

THE **HARMONY**  
OF **COLOUR** SERIES  
BOOK FORTY SIX

# FAIRYTALE FOREST

RELAX AND UNWIND WITH  
ADULT COLOURING

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ISBN 978-0-6482908-1-0



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

B O O K F O R T Y S I X

# FAIRYTALE FOREST

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 Forty Six: Fairytale Forest* 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...

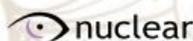


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“Fairy tales are more than true:  
not because they tell us that  
dragons exist, but because they  
tell us that dragons can be  
beaten.”

— Neil Gaiman



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“If you want your children to be intelligent, read them fairy tales. If you want them to be more intelligent, read them more fairy tales.”

— Albert Einstein —



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“When I was a little girl I used to read fairy tales. In fairy tales you meet Prince Charming and he’s everything you ever wanted. In fairy tales the bad guy is very easy to spot. The bad guy is always wearing a black cape so you always know who he is. Then you grow up and you realise that Prince Charming is not as easy to find as you thought. You realise the bad guy is not wearing a black cape and he’s not easy to spot; he’s really funny, and he makes you laugh, and he has perfect hair.”

— Taylor Swift —



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“If I’m honest I have to tell you  
I still read fairy tales and I like  
them best of all.”

— Audrey Hepburn —



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“There is the great lesson of  
'Beauty and the Beast,' that a  
thing must be loved before it  
is lovable.”

— G.K. Chesterton —



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“When I examine myself and my methods of thought, I come to the conclusion that the gift of fantasy has meant more to me than any talent for abstract, positive thinking.”

— Albert Einstein —



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“Fear isn’t so difficult to understand. After all, weren’t we all frightened as children? Nothing has changed since Little Red Riding Hood faced the big bad wolf. What frightens us today is exactly the same sort of thing that frightened us yesterday. It’s just a different wolf. This fright complex is rooted in every individual.”

— Alfred Hitchcock —



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“The way to read a fairy tale is  
to throw yourself in.”

— W.H. Auden —



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“In a utilitarian age, of all other times, it is a matter of grave importance that fairy tales should be respected.”

— Charles Dickens —



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“Fairy tales since the beginning of recorded time, and perhaps earlier, have been a means to conquer the terrors of mankind through metaphor.”

— Jack D. Zipes —



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“The fairy tale, which to this day is the first tutor of children because it was once the first tutor of mankind, secretly lives on in the story. The first true storyteller is, and will continue to be, the teller of fairy tales.”

— Walter Benjamin —



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“In stories like Cinderella and Beauty and the Beast, they always say the heroine is ‘as good as she is beautiful.’ I wondered if people just wanted that to be true, wanted the beautiful to be good. I wondered if they wanted the ugly to be bad because then they wouldn’t have to feel bad for them.”

— Alex Flinn —



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“Fairy tales in childhood are stepping stones throughout life, leading the way through trouble and trial. The value of fairy tales lies not in a brief literary escape from reality, but in the gift of hope that goodness truly is more powerful than evil and that even the darkest reality can lead to a ‘happily ever after.’ Do not take that gift of hope lightly. It has the power to conquer despair in the midst of sorrow, to light the darkness in the valleys of life, to whisper ‘one more time’ in the face of failure. Hope is what gives life to dreams, making the fairy tale the reality.”

— L.R. Knost —



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“Whenever good counsel was at a premium, the fairy tale had it, and where the need was greatest, its aid was nearest. This need was created by myth. The fairy tale tells us of the earliest arrangements that mankind made to shake off the nightmare which myth had placed upon its chest.”

— Walter Benjamin —



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“At all ages, if (fantasy and myth) is used well by the author and meets the right reader, it has the same power: to generalise while remaining concrete, to present in palpable form not concepts or even experiences but whole classes of experience, and to throw off irrelevancies. But at its best it can do more; it can give us experiences we have never had and thus, instead of ‘commenting on life,’ can add to it.”

— C.S. Lewis —



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“I’ve discovered as I’ve  
grown up that life is far  
more complicated than you  
think it is when you’re a kid.  
It isn’t just a straightforward  
fairy tale.”

— Rachel McAdams —



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“Every man’s life is a fairy  
tale written by God’s  
fingers.”

— Hans Christian Andersen —



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“‘Snow White’ is an old fairy tale, so obviously the idea of vanity and obsession with youth is long-standing. With today’s science, people have become crazy with trying to move their face around. It’s bizarre.”

— Julia Roberts —



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“Some day you will be old  
enough to start reading  
fairy tales again.”

— C.S. Lewis —



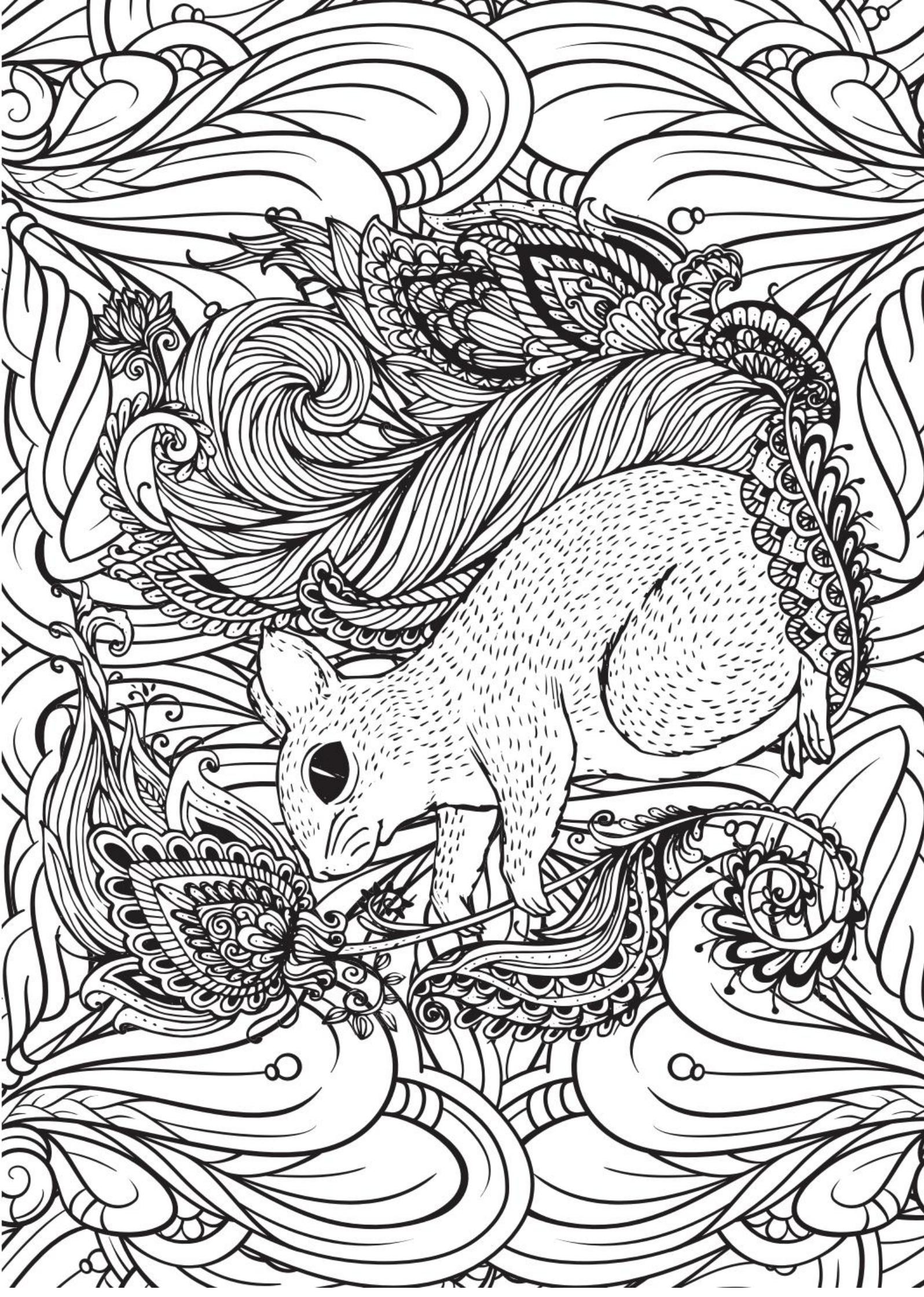
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“Once we have accepted  
the story we cannot  
escape the story’s fate.”

— P.L. Travers —



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“But all fairy tales have rules,  
and perhaps it’s their rules  
that actually distinguish  
one fairy tale from the other.  
These rules never need to be  
understood. They only need  
to be followed. If not, what  
they promise won’t come  
true.”

— Jostein Gaarder —



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“Fantasy is storytelling with  
the beguiling power to  
transform the impossible  
into the imaginable, and  
to reveal our own ‘real’  
world in a fresh and truth-  
bearing light.”

— Leonard S. Marcus —



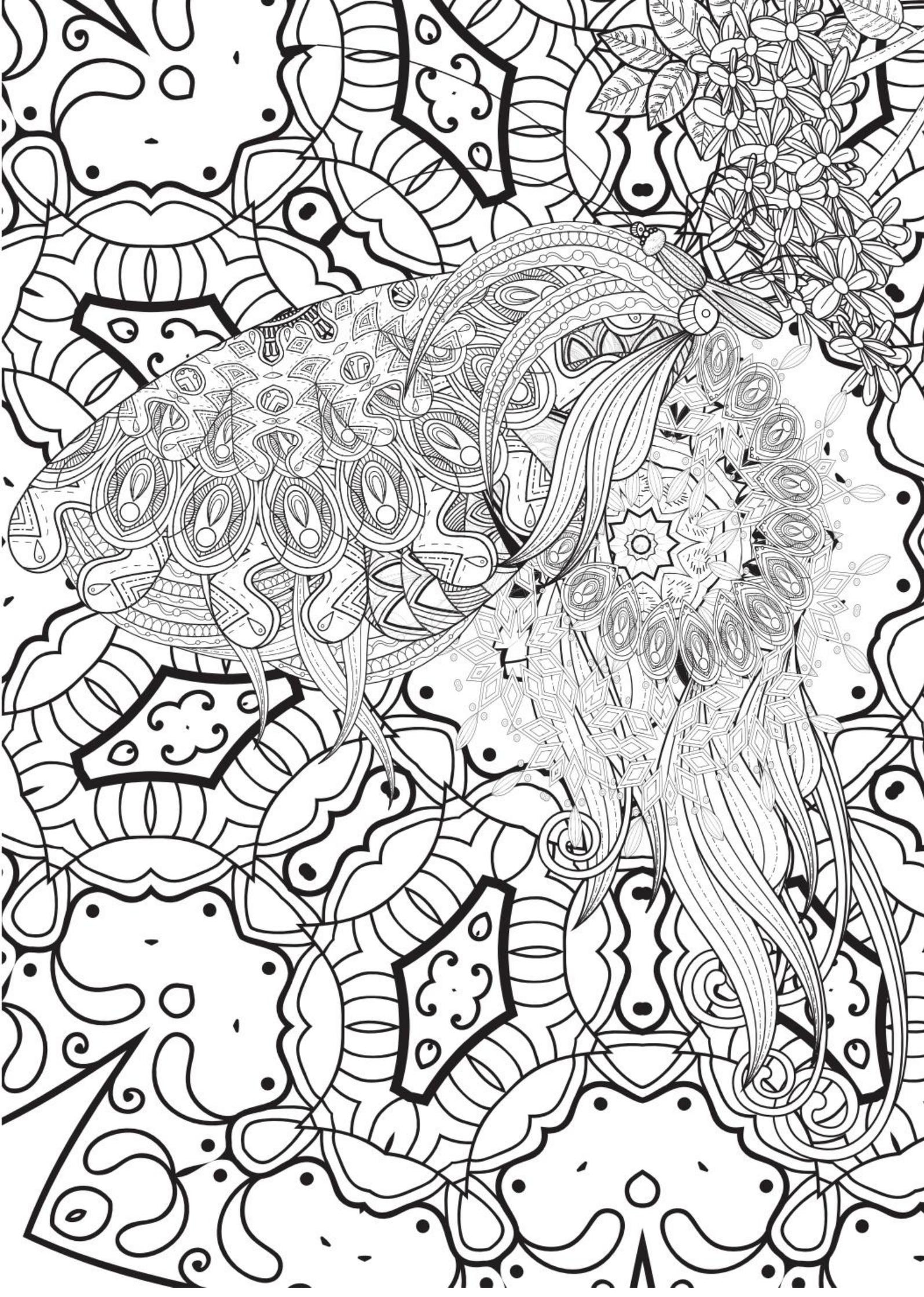
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“Fairy tales are healthy for the children. As they grow up, the magical thinking wears off, but the fairy tale-induced creative brain circuits stay forever.”

— Abhijit Naskar —



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“If you read fairy tales carefully, you’ll notice they are mostly about people who aren’t heroes. They don’t have special powers, or gifts. Often they are despised as stupid. They are bullied, beaten up, robbed, starved. But they find they are stronger than their misfortunes.”

— Amanda Craig —



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“How often must I get lost in a  
strange land of fairy tales so that  
I can find my true self?”

— Debasish Mridha —



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“Fairy tales give you  
more than just a smile.  
They give you hope.  
Hope that at the end  
true love conquers all  
odds and slays every  
dragon.”

— Ameya Agrawal —



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“Fairy tales teach children that the world is fraught with danger, including life-threatening danger; but by being clever (always), honest (as a rule, but with common-sense exceptions), courteous (especially to the elderly, no matter their apparent social station), and kind (to anyone in obvious need), even a child can succeed where those who seem more qualified have failed. And this is precisely what children most need to hear.”

— J. Aleksandr Wootton —



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“For most of human history, ‘literature,’ both fiction and poetry, has been narrated, not written — heard, not read. So fairy tales, folk tales, stories from the oral tradition, are all of them the most vital connection we have with the imaginations of the ordinary men and women whose labour created our world.”

— Angela Carter —



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"...with regard to fairy stories, I feel that it is more interesting, and also in its way more difficult, to consider what they are, what they have become for us, and what values the long alchemic processes of time have produced in them. In Dasent's words I would say: "We must be satisfied with the soup that is set before us, and not desire to see the bones of the ox out of which it has been boiled."

— J.R.R. Tolkien —



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“You are the fairy tale told by  
your ancestors.”

— Toba Beta —



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“Two forces create  
eternity – a fairy tale  
and a dream from the  
fairy tale.”

— Dejan Stojanovic —



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“The unrealistic nature of these tales (which narrowminded rationalists object to) is an important device, because it makes obvious that the fairy tales’ concern is not useful information about the external world, but the inner process taking place in an individual.”

— Bruno Bettelheim —



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“His reality was turned into dust the day it collided with her universe. For the first time, he wanted to get lost forever in a place that felt like a fairy tale where only she and he existed. And he never wanted to find his way back to reality anymore.”

— Akshay Vasu —



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“Somewhere, there lives your  
fairy tale... go find it.”

— J. Limbu —



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“The whole reason for  
telling the fairy tales is  
to awaken the heart.”

— Kate Forsyth —



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“A world without fairy  
tales and myths would  
be as drab as life  
without music”

— Georg Trakl —



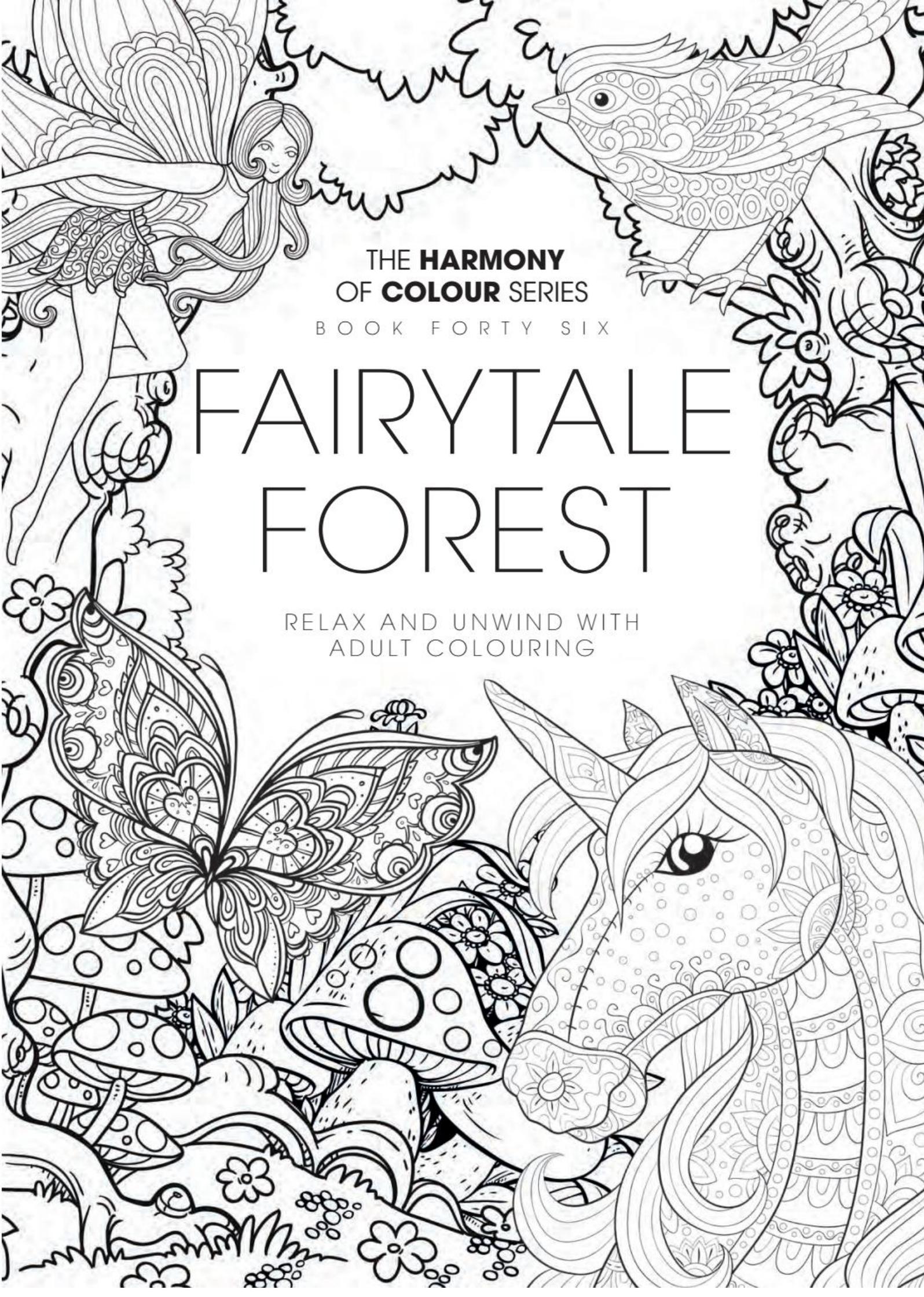
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