



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

75TH EDITION COLLECTOR'S ISSUE

# FAVOURITES

VOLUME 2

RELAX AND UNWIND WITH  
ADULT COLOURING

BOOK SEVENTY FIVE  
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# FAVOURITES

VOLUME 2

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 Five: Favourites Volume 2* 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



“Imagination is not a talent  
of some men but is the  
health of every man.”

— 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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“We choose to go to the moon in this decade and do the other things, not because they are easy, but because they are hard, because that goal will serve to organise and measure the best of our energies and skills, because that challenge is one that we are willing to accept, one we are unwilling to postpone, and one which we intend to win.”

— John F. Kennedy —



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“I have found that  
when you are deeply  
troubled, there are  
things you get from  
the silent devoted  
companionship of  
a dog that you can  
get from no other  
source.”

— Doris Day —



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“Dogs are wise.  
They crawl away  
into a quiet  
corner and lick  
their wounds and  
do not rejoin the  
world until they are  
whole once more.”

— Agatha Christie —



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“Everyone loves to fly  
and flying underwater is  
even better than flying  
in air because there  
are things around you.”

— Graham Hawkes —



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“I am the lizard king.  
I can do anything.”

— Jim Morrison —



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“No matter how far I have traversed around this Earth, I have yet to find another location that rivals Australia. Nowhere else on Earth can you find such spectacular landscapes, such unique and fascinating animals, and such warm, friendly people. This is why I will always call Australia home.”

— Adam Cropp —



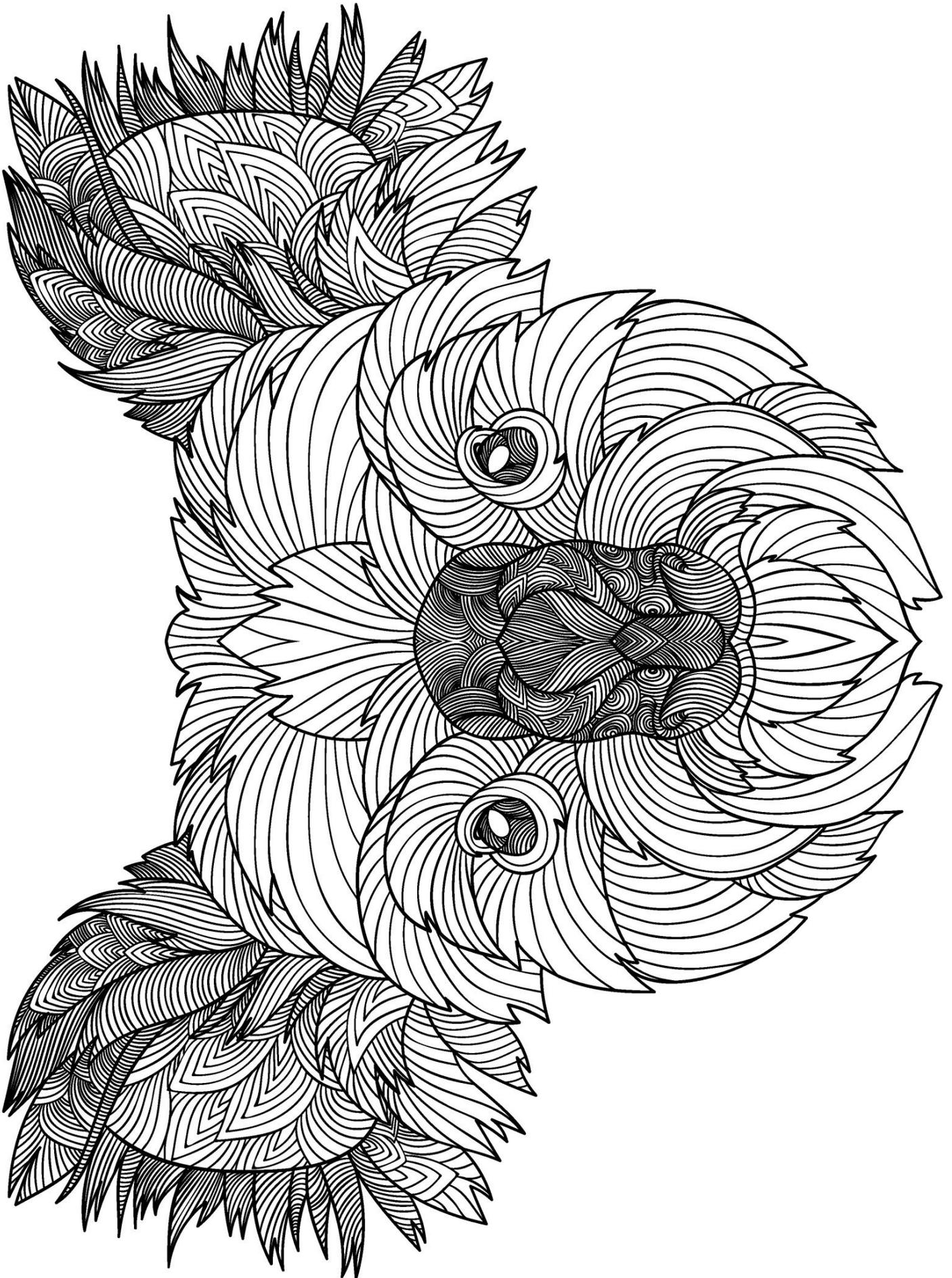
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“I sit beside the fire and think  
of all that I have seen, of  
meadow-flowers and butterflies  
in summers that have been; of  
yellow leaves and gossamer in  
autumns that there were, with  
morning mist and silver sun  
and wind upon my hair.”

— J. R. R. Tolkien



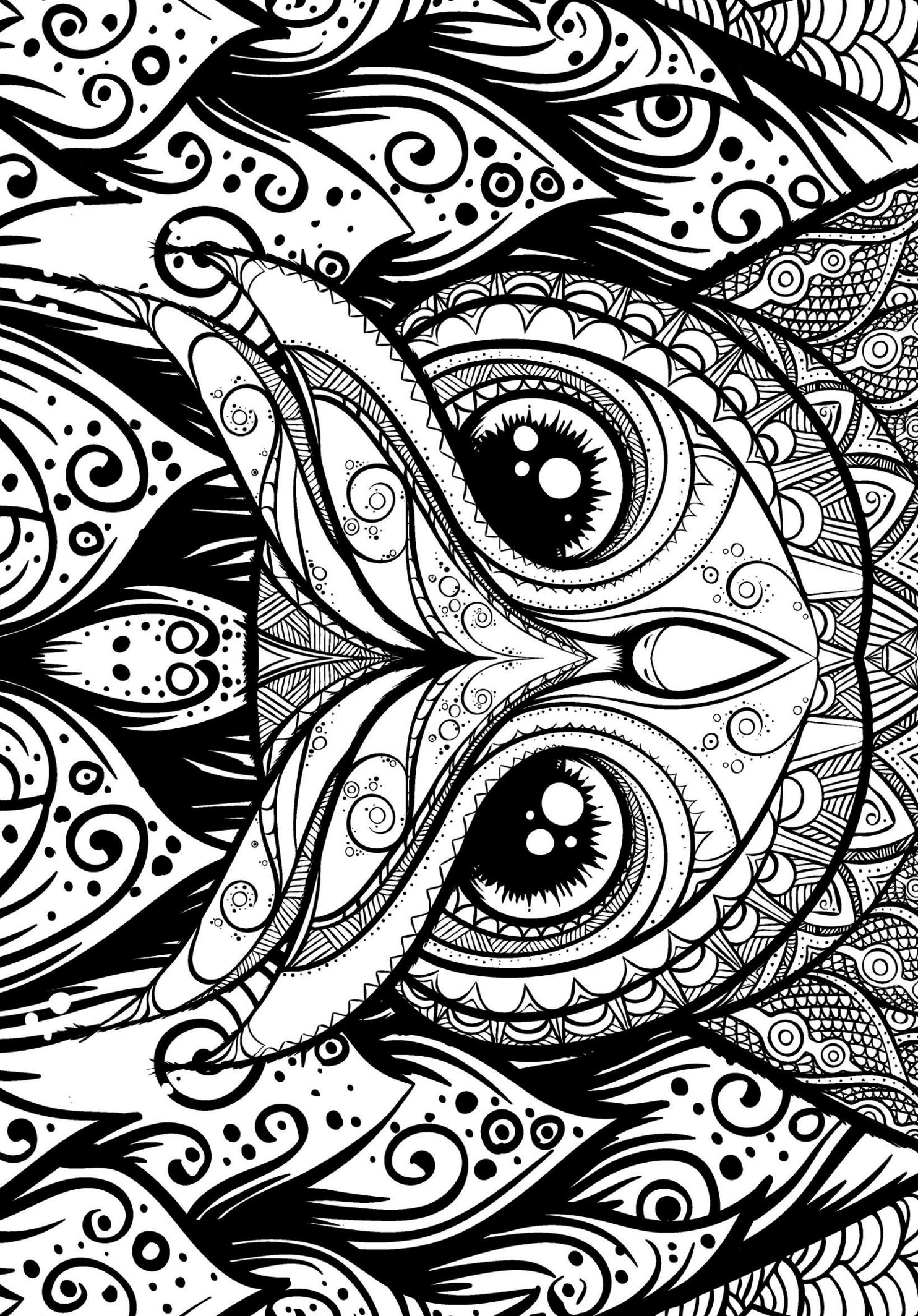
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“The very first Easter  
taught us this: that life  
never ends and love  
never dies.”

— Kate McGahan —



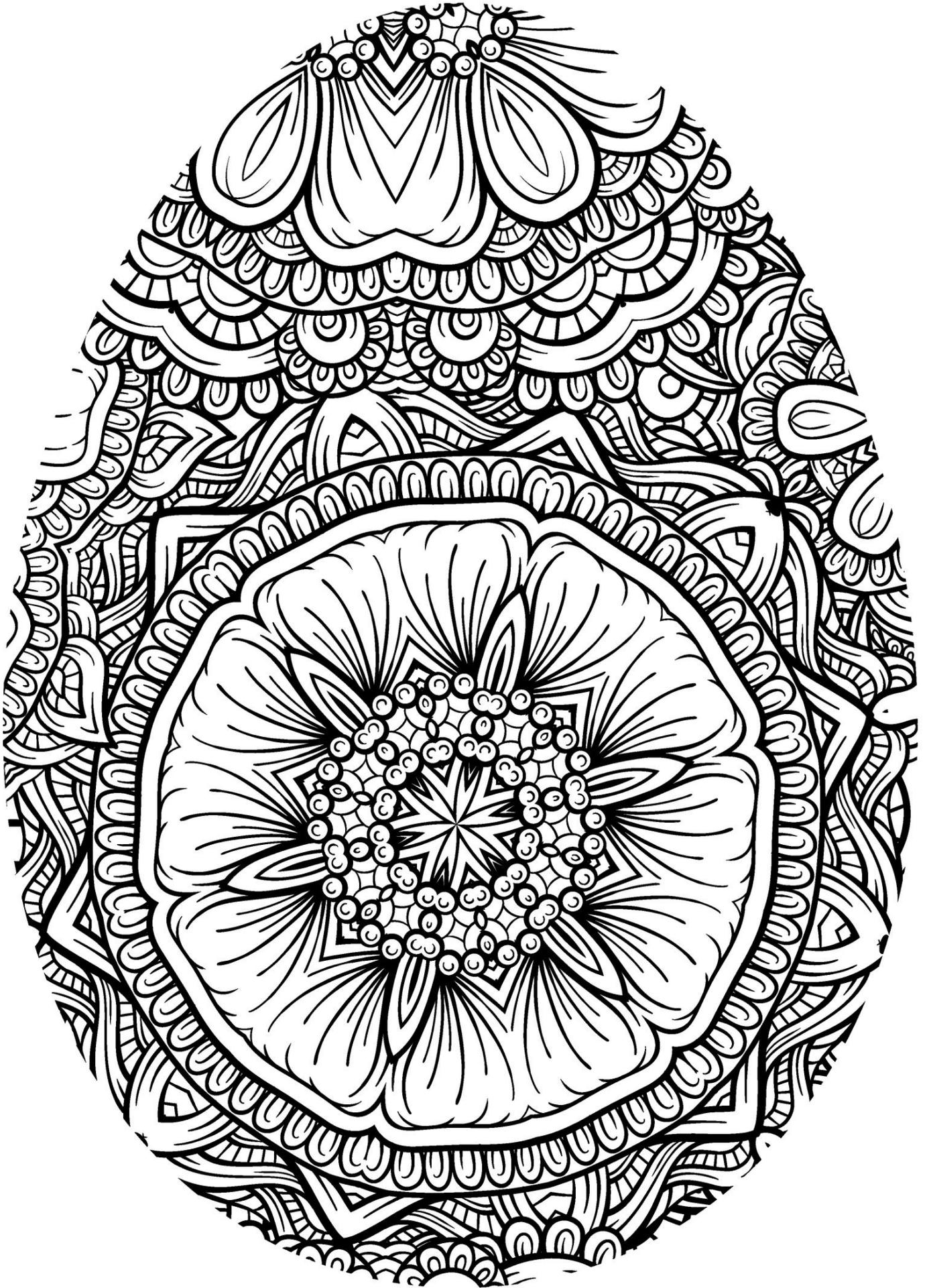
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“Sure I eat my  
feelings, but I save  
the emotional roller  
coaster for dessert.”

— Josh Stern —



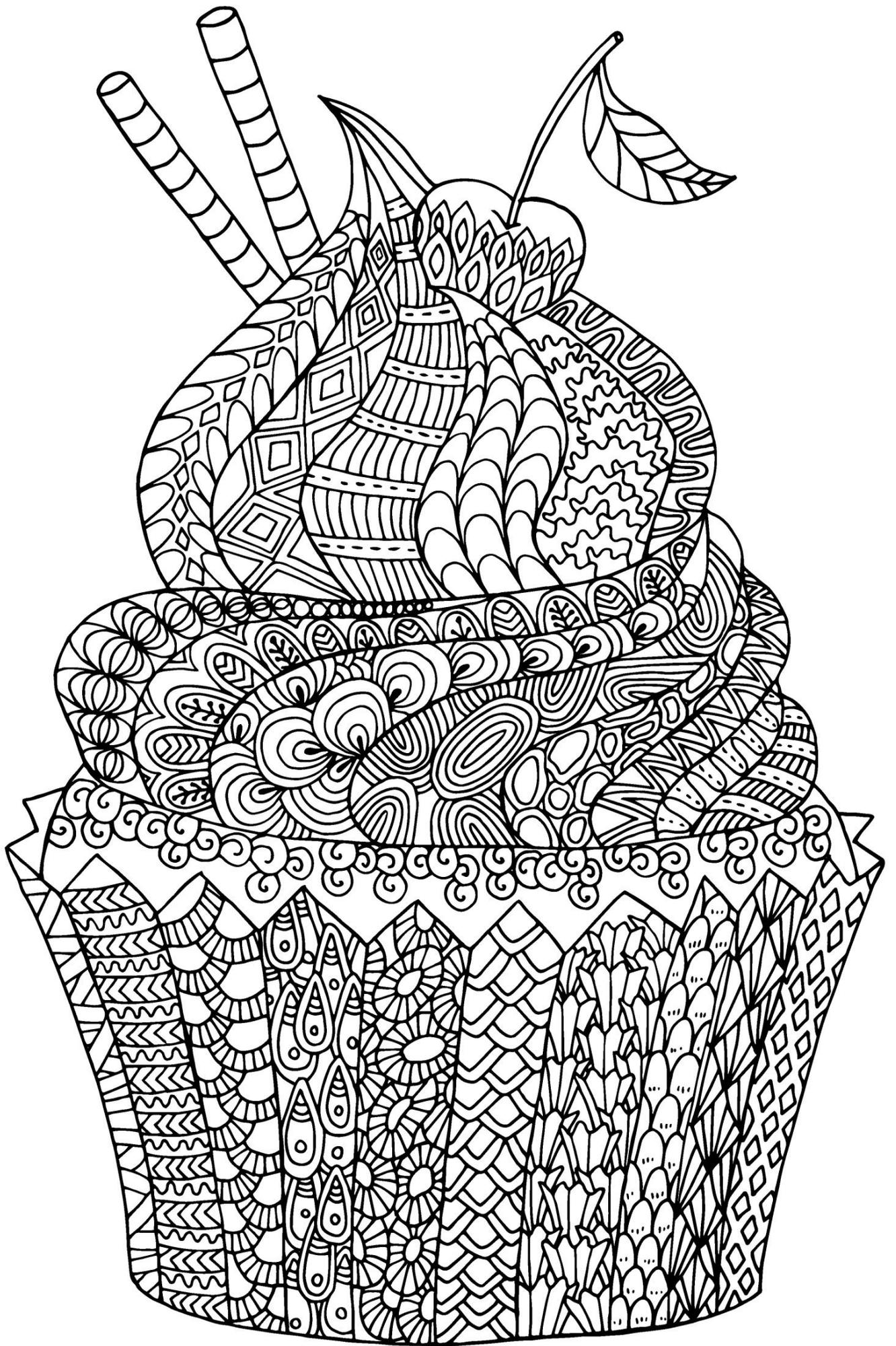
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“I embrace emerging  
experience. I participate in  
discovery. I am a butterfly.  
I am not a butterfly collector.  
I want the experience  
of the butterfly.”

— William Stafford —



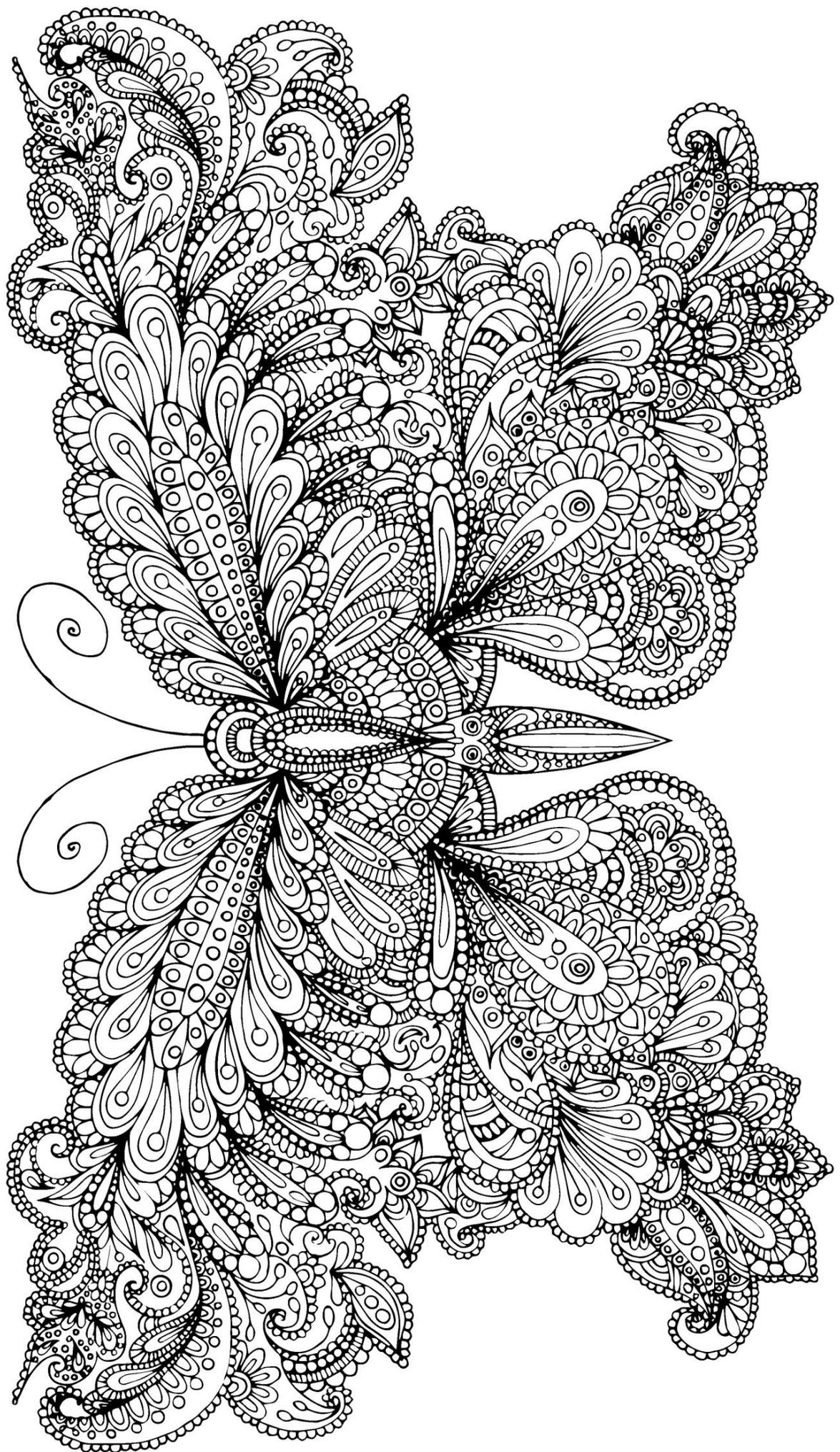
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“My music speaks of warriors.  
It speaks of women being  
kings and this sense of pride  
of being more, even  
though you have less.”

— Dawn Richard —



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“One cannot think  
well, love well,  
sleep well, if one  
has not dined well.”

— Virginia Woolf —



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“I absolutely believe the past had its share of warrior women who fought like men. Whether some of these were the actual Amazons from Greek myth is another matter.”

— Anne Fortier —



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“A balanced diet is a  
cookie in each hand.”

— Barbara Johnson —



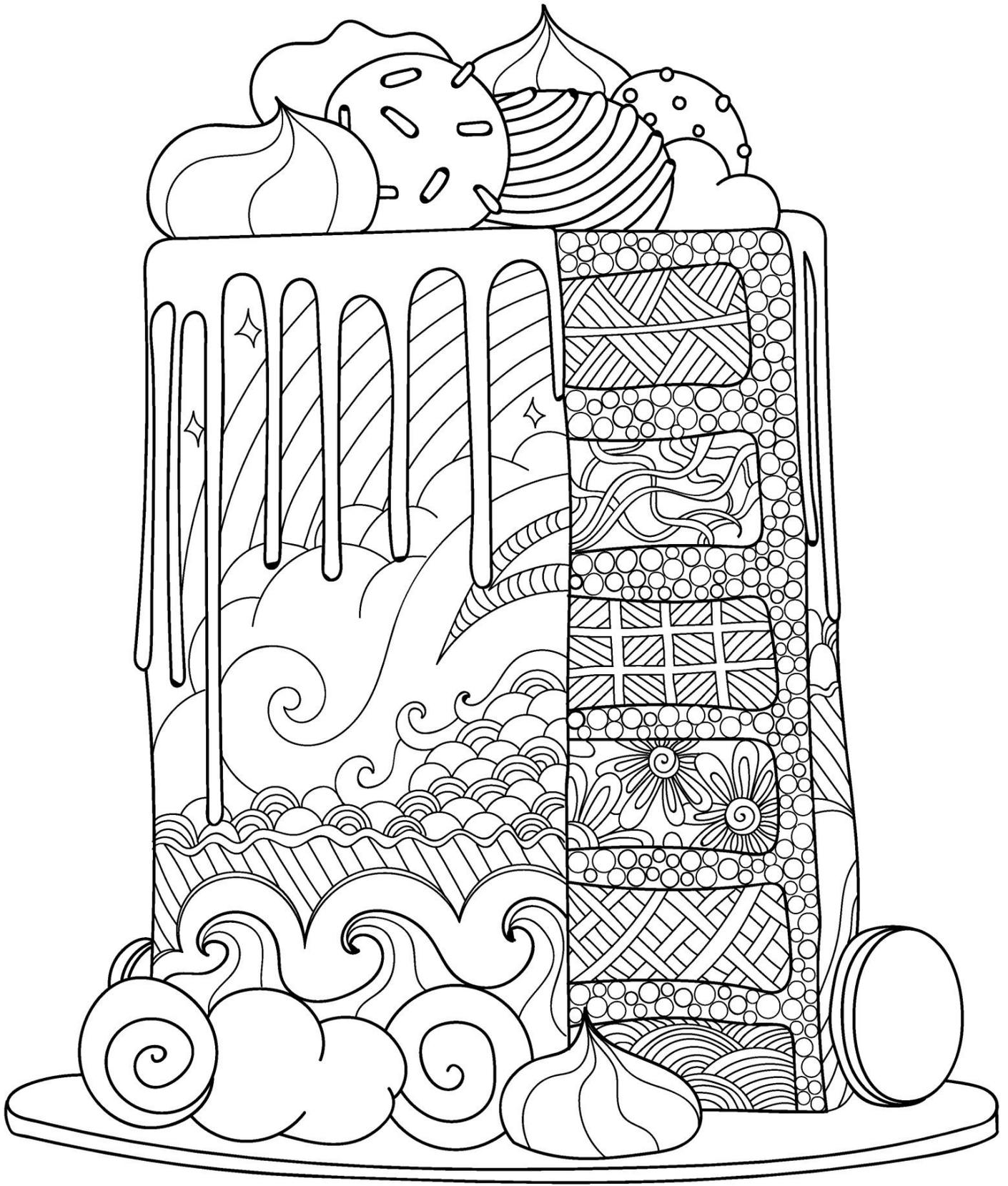
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“To me the sea is a  
continual miracle; the  
fishes that swim - the  
rocks - the motion of  
the waves - the ships,  
with men in them,  
what stranger miracles  
are there?”

— Walt Whitman —



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“It is an old dream: to  
travel on the back of a  
benevolent sea beast  
down to some secret  
underwater garden.”

— Stephen Harrigan —



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“The sea is everything.  
It covers seven tenths  
of the terrestrial globe.  
Its breath is pure and  
healthy. It is an immense  
desert, where man is  
never lonely, for he feels  
life stirring on all sides.”

— Jules Verne —



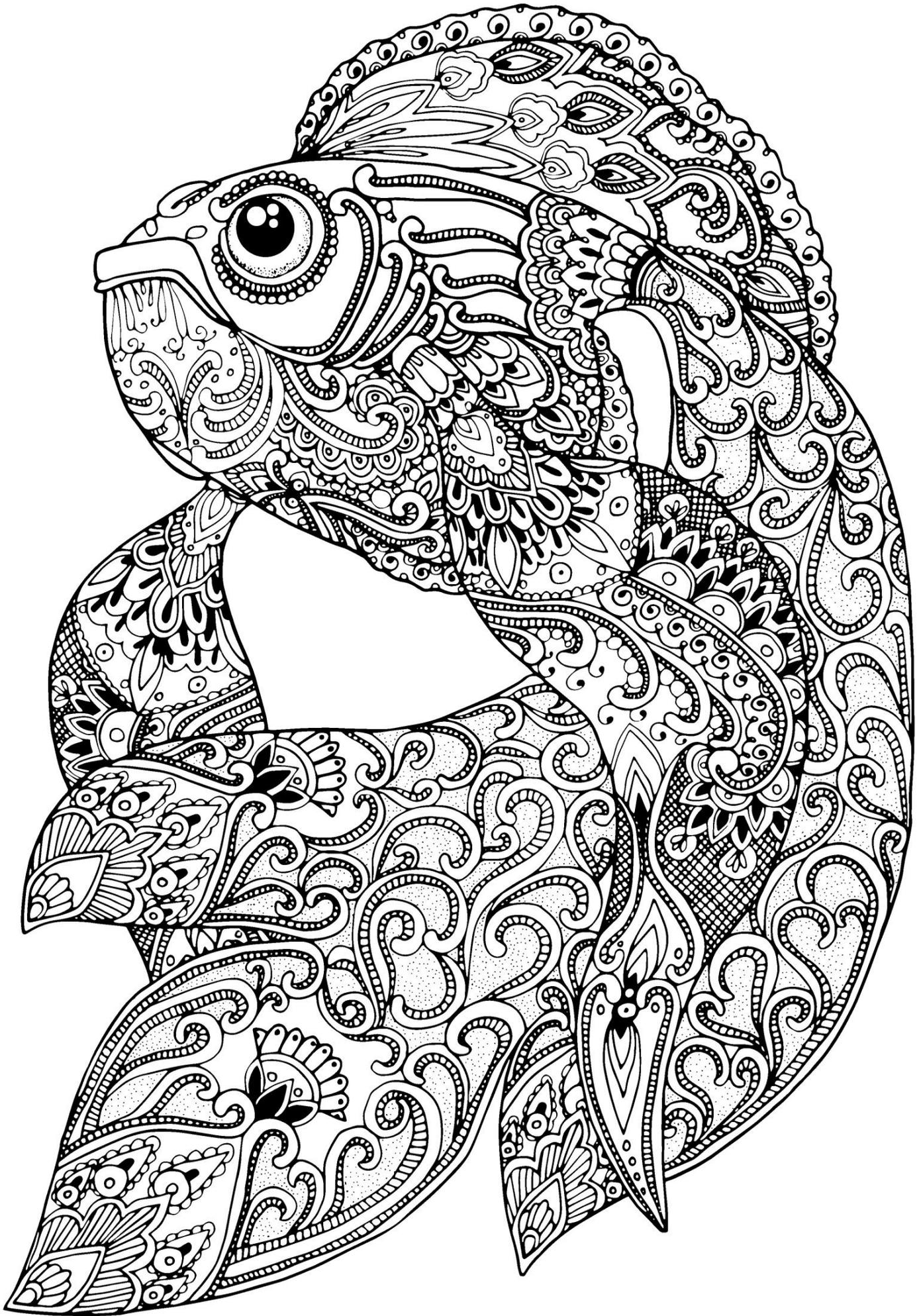
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“The flower is the poetry  
of reproduction. It is an  
example of the eternal  
seductiveness of life.”

— Jean Giraudoux —



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“And at least in poetry  
you should feel free to  
lie. That is, not to lie,  
but to imagine what  
you want, to follow the  
direction of the poem.”

— Mark Strand —



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“Everything we do in this country is still overborne and underwritten by the seething tumult of nature.”

— Tim Winton —



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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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“It’s not what you  
look at that matters,  
it’s what you see.”

— Henry David Thoreau —



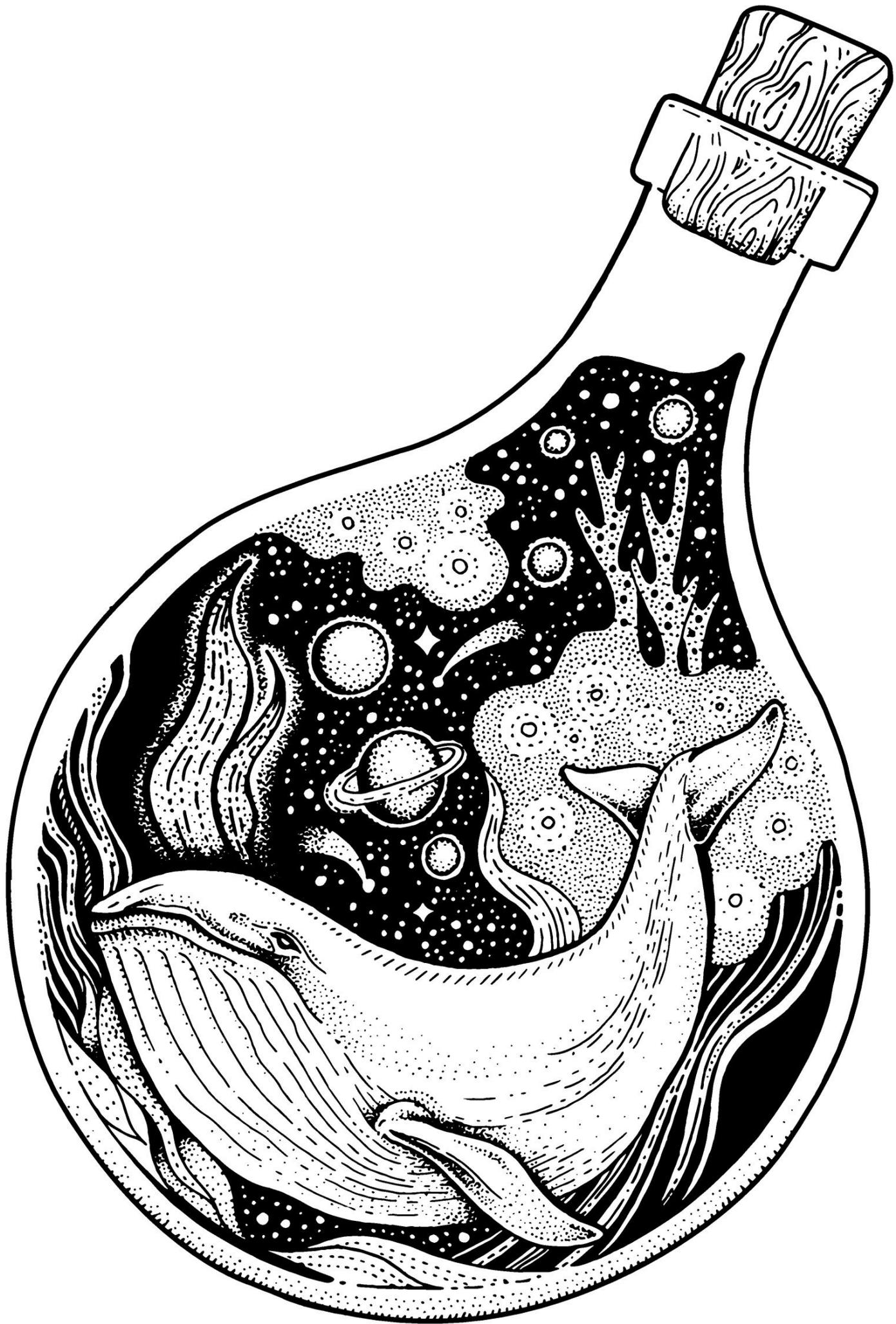
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“In joy or sadness,  
flowers are our  
constant friends.”

— Okakura Kakuzo —



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“Come away, O human child!  
To the woods and waters wild.  
With a fairy, hand in hand,  
for the world’s more full  
of weeping than you can  
understand.”

— W. B. Yeats —



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“I’m an ocean, because  
I’m really deep. If you  
search deep enough  
you can find rare  
exotic treasures.”

— Christina Aguilera —



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“For howsoe’er anomalous,  
thou yet art not incongruous,  
Repugnant or preposterous.  
Better-proportion’d animal,  
more graceful or ethereal,  
was never follow’d by the  
hound, with fifty steps to thy  
one bound. Thou can’st not  
be amended: no; be as thou  
art; thou best art so.”

— Barron Field - The Kangaroo —



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“We do not believe in  
immortality because we  
can prove it, but we try  
to prove it because we  
cannot help believing it.”

— Harriet Martineau —



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“Blossom by blossom  
the spring begins.”

— Algernon Charles Swinburne —



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“We are all born  
bonded to  
nature; that’s  
why we put  
depictions of  
flowers and  
forests, rather  
than bulldozers  
or log piles, on  
our walls.”

— Bob Brown —



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“Love the trees until  
their leaves fall off, then  
encourage them to try  
again next year.”

— Chad Sugg —



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“How beautiful the leaves  
grow old. How full of light and  
colour are their last days.”

— John Burroughs —



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“There is no better way to  
bring people together  
than with desserts.”

— Gail Simmons —



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“Live in the sunshine.  
Swim in the sea.  
Drink in the wild air.”

— Ralph Waldo Emerson —



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“Do a good job. You don’t  
have to worry about the  
money; it will take care  
of itself. Just do your best  
work — then try to  
trump it.”

— Walt Disney —



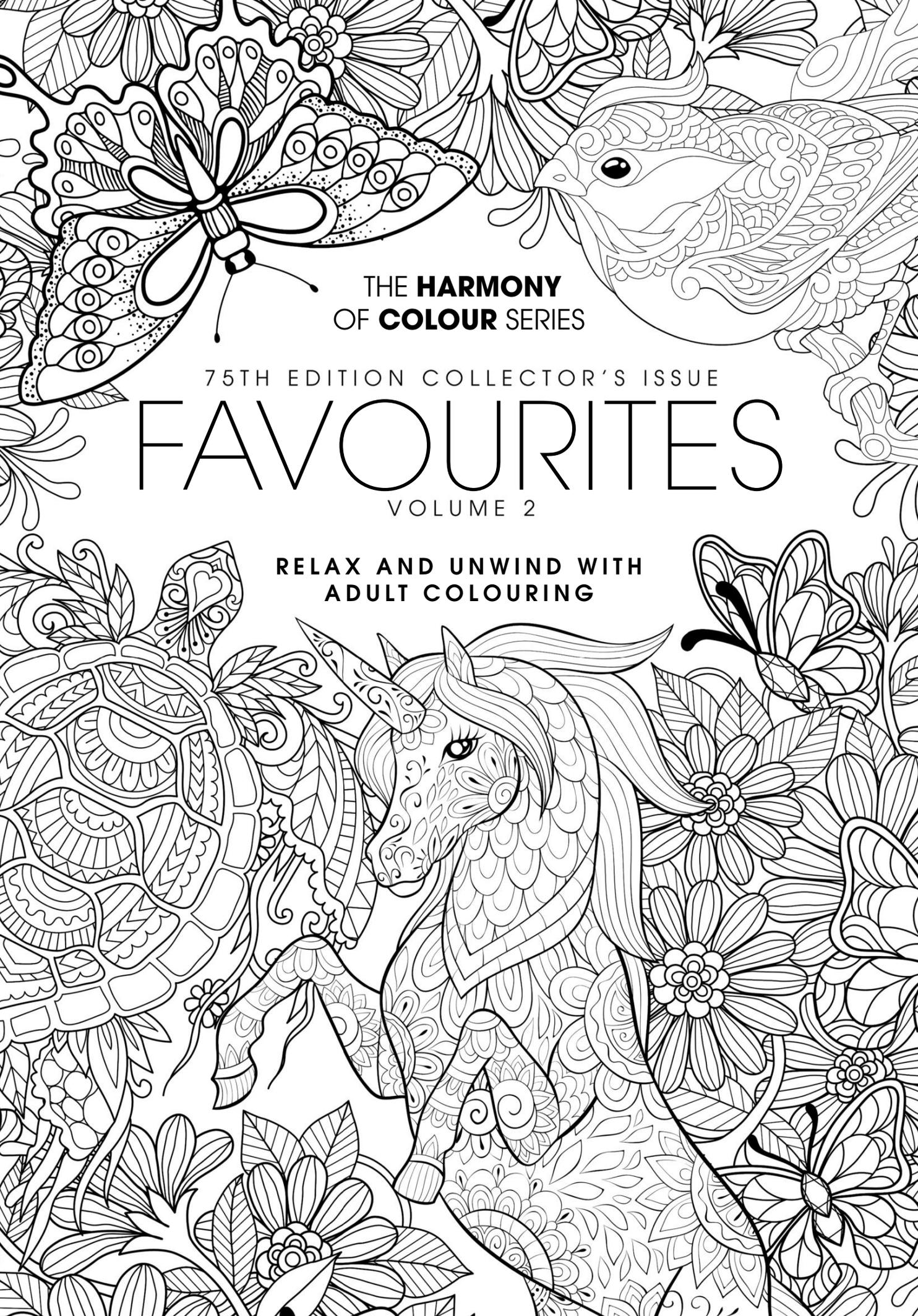
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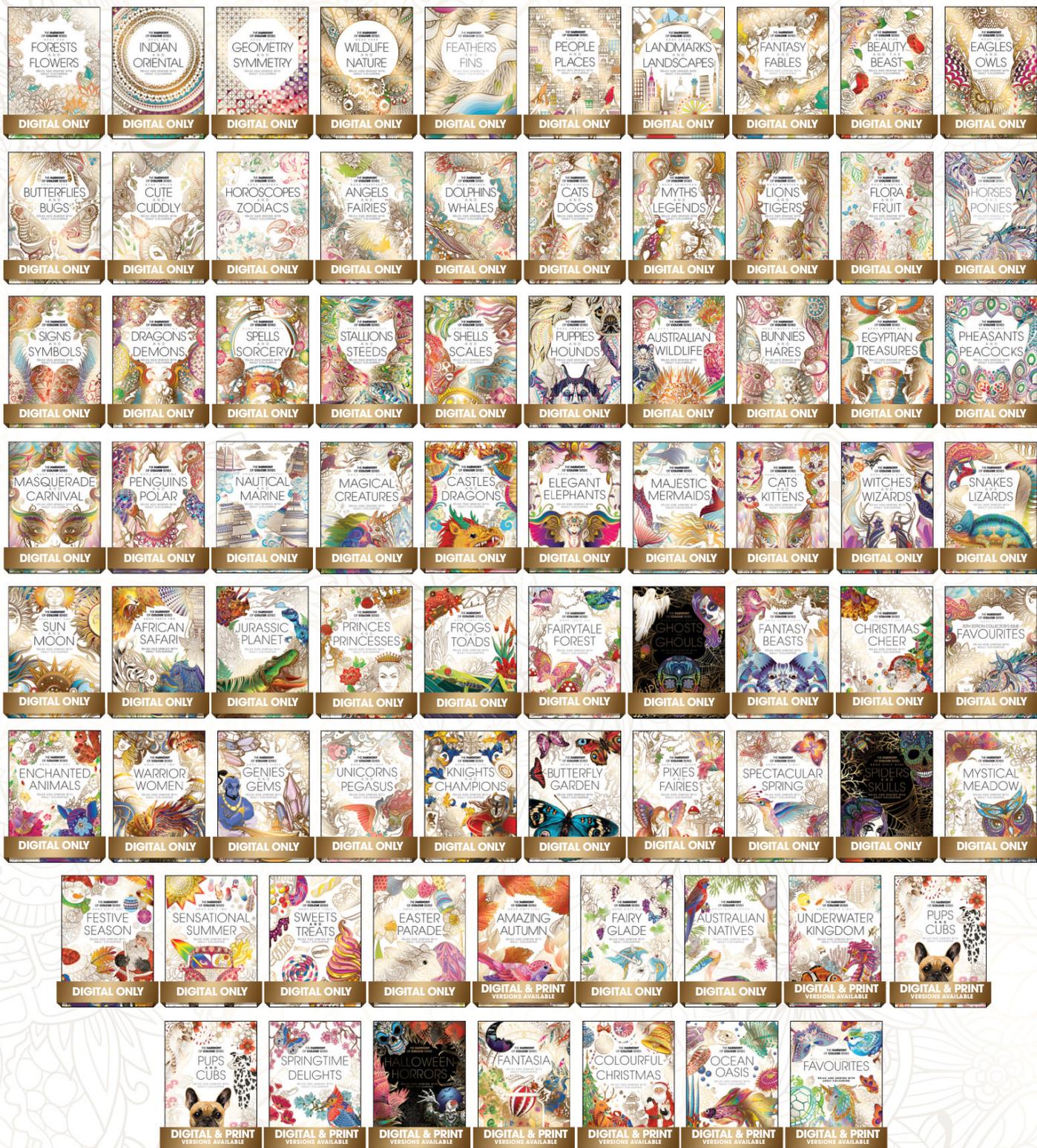
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