“Flowers grow out of
dark moments.”

— Corita Kent —



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A detailed black and white line drawing for coloring, featuring a central bird with intricate feather patterns, surrounded by various butterflies, flowers, and foliage. The text is centered over the image.

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RELAX AND UNWIND WITH
ADULT COLOURING

THE ENTIRE HARMONY OF COLOUR COLLECTION



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