

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

# TROPICAL PARADISE

RELAX AND UNWIND WITH  
ADULT COLOURING

BOOK EIGHTY EIGHT  
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THE **HARMONY**  
OF **COLOUR** SERIES

# TROPICAL PARADISE

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: Tropical Paradise* 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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All images: Shutterstock



“It is better to  
have your head  
in the clouds,  
and know where  
you are, than to  
breathe the clearer  
atmosphere below  
them, and think  
that you are in  
paradise.”

— Henry David Thoreau —



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“When you look at me,  
when you think of me,  
I am in paradise.”

— William Makepeace Thackeray —



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“I’m always sad to leave  
paradise, but I leave  
behind the hopes of  
coming again soon.”

— Irina Shayk —



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“Man can now fly in the  
air like a bird, swim under  
the ocean like a fish,  
he can burrow into the  
ground like a mole. Now  
if only he could walk the  
earth like a man, this  
would be paradise.”

— Tommy Douglas —



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“While sleeping in a  
hammock, with the  
touch of a warm wind,  
we remember why we  
are in love with the life!”

— Mehmet Murat ildan —



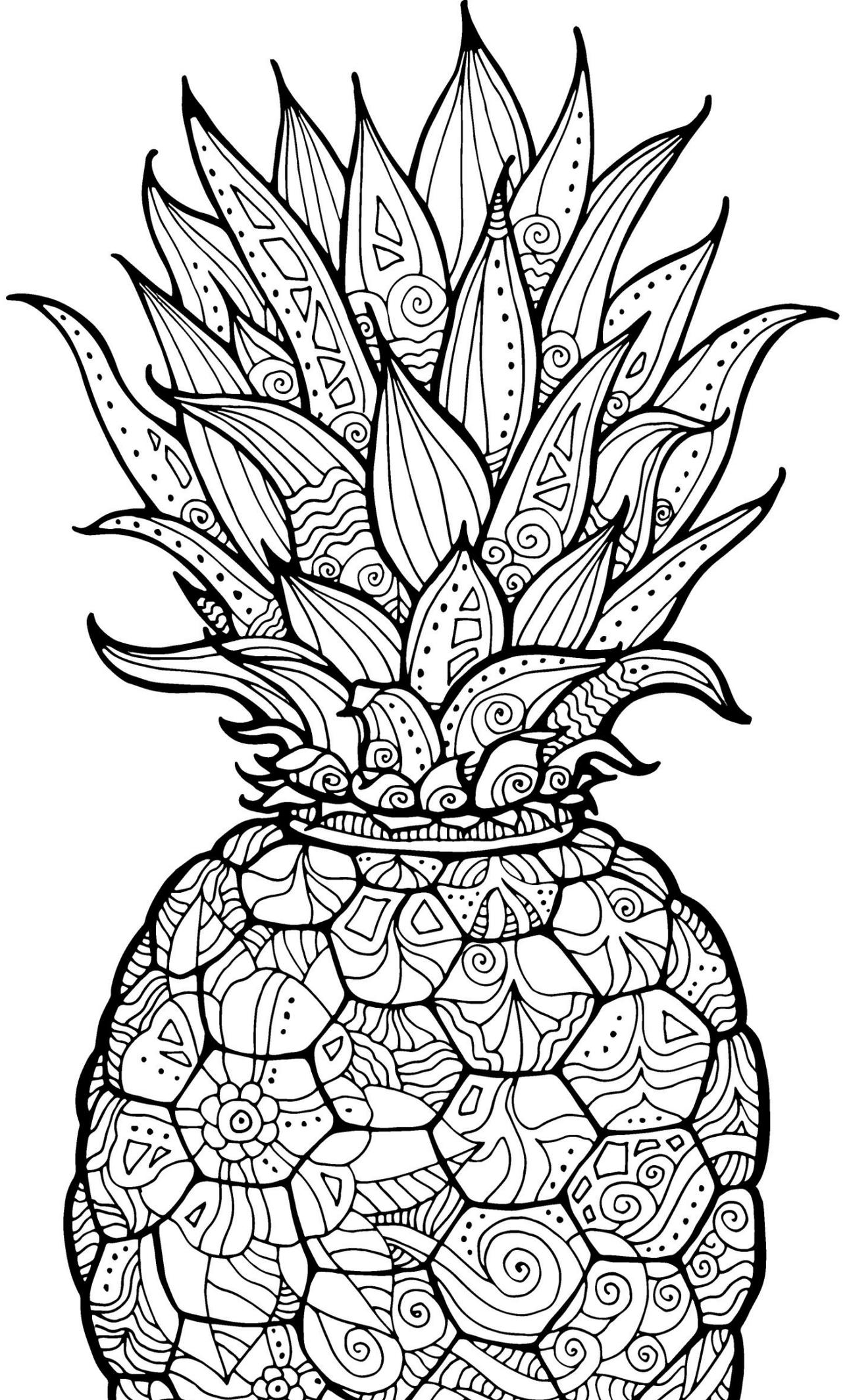
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“Every time I stand  
before a beautiful  
beach, its waves  
seem to whisper to  
me: If you choose the  
simple things and find  
joy in nature’s simple  
treasures, life and living  
need not be so hard.”

— Psyche Roxas-Mendoza —



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“If there’s heaven for me,  
I’m sure it has a beach  
attached to it.”

— Jimmy Buffett —



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“He that does good  
for good’s sake seeks  
neither paradise nor  
reward, but he is sure  
of both in the end.”

— William Penn —



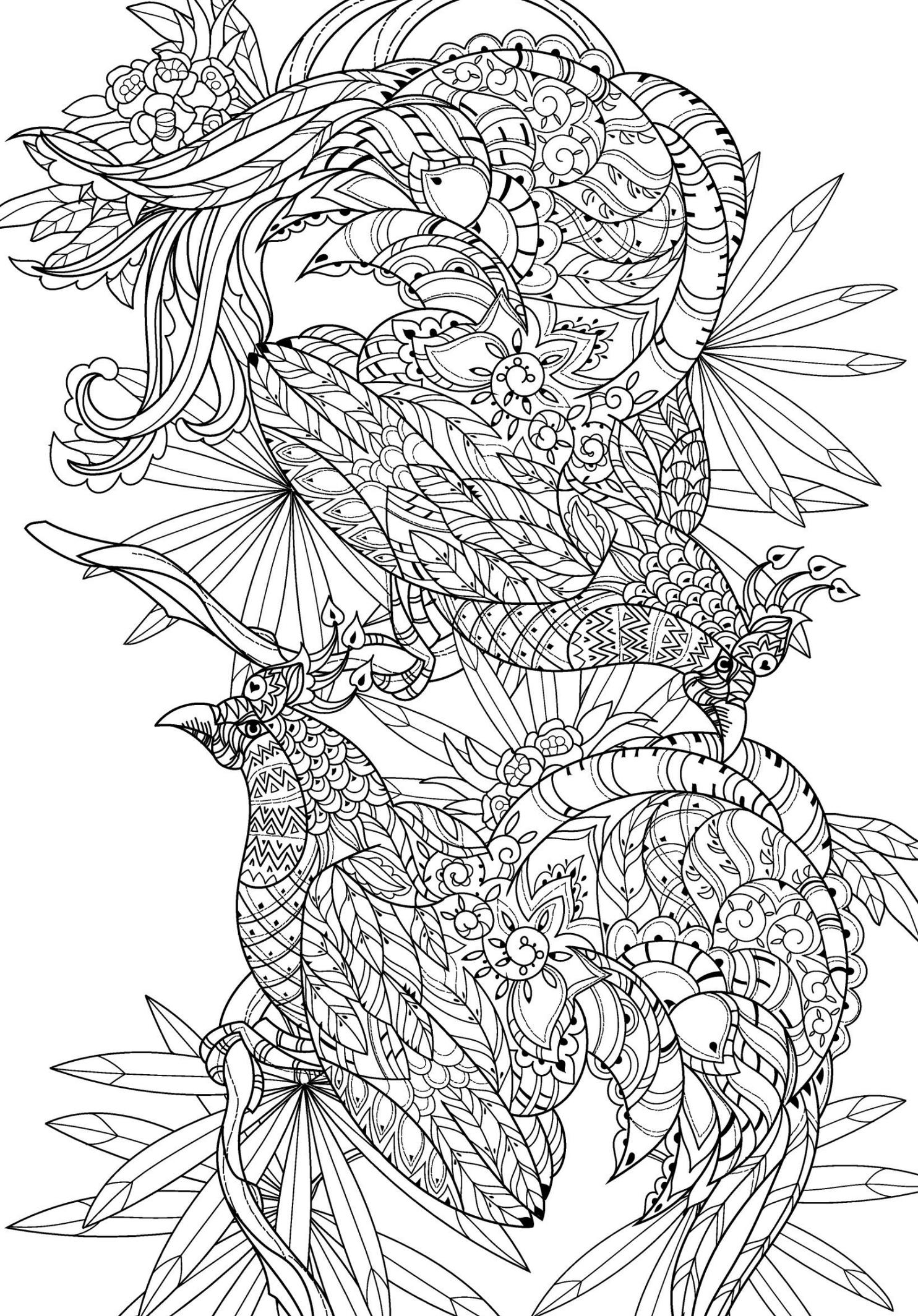
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“Home should be the  
center of joy, equatorial  
and tropical.”

— Henry Ward Beecher —



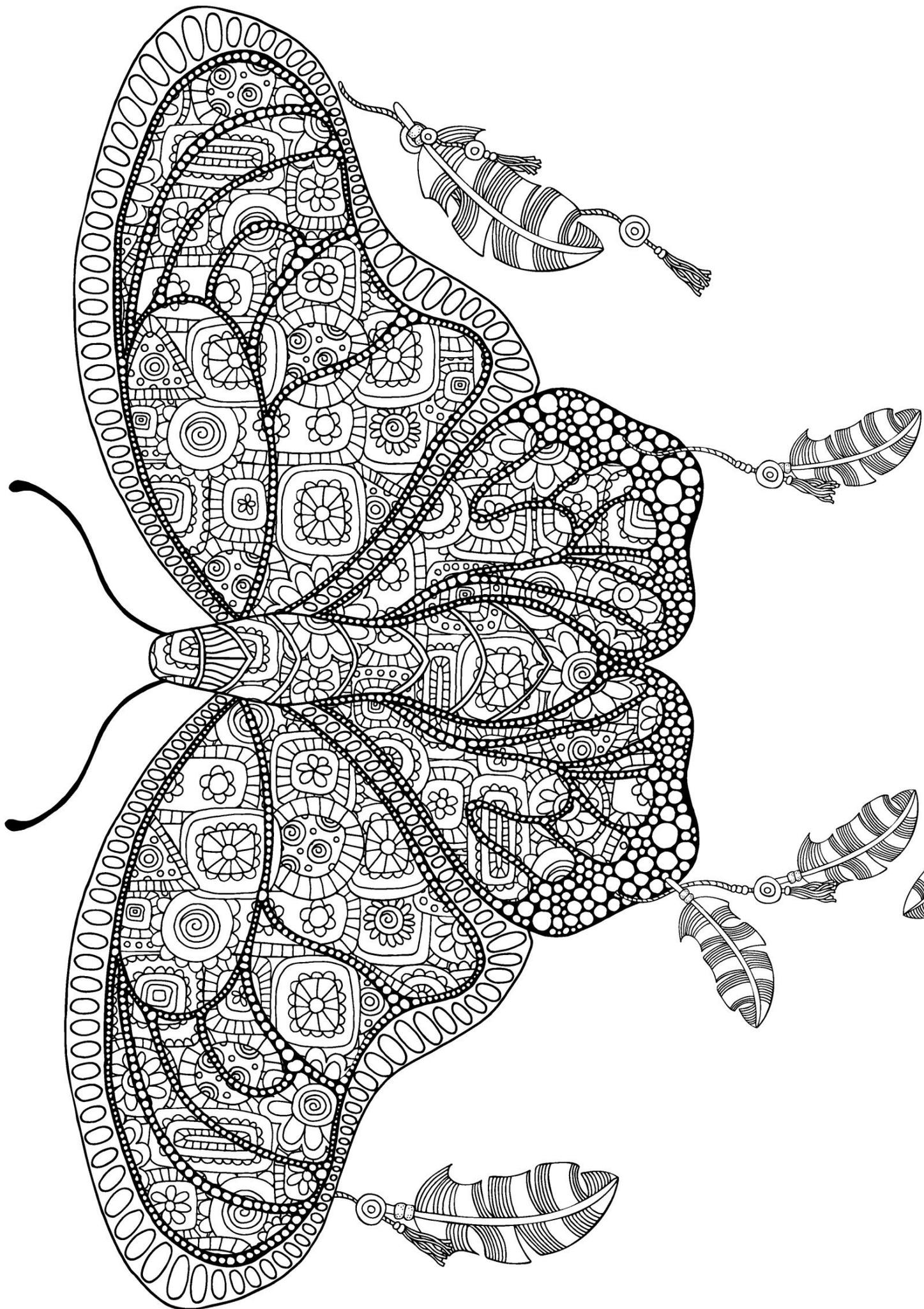
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“We had always  
dwelled together,  
beneath a tropical  
sun, in the Valley of the  
Many-Coloured Grass.”

— Edgar Allan Poe —



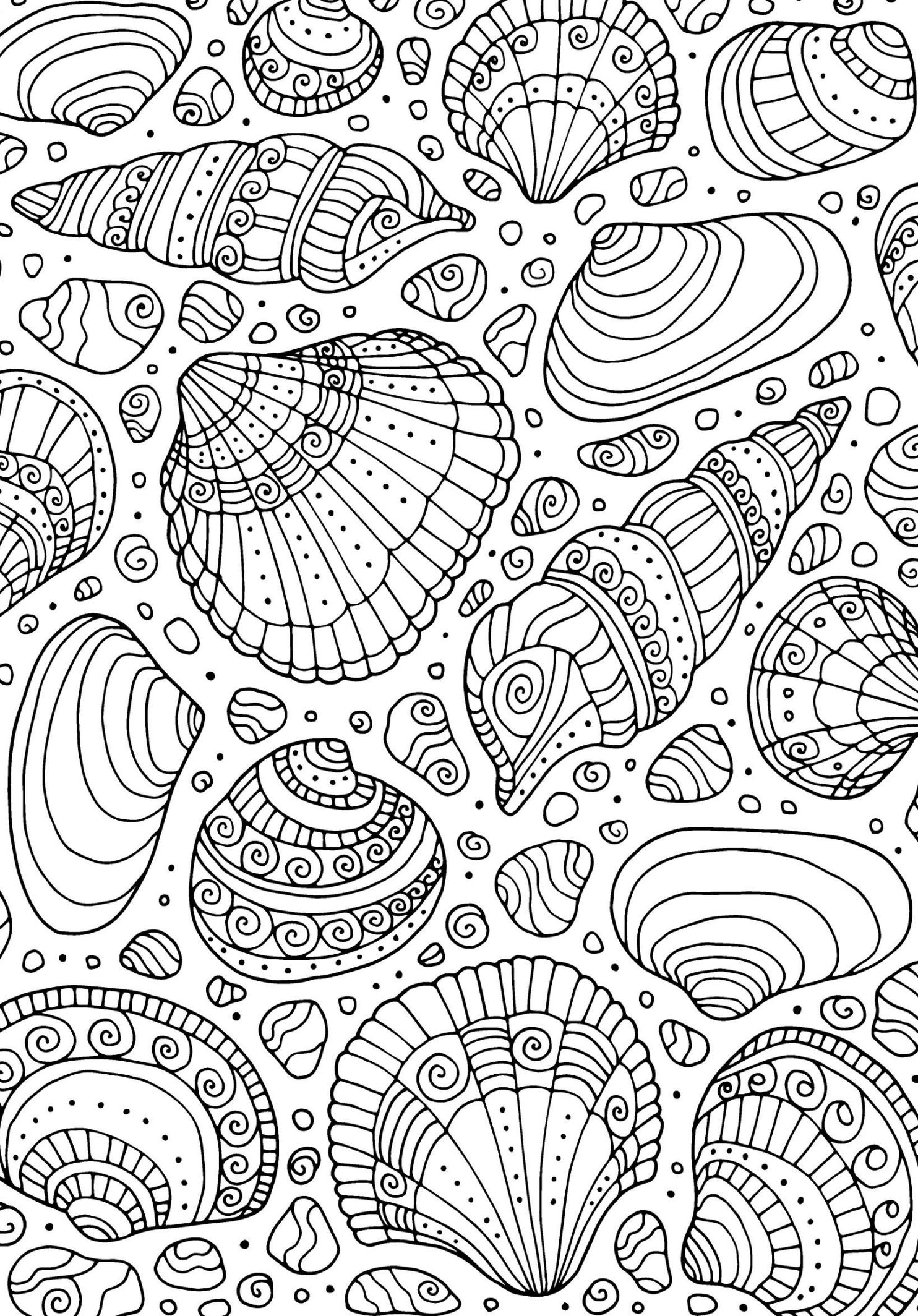
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“Tropical nights are  
hammocks for lovers.”

— Anais Nin —



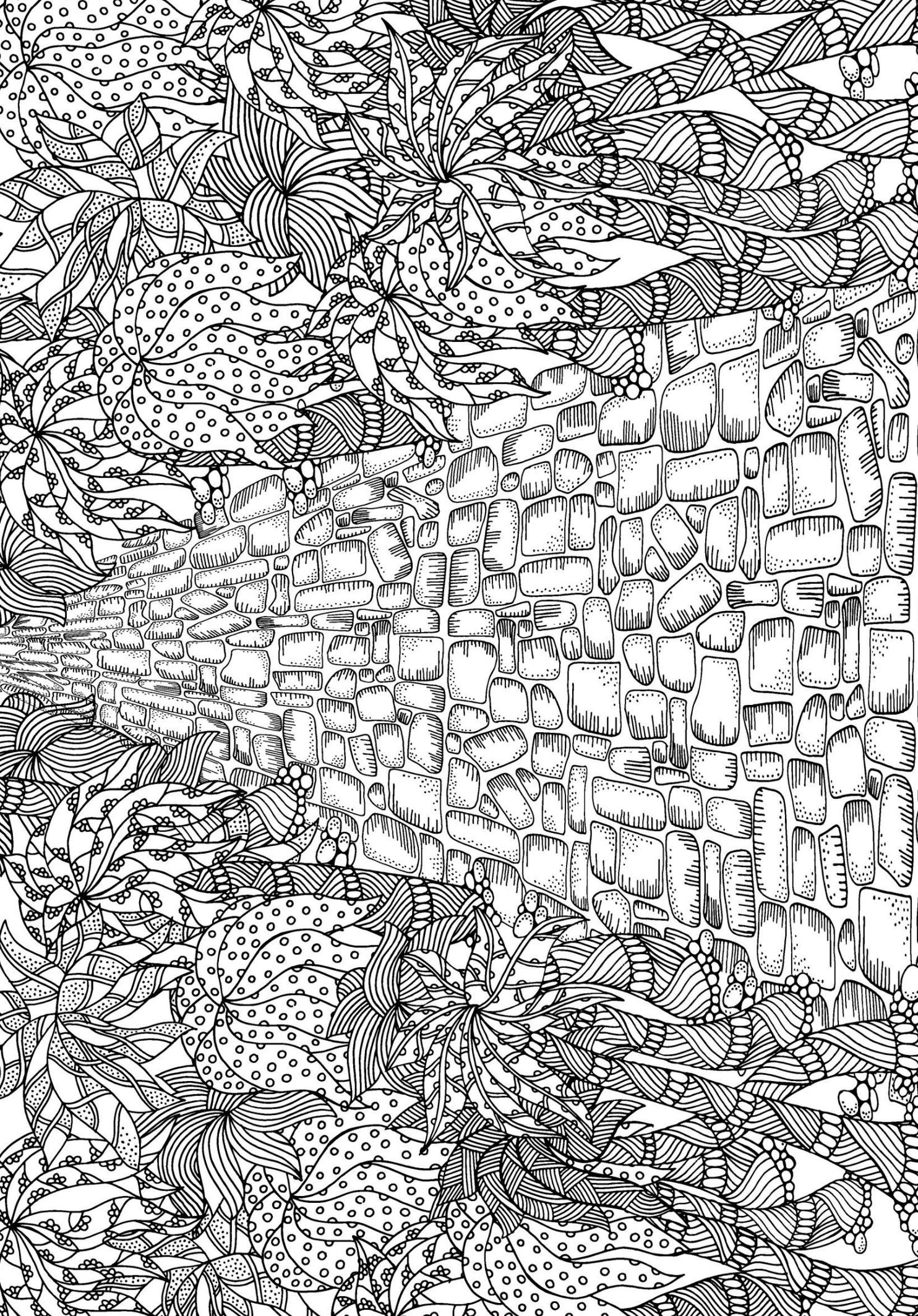
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“Destroying a tropical  
rainforest for profit is  
like burning all the  
paintings of the Louvre  
to cook dinner.”

— E. O. Wilson —



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“People who work hard  
often work too hard.  
May we learn to honour  
the hammock, the  
siesta, the nap and the  
pause in all its forms.”

— Alice Walker —



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“Paradise is exactly like  
where you are right  
now... only much,  
much better.”

— Laurie Anderson —



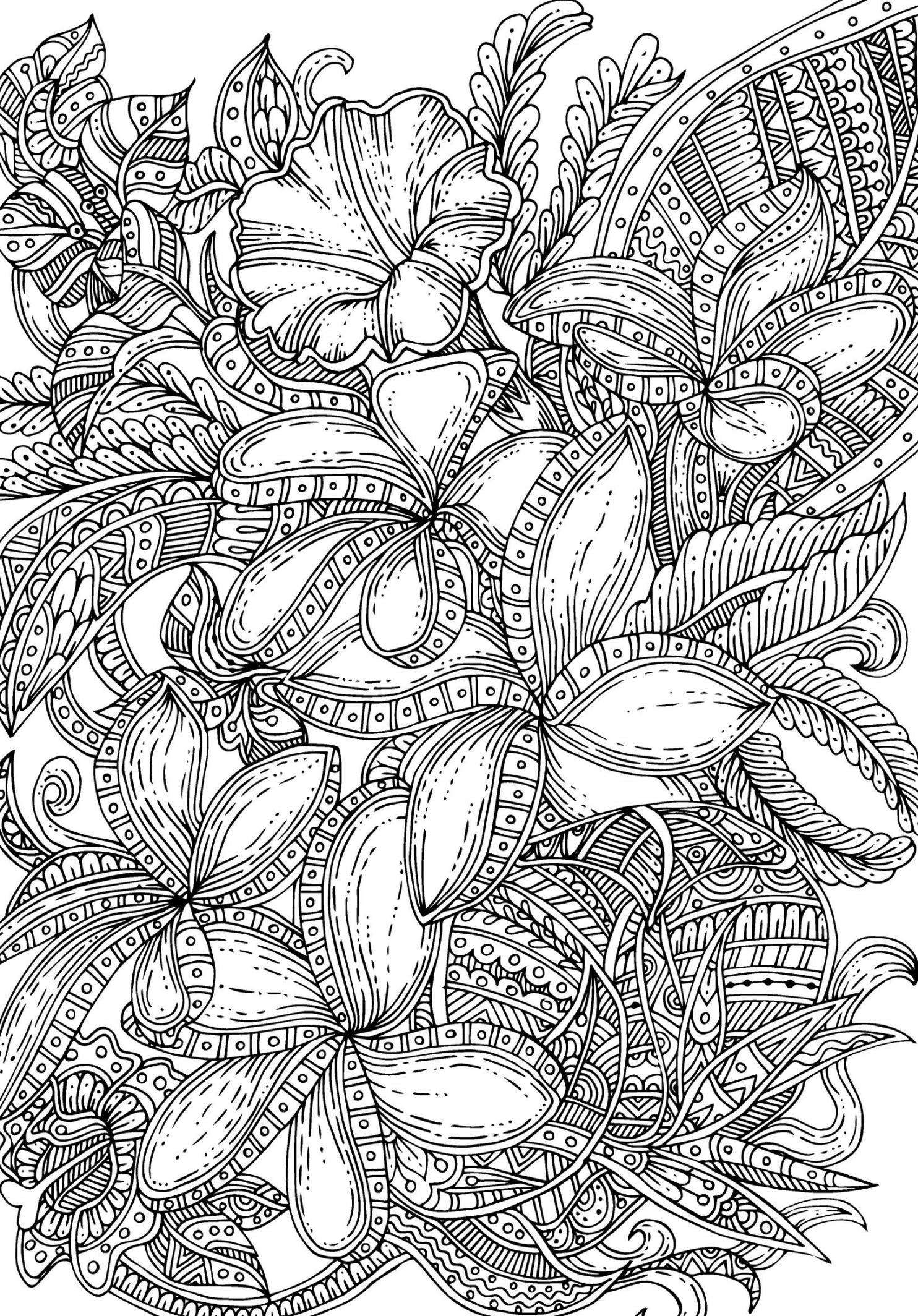
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“Rhyme is an attempt  
to reassemble and  
reaffirm the possibility  
of paradise. There is a  
wholeness, a serenity,  
in sounds coupling to  
form a memory.”

— Derek Walcott —



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“A pool just isn’t the  
same as the ocean. It  
has no energy. No life.”

— Linda Gerber —



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“Antarctica is a  
paradise compared  
to Mars.”

— Sandra Faber —



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“Palm trees are growin’  
and a warm breeze  
a blowing. I picture  
myself right there,  
on some beach,  
somewhere.”

— Blake Shelton —



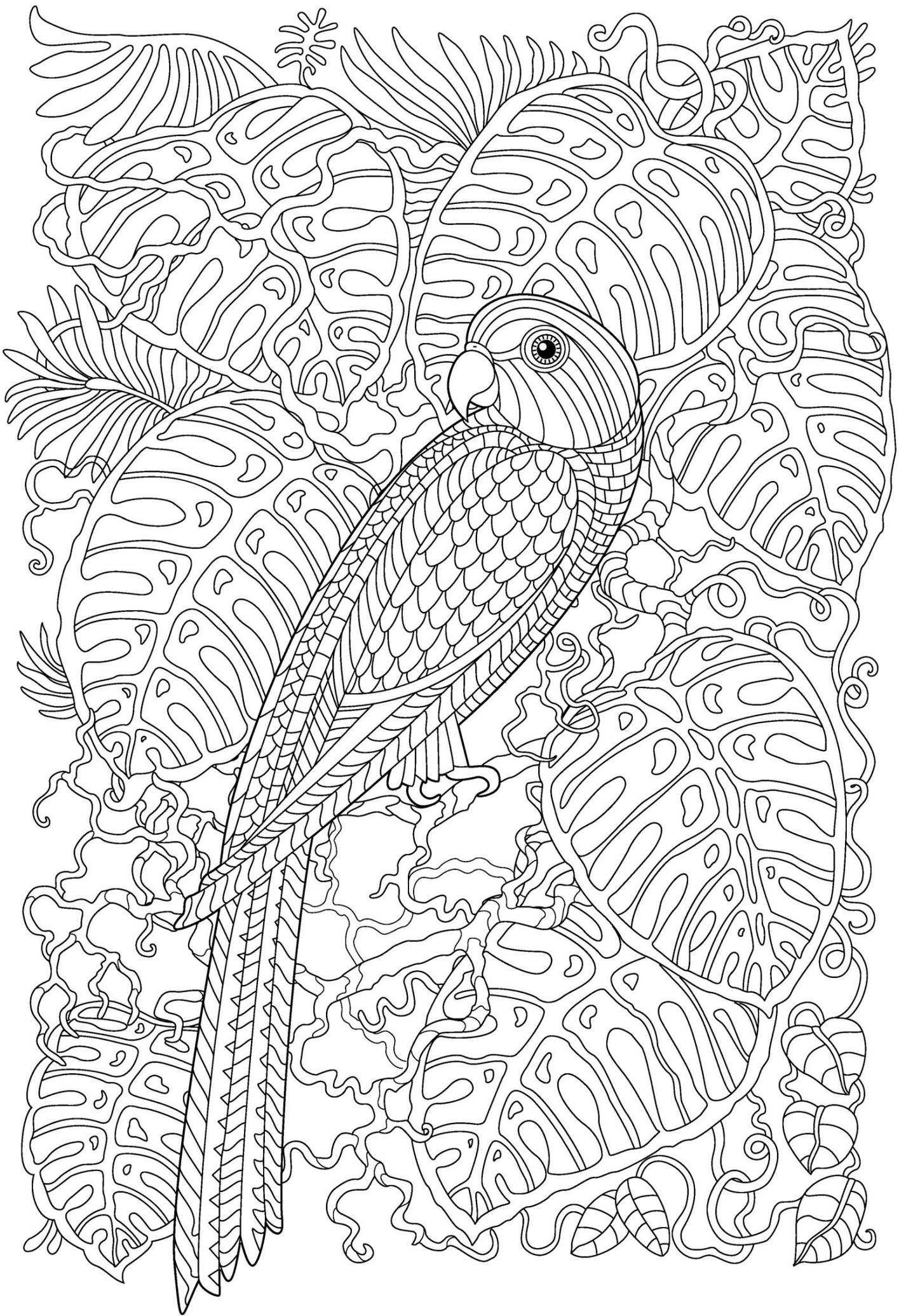
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“At the beach, life is different. Time doesn’t move hour to hour but mood to moment. We live by the currents, plan by the tides, and follow the sun.”

— Sandy Gingras —



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“To go out with the  
setting sun on an  
empty beach is  
to truly embrace  
your solitude.”

— Jeanne Moreau —



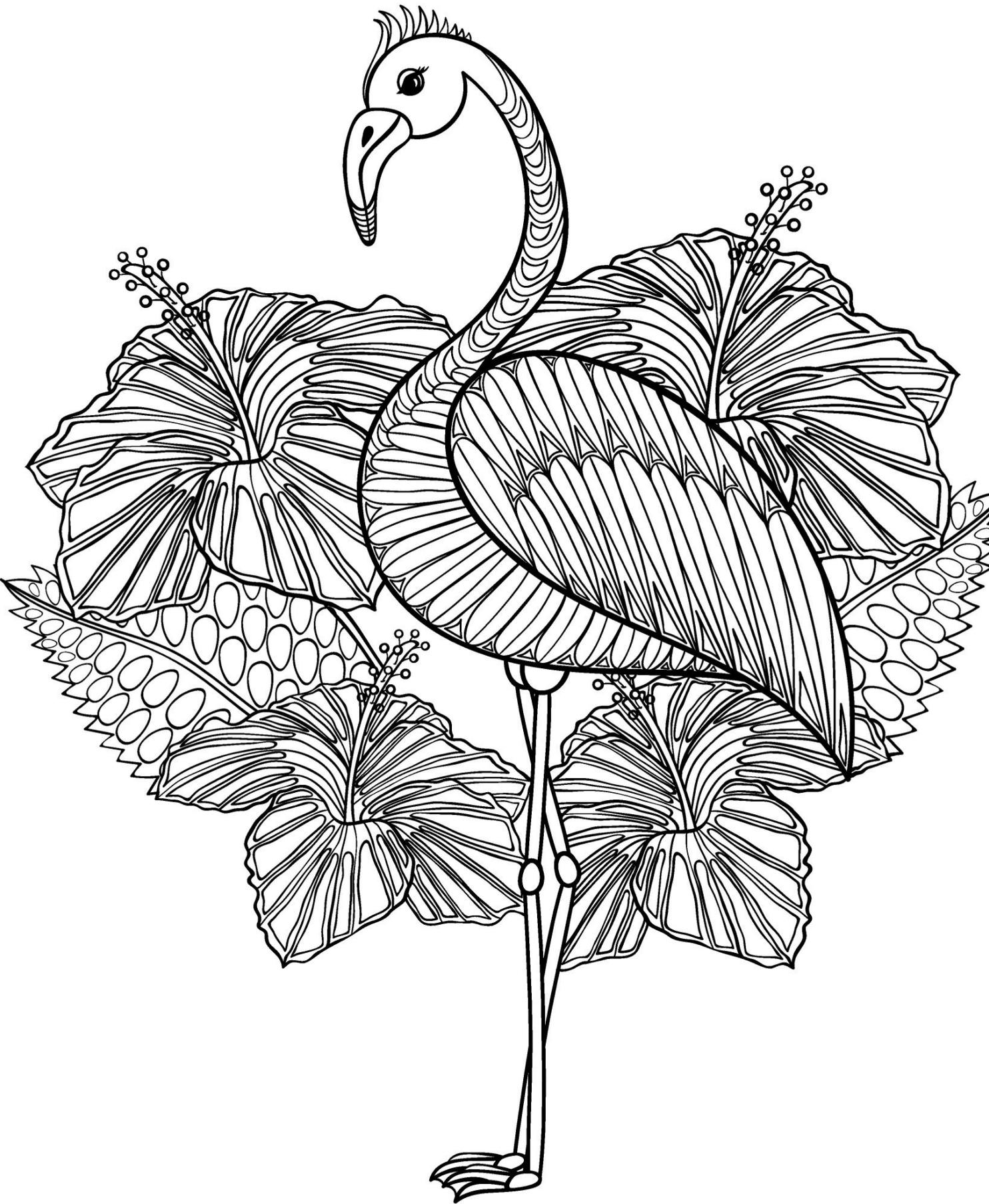
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“The sea, once it  
casts its spell, holds  
one in its net of  
wonder forever.”

— Jacques Yves Cousteau —



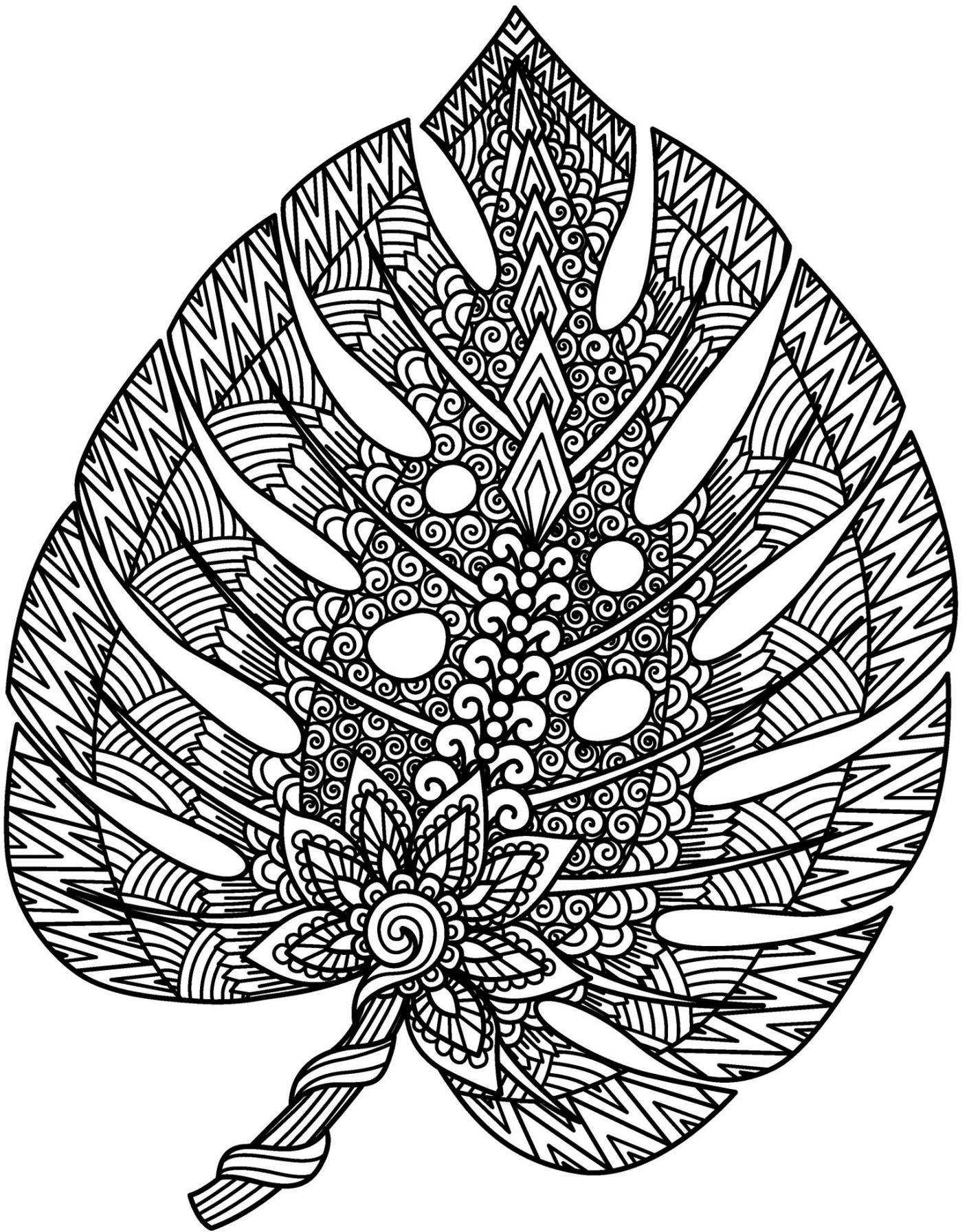
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“Sunshine is the  
best medicine.”

— Roshni —



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“May you always have a  
shell in your pocket and  
sand in your shoes.”

— Dena Haines —



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“The calming movement  
of the sea along with the  
restless ocean breeze gently  
caresses me creating a  
soothing trance which lulls  
me to a place of peace.”

— M. L. Borges —



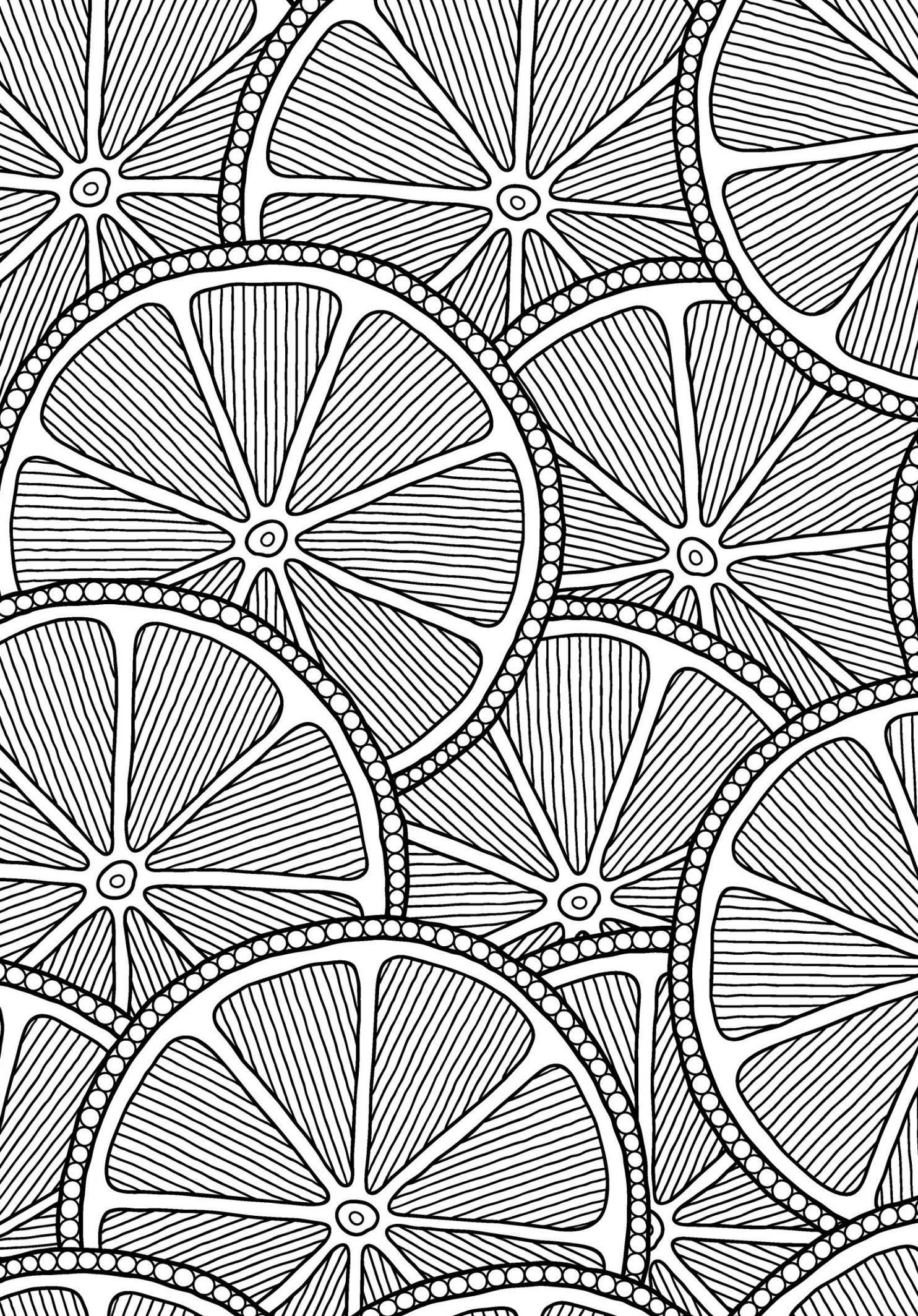
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“Because there’s  
nothing more  
beautiful than the  
way the ocean  
refuses to stop kissing  
the shoreline, no  
matter how many  
times it’s sent away.”

— Sarah Kay —



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“To escape and sit  
quietly on the beach  
– that’s my idea of  
paradise.”

– Emilia Wickstead –



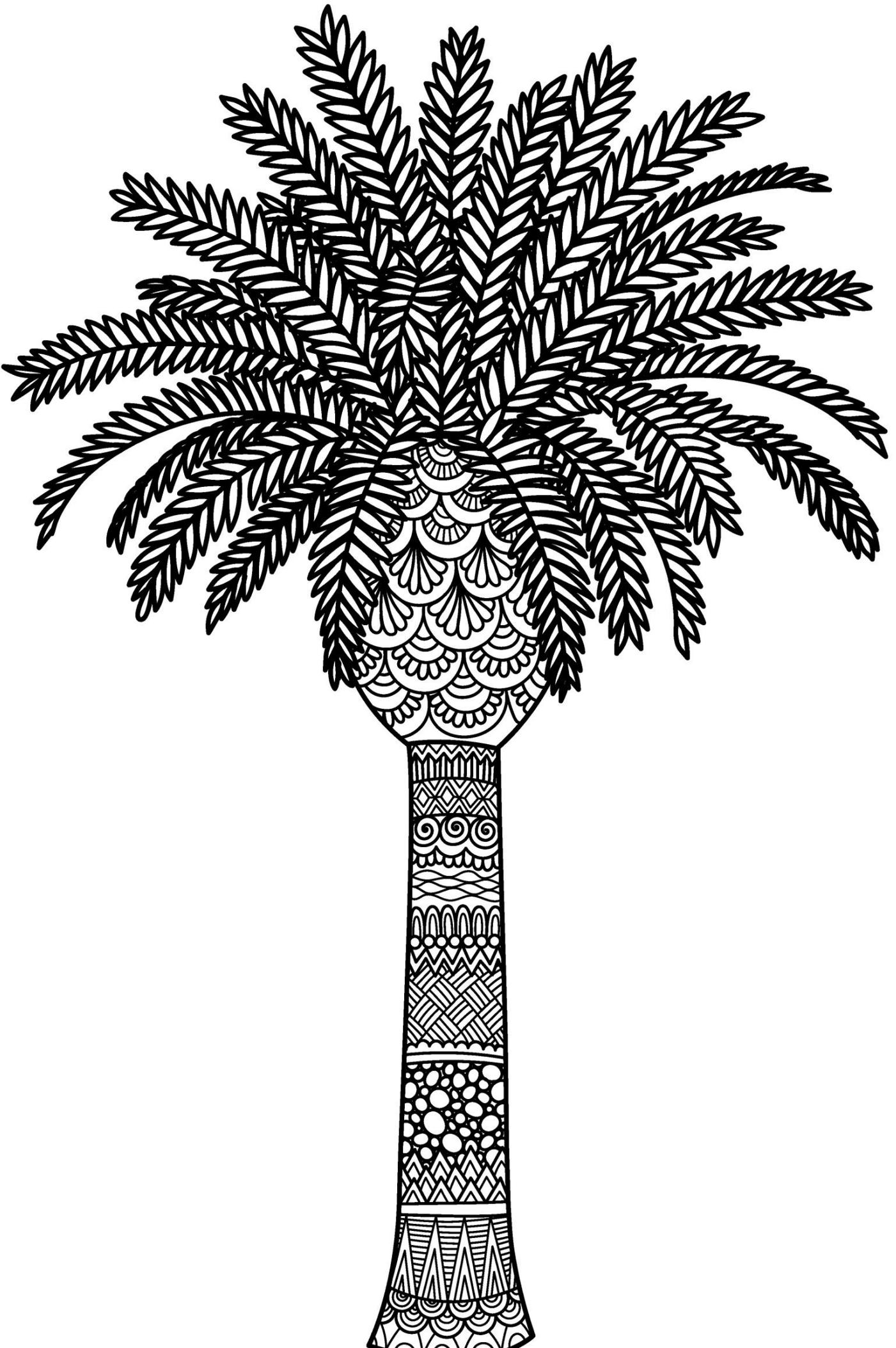
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“Why do we love the sea?  
It is because it has some  
potent power to make us  
think things we like to think.”

— Robert Henri —



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“Palm trees, ocean  
breeze, salty air, sun-  
kissed hair, the endless  
summer take me there.”

— Vanessa Rodriguez —



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“I love the beach. I  
love the sea. All my  
life I live within – in  
front of the sea.”

— Rafael Nadal —



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“Dance with the  
waves, move with the  
sea. Let the rhythm  
of the water set your  
soul free.”

— Christy Ann Martine —



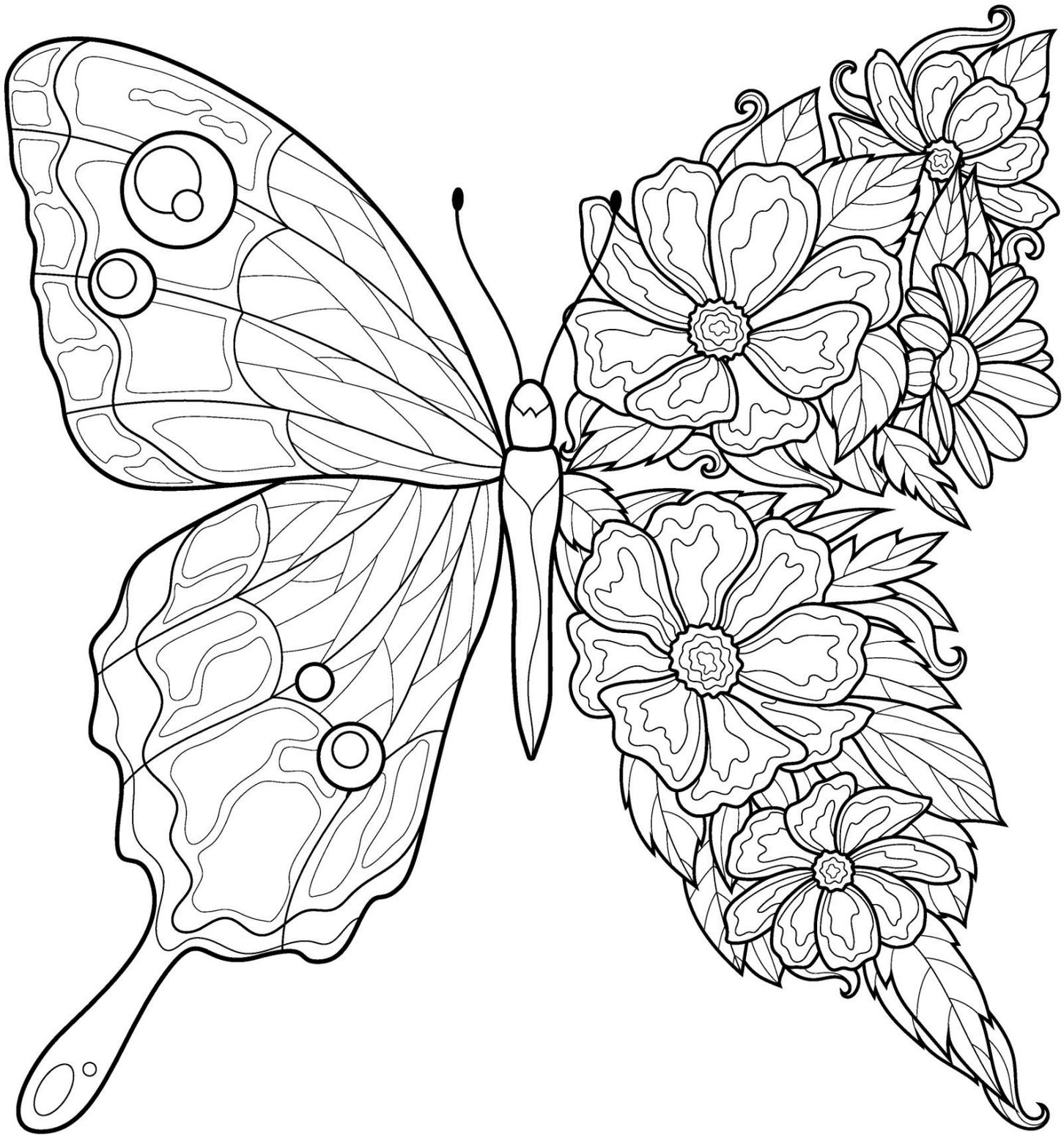
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“Palm trees were fanned  
by a warm, light breeze,  
and they rolled down their  
windows to smell the sea.”

— Jude Watson —



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“I dont think theres much point in bemoaning the state of the world unless there’s some way you can think of to improve it. Otherwise, don’t bother writing a book; go and find a tropical island and lie in the sun.”

— Peter Singer —



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“Islands are metaphors of  
the heart, no matter what  
poet says otherwise.”

— Jeanette Winterson —



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“Live in the sunshine,  
swim the sea, drink  
the wild air.”

— Ralph Waldo Emerson —



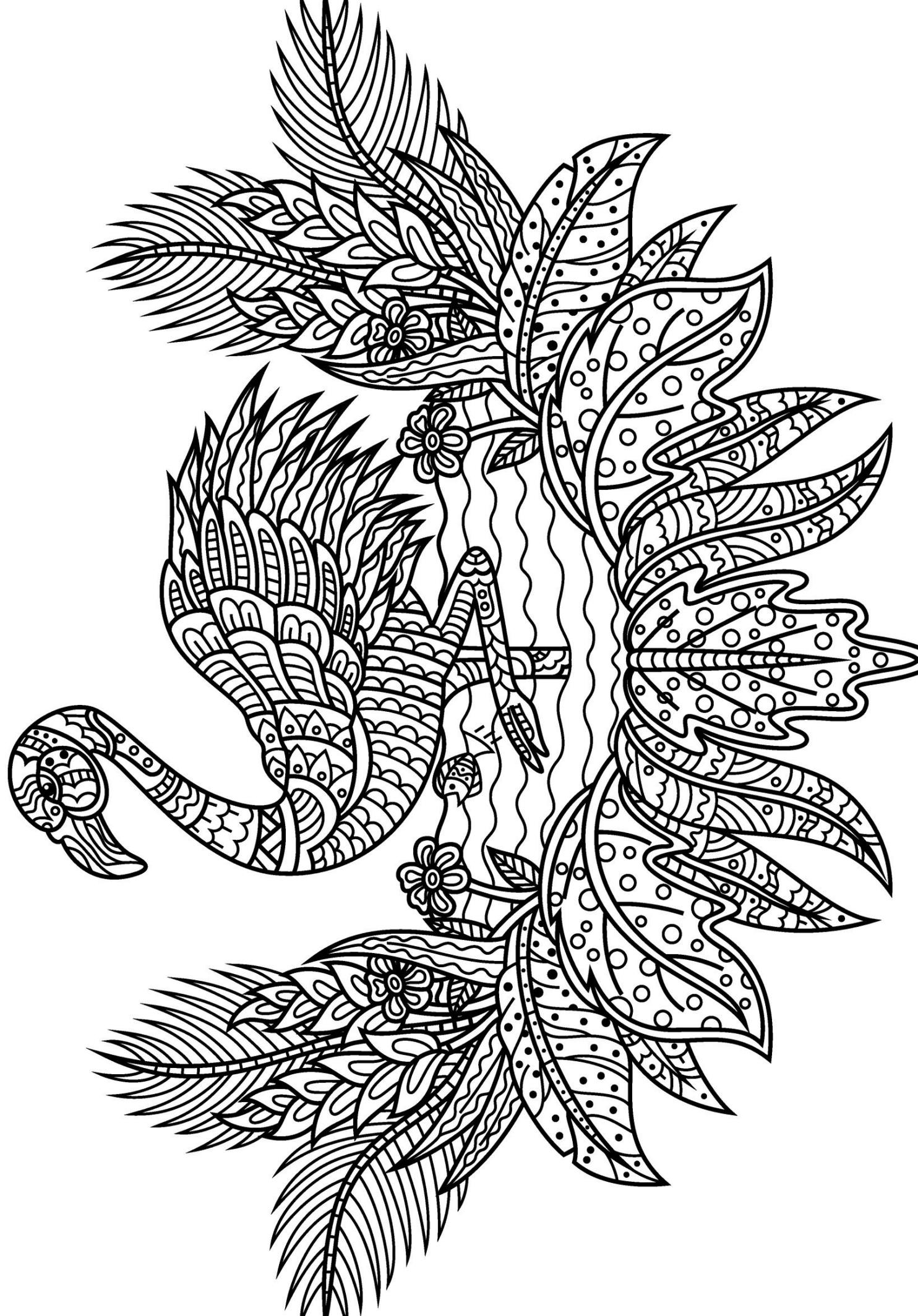
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“The ocean stirs the  
heart, inspires the  
imagination and brings  
eternal joy to the soul.”

— Robert Wyland —



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“My life is like a stroll  
upon the beach, as  
near to the ocean’s  
edge as I can go.”

— Henry David Thoreau —



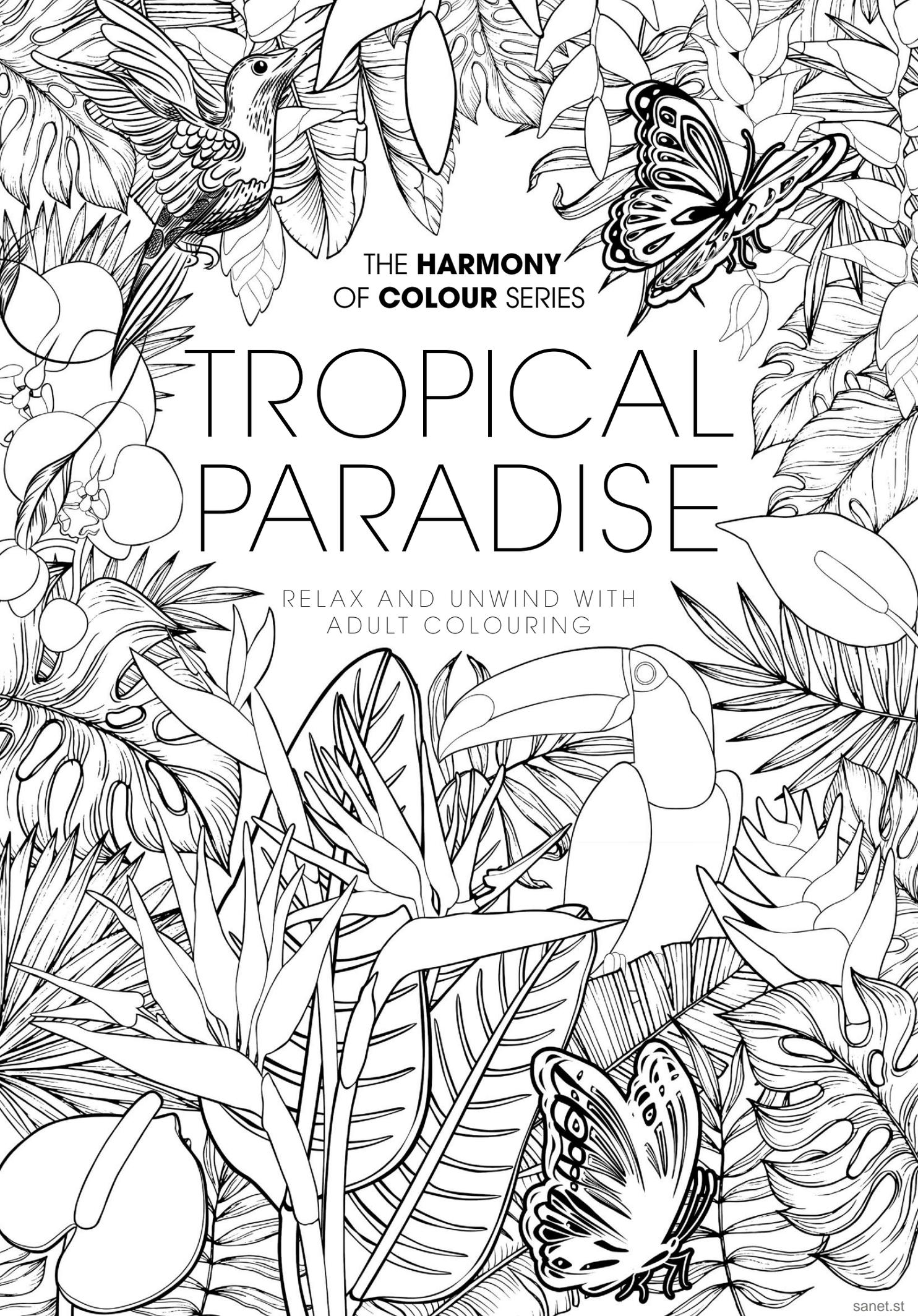
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