

THE HARMONY
OF COLOUR SERIES

PRECIOUS PANDAS

RELAX AND UNWIND WITH
ADULT COLOURING

BOOK 117

AUST/NZ \$14.95 GST

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

PRECIOUS PANDAS

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: Precious Pandas 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



“Hope is being able to see
that there is light despite
all of the darkness.”

— Desmond Tutu —



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“Hope sees the
invisible, feels the
intangible, and
achieves the
impossible.”

— Helen Keller —



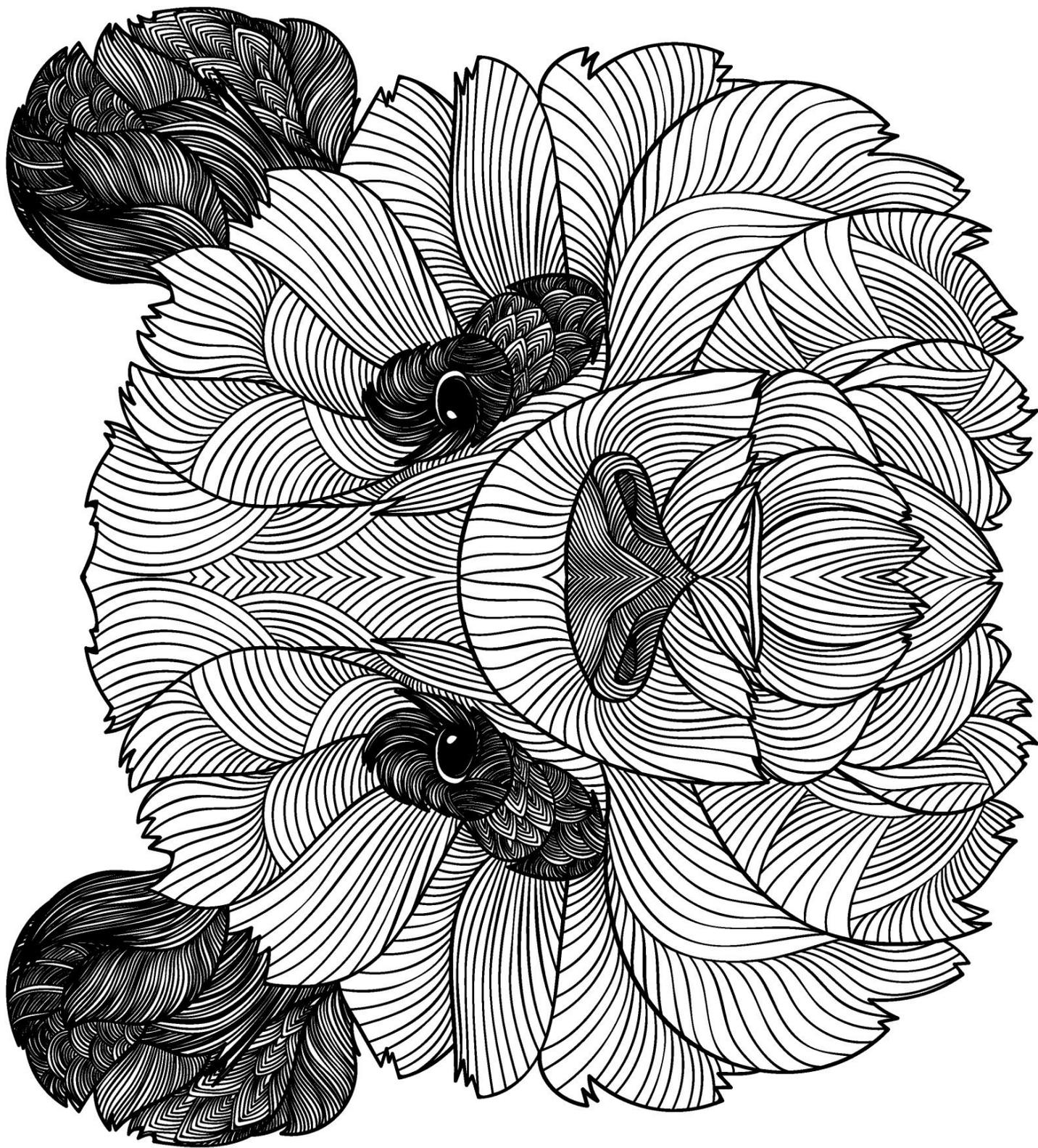
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“May your choices
reflect your hopes,
not your fears.”

— Nelson Mandela —



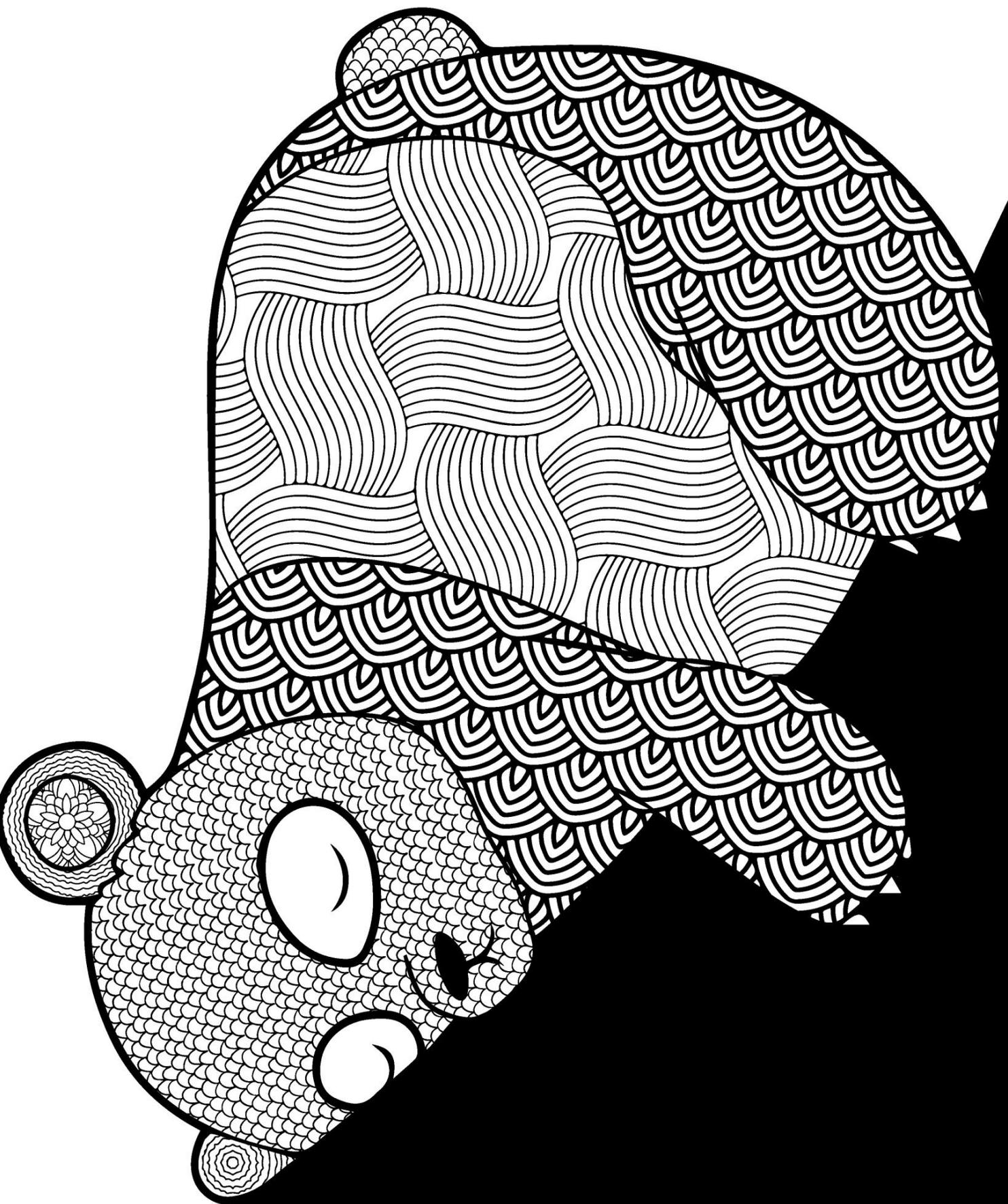
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“Hope is the thing with
feathers that perches in the
soul - and sings the tunes
without the words - and
never stops at all.”

— Emily Dickinson —



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“Hope is passion for
what is possible.”

— Soren Kierkegaard —



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“Let your hopes,
not your hurts,
shape your future.”

— Robert H. Schuller —



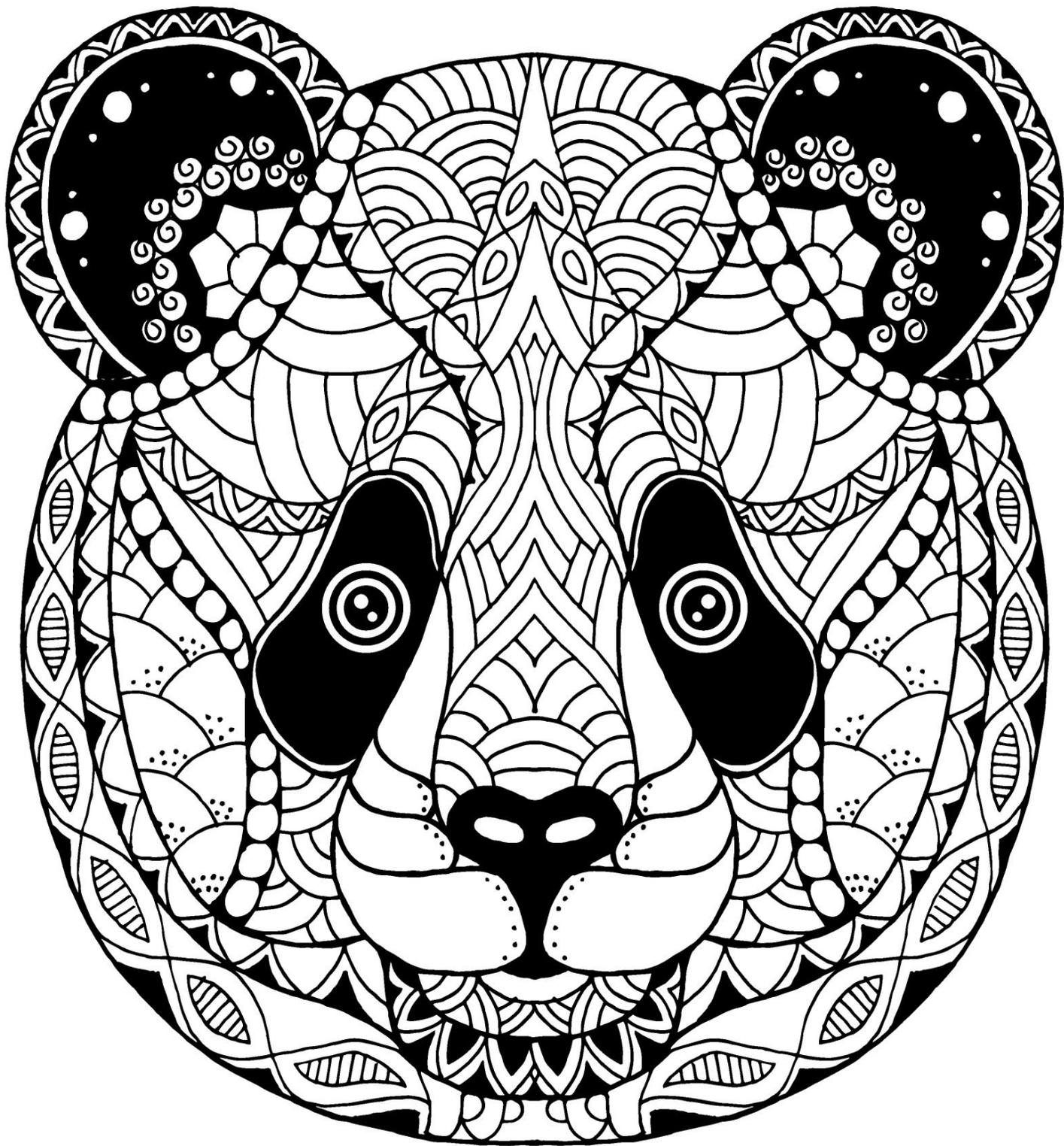
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“When you do nothing
you feel overwhelmed
and powerless. But when
you get involved you feel
the sense of hope and
accomplishment that
comes from knowing
you are working to
make things better.”

— Maya Angelou —



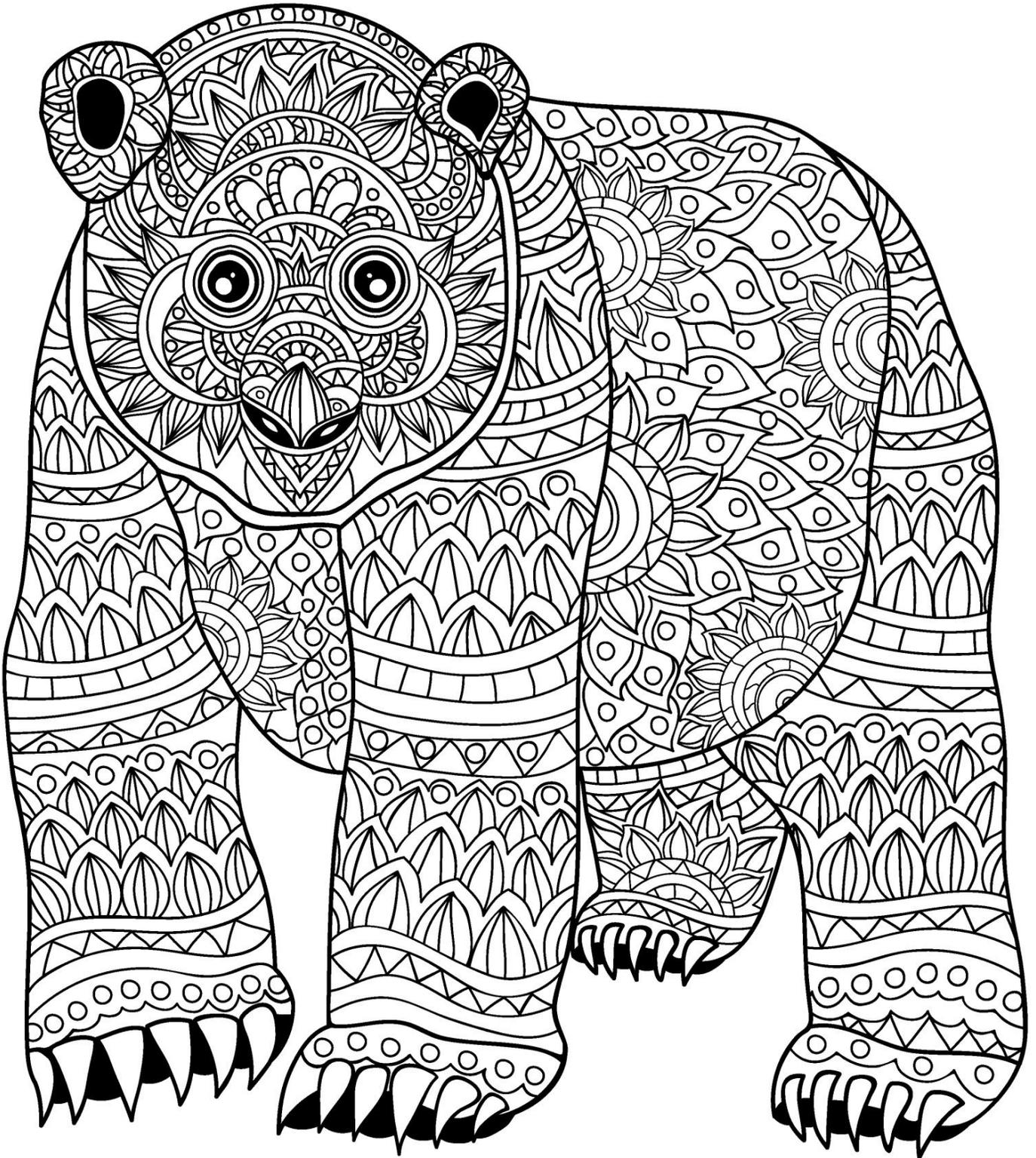
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“There is a crack in
everything, that’s how
the light gets in.”

— Leonard Cohen —



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“There is a saying in Tibetan, ‘Tragedy should be utilised as a source of strength.’ No matter what sort of difficulties, how painful experience is, if we lose our hope, that’s our real disaster.”

— Dalai Lama —



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“Hope is like the sun,
which, as we journey
toward it, casts the shadow
of our burden behind us.”

— Samuel Smiles —



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“Our greatest glory is not in
never falling, but in rising
every time we fall.”

— Confucius —



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“Remember, hope is a good thing, maybe the best of things, and no good thing ever dies.”

— Stephen King —



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“Learn from yesterday,
live for today, hope
for tomorrow. The
important thing is not
to stop questioning.”

— Albert Einstein —



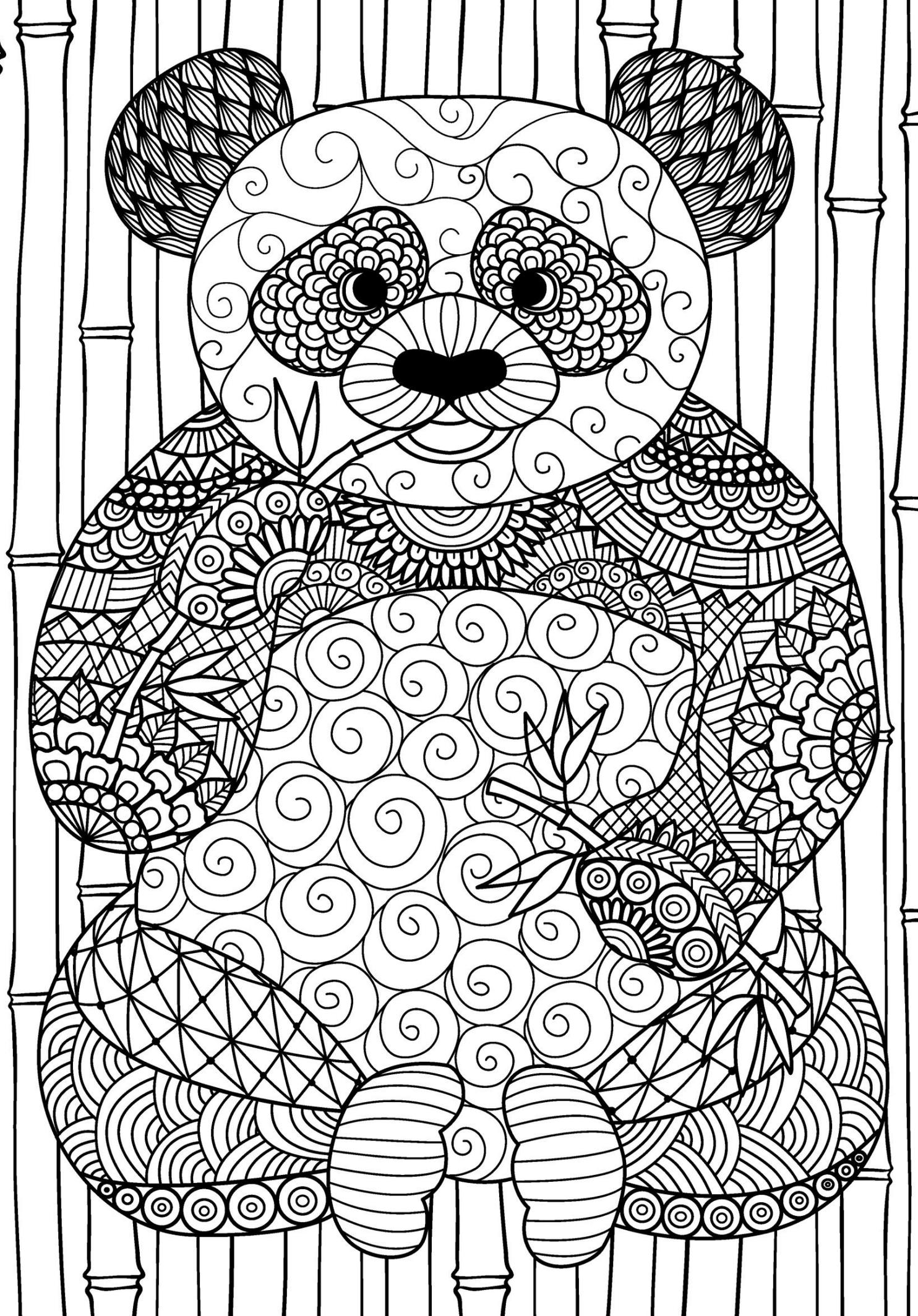
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“If we believe that
tomorrow will be
better, we can bear
a hardship today”

— Nhat Hanh —



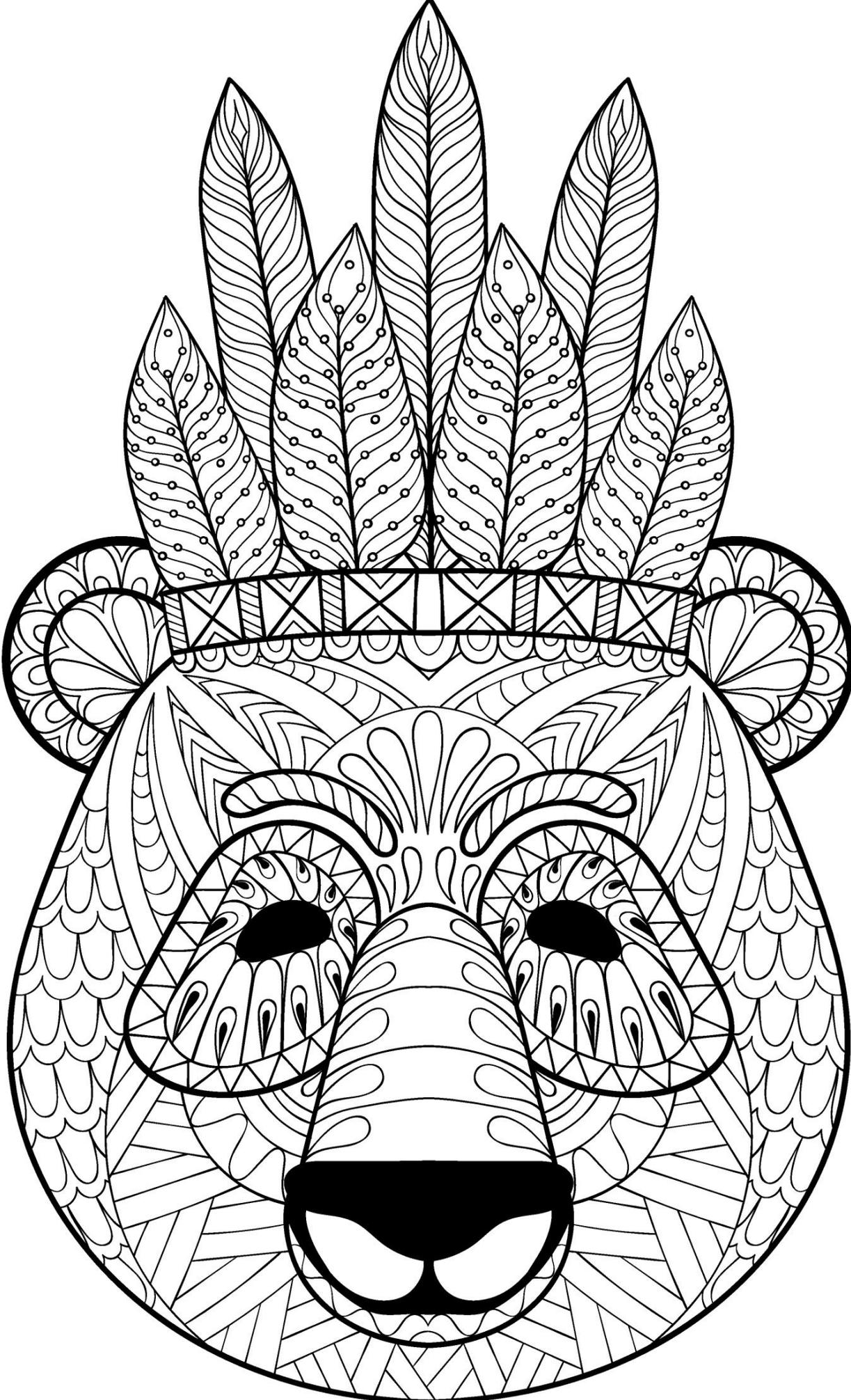
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“Not everything that
is faced can be
changed. But nothing
can be changed
until it is faced.”

— James A. Baldwin —



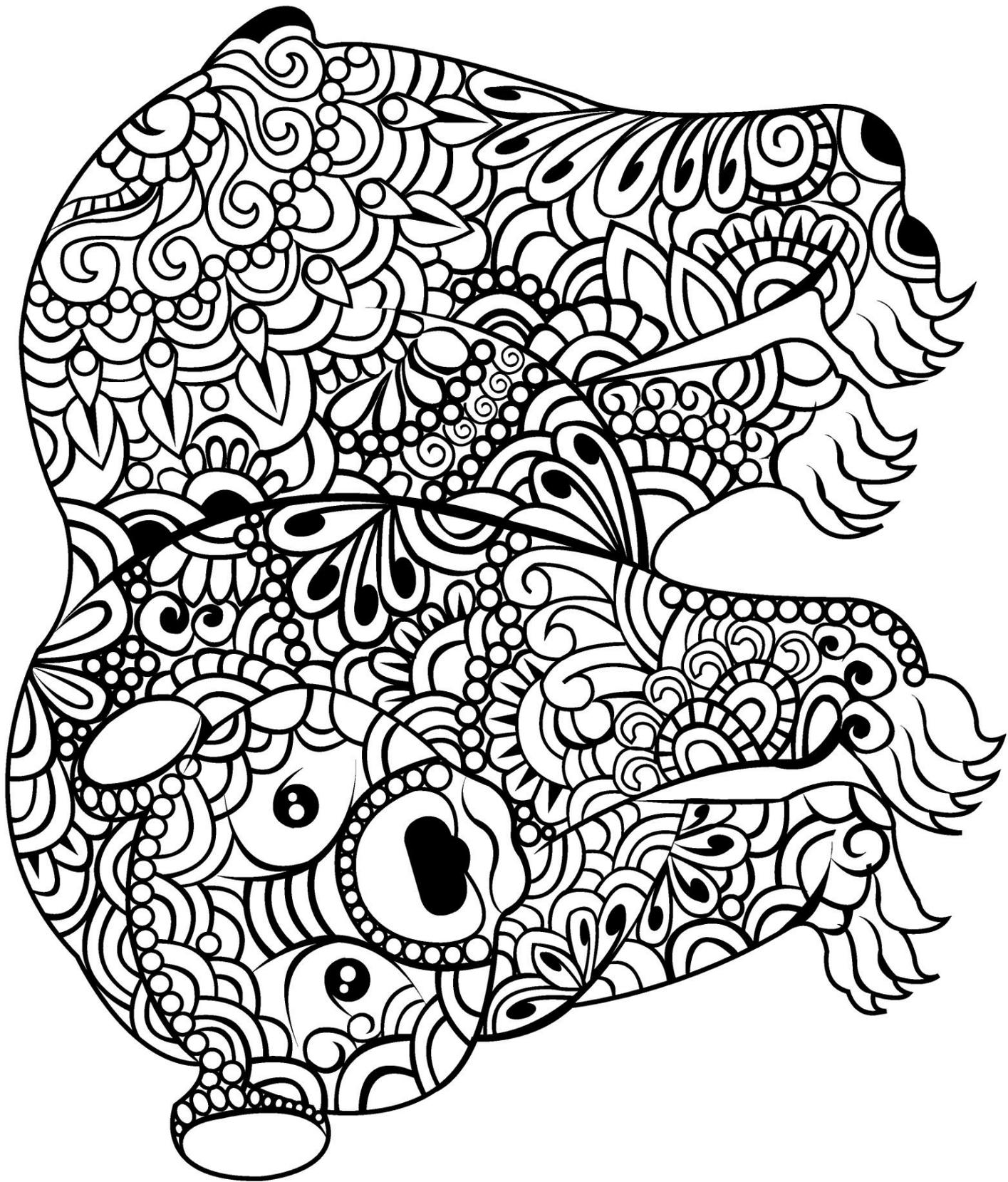
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“No matter what sort of adversity or challenge you might face, you can always believe that, with hope, it can be conquered and, in the end, you will be stronger for it.”

— Brooke Ellison —



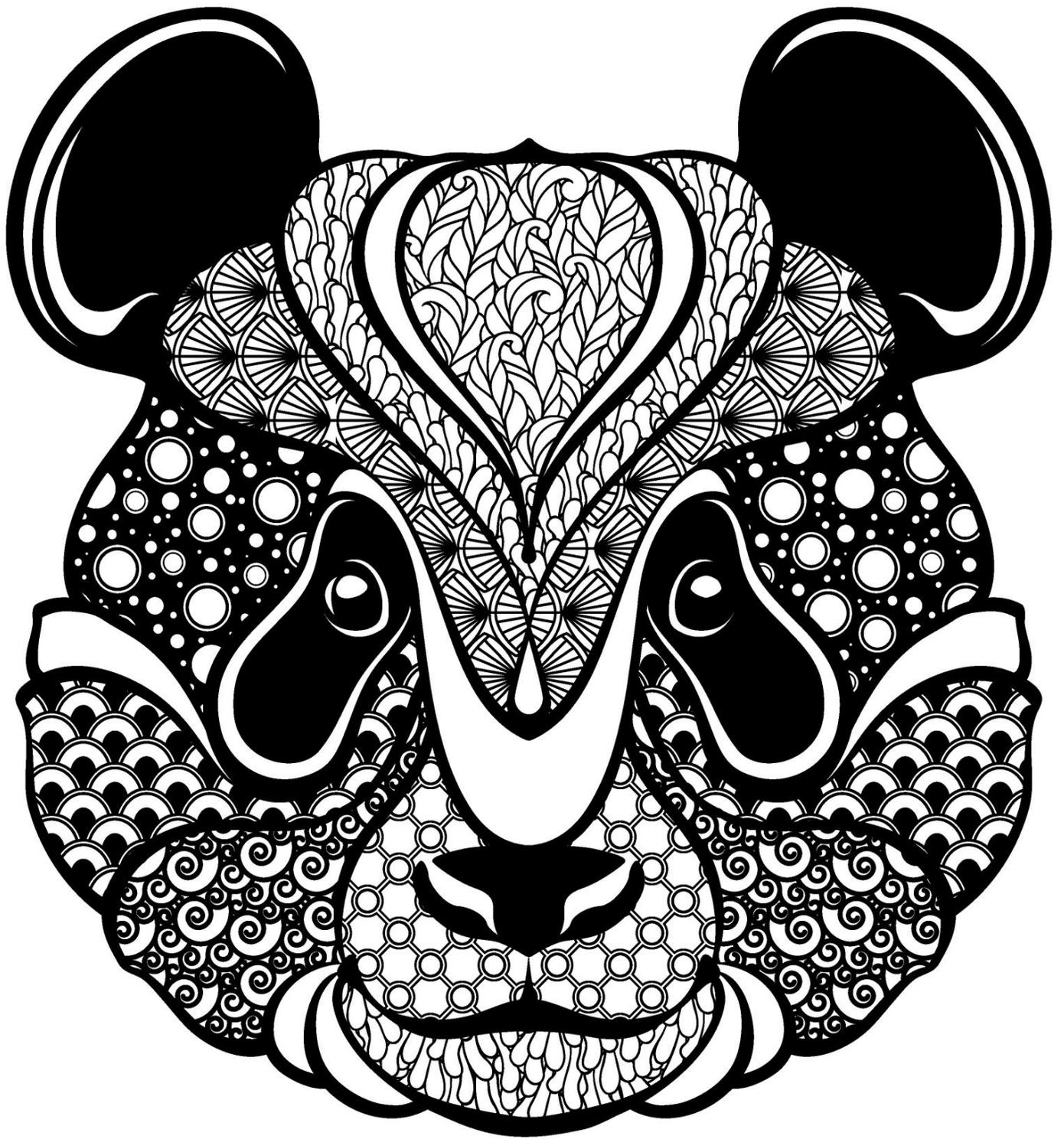
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“There is no medicine
like hope, no incentive
so great, and no tonic so
powerful as expectation of
something tomorrow.”

— Orison Swett Marden —



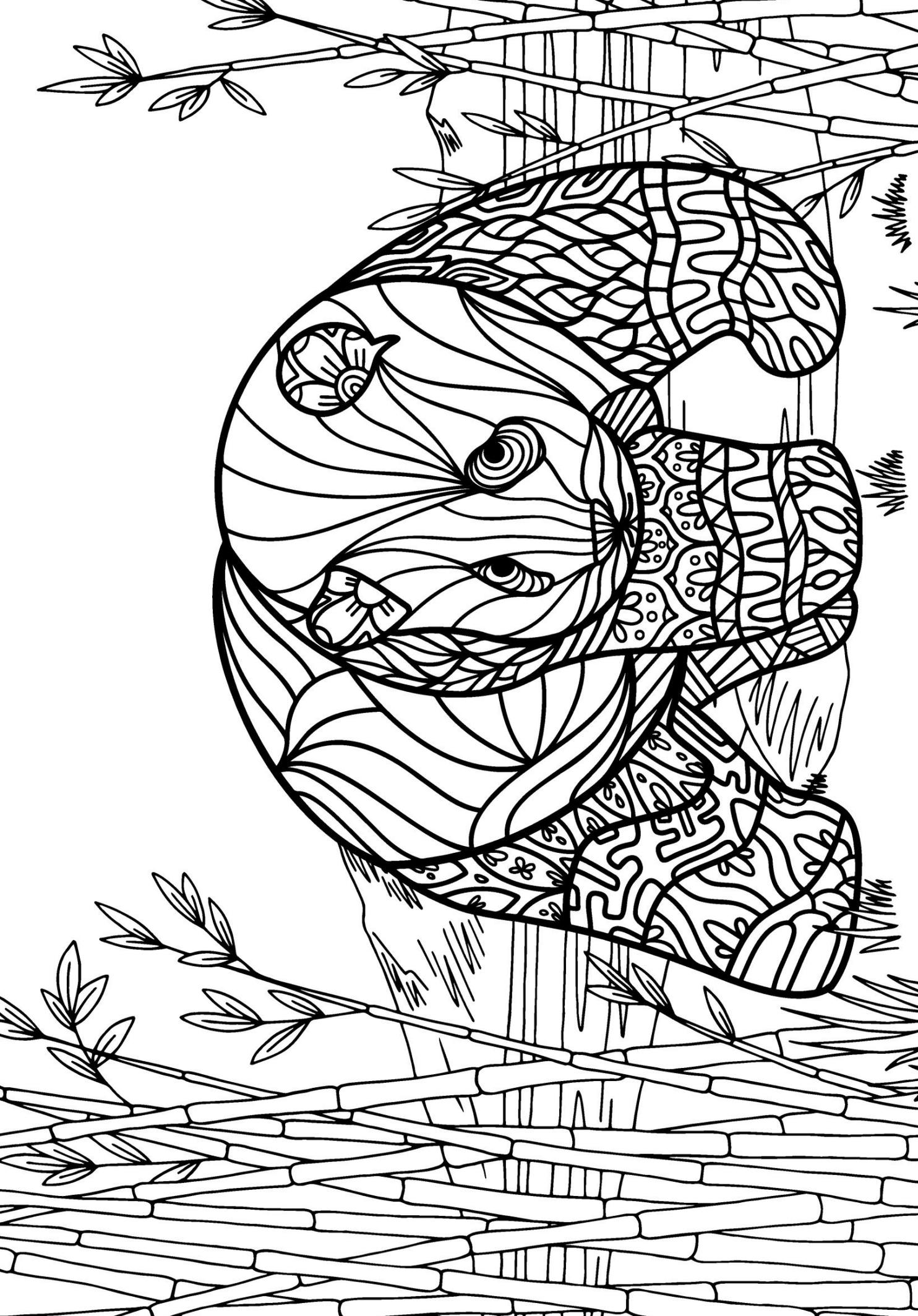
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“The future belongs
to those who give
the next generation
reason for hope.”

— Pierre Teilhard de Chardin —



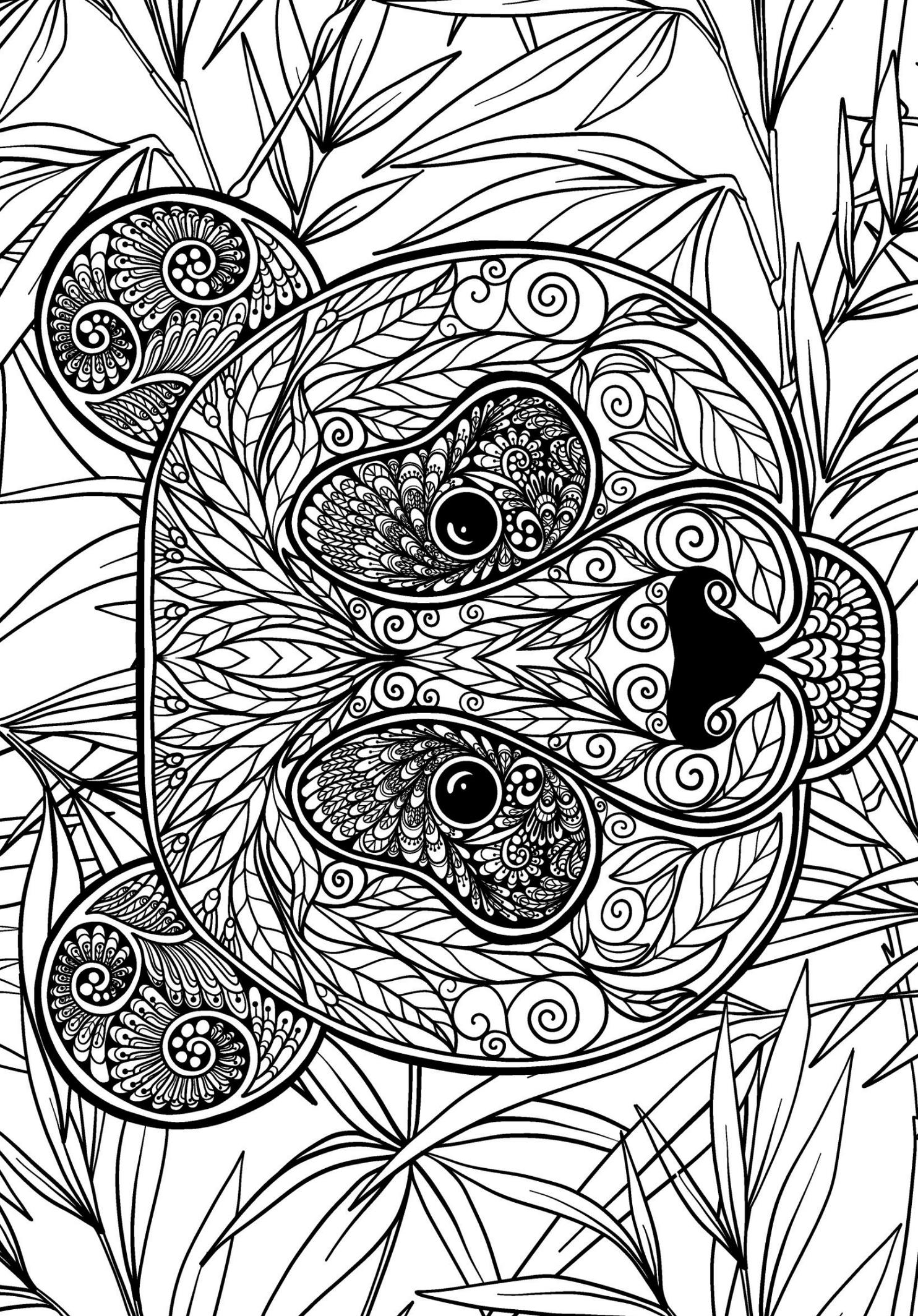
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“Never give up, for that is
just the place and time
that the tide will turn.”

— Harriet Beecher Stowe —



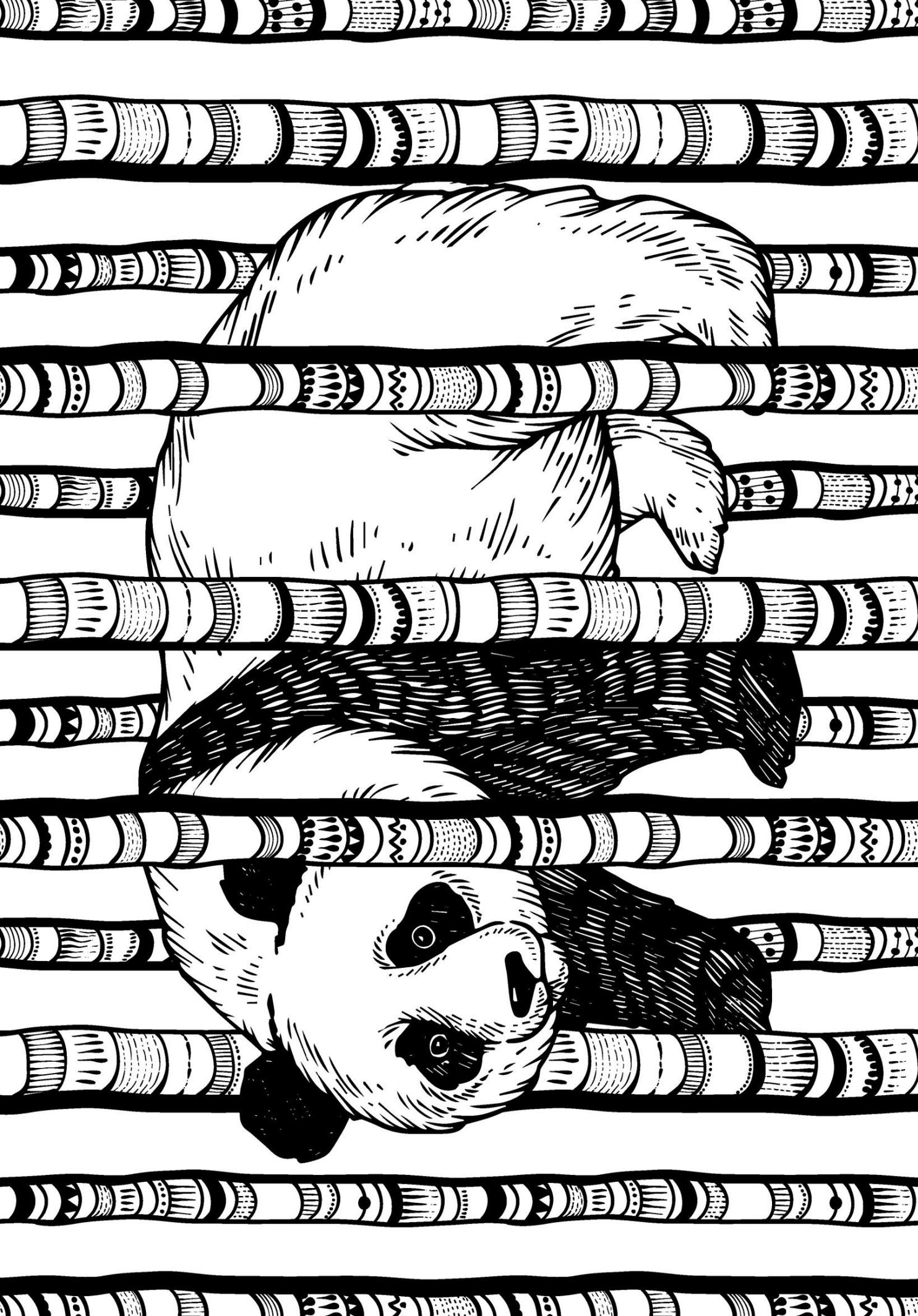
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“You may not always have a comfortable life and you will not always be able to solve all of the world’s problems at once, but don’t ever underestimate the importance you can have because history has shown us that courage can be contagious and hope can take on a life of its own.”

— Michelle Obama —



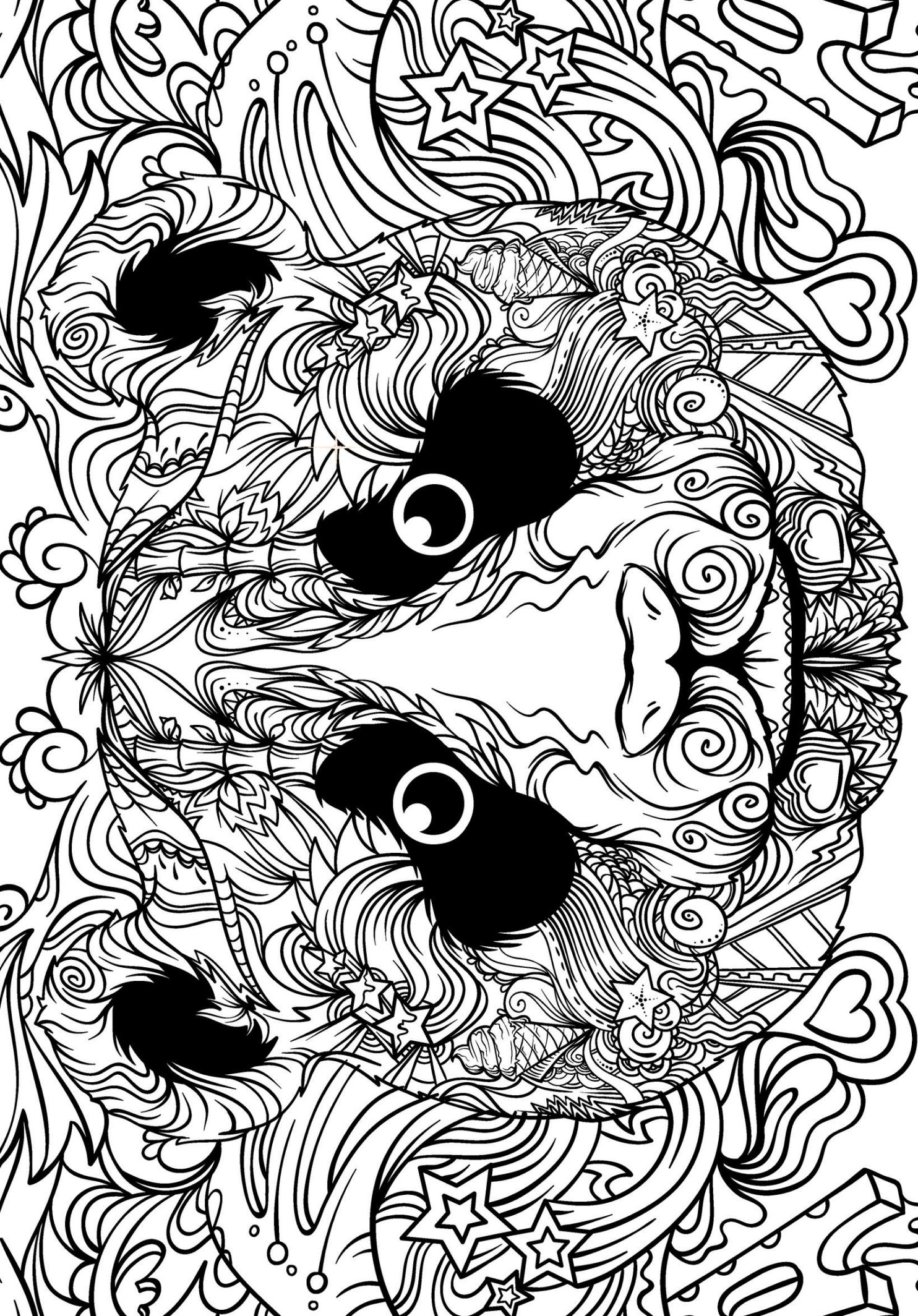
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“Hope is definitely not the same thing as optimism. It is not the conviction that something will turn out well, but the certainty that something makes sense, regardless of how it turns out.”

— Vaclav Havel —



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“The best way to not feel
hopeless is to get up and
do something. Don't wait
for good things to happen
to you. If you go out and
make some good things
happen, you will fill the
world with hope, you will fill
yourself with hope.”

— Barack Obama —



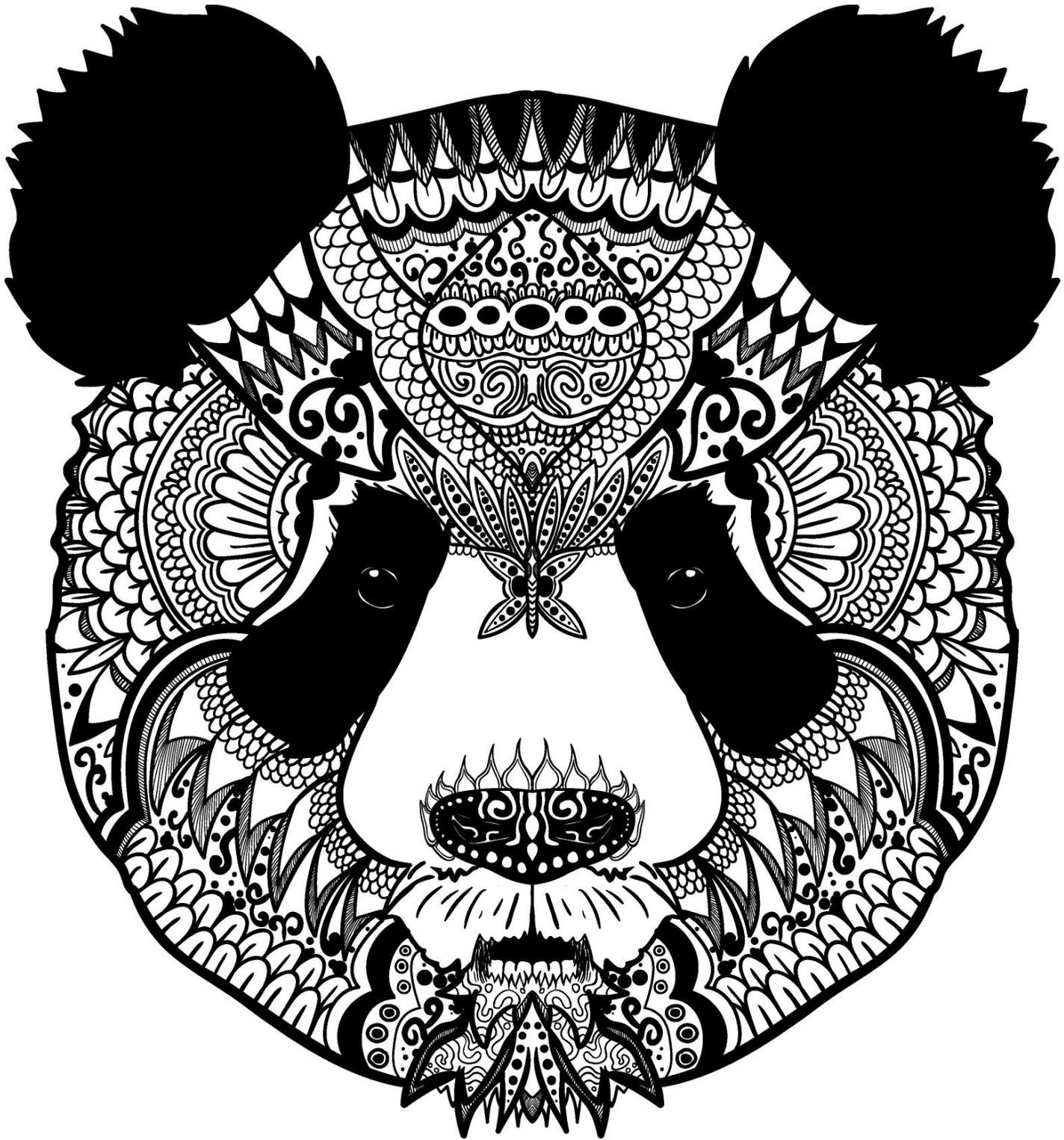
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“Keep believing in
brighter days, finding
ways for your dreams
and wishes to come true.
Giving you hope that is
as certain as the sun,
giving you strength of
serenity as your guide.”

— Douglas Pagels —



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“Hope is like a road in the
country; there was never
a road, but when many
people walk on it, the road
comes into existence.”

— Lin Yutang —



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“Hold your head high,
stick your chest out.
You can make it. It
gets dark sometimes,
but morning comes.
Keep hope alive.”

— Jesse Jackson —



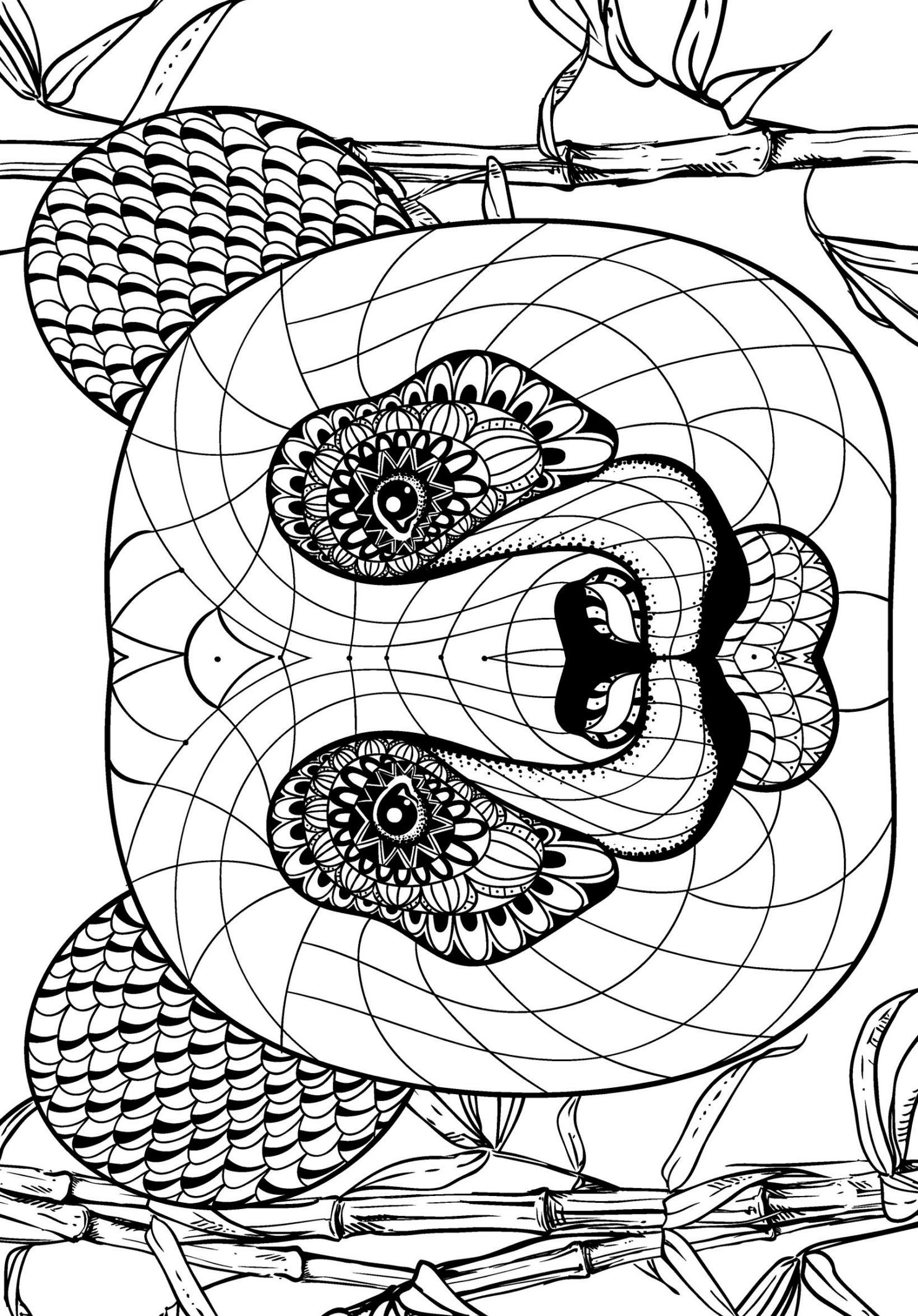
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“Three grand essentials
to happiness in this life
are something to do,
something to love, and
something to hope for.”

— Joseph Addison —



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“Consult not your fears
but your hopes and
your dreams. Think not
about your frustrations,
but about your unfulfilled
potential. Concern
yourself not with what you
tried and failed in, but
with what it is still possible
for you to do.”

— Pope John XXIII —



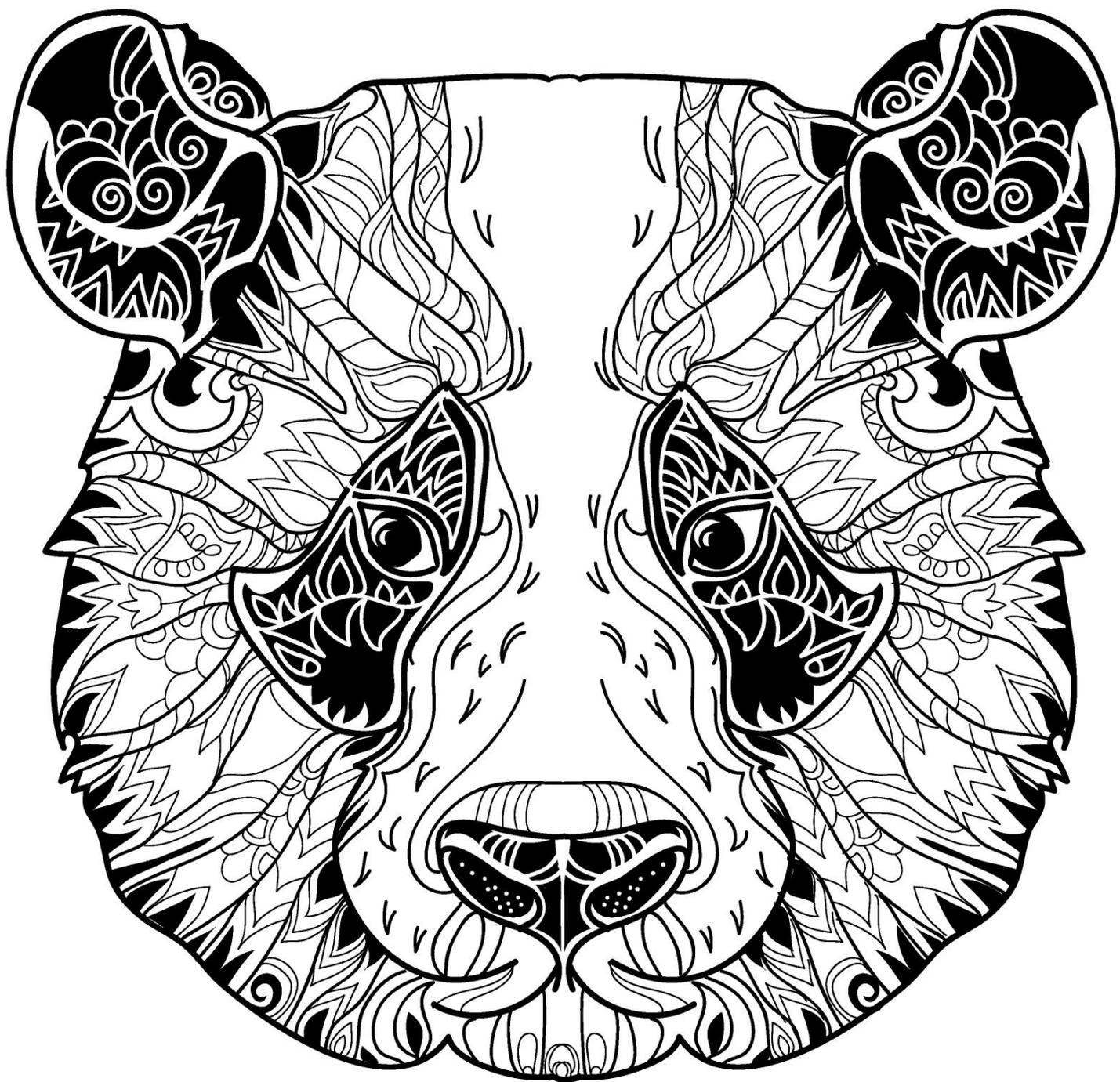
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“Never give up on a dream just because of the time it will take to accomplish it. The time will pass anyway.”

— Earl Nightingale —



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“Hope means hoping
when everything
seems hopeless.”

— Gilbert K. Chesterton —



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“What oxygen is to the
lungs, such is hope to
the meaning of life.”

— Emil Brunner —



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“Hope arouses, as nothing
else can arouse, a passion
for the possible.”

— William Sloane Coffin —



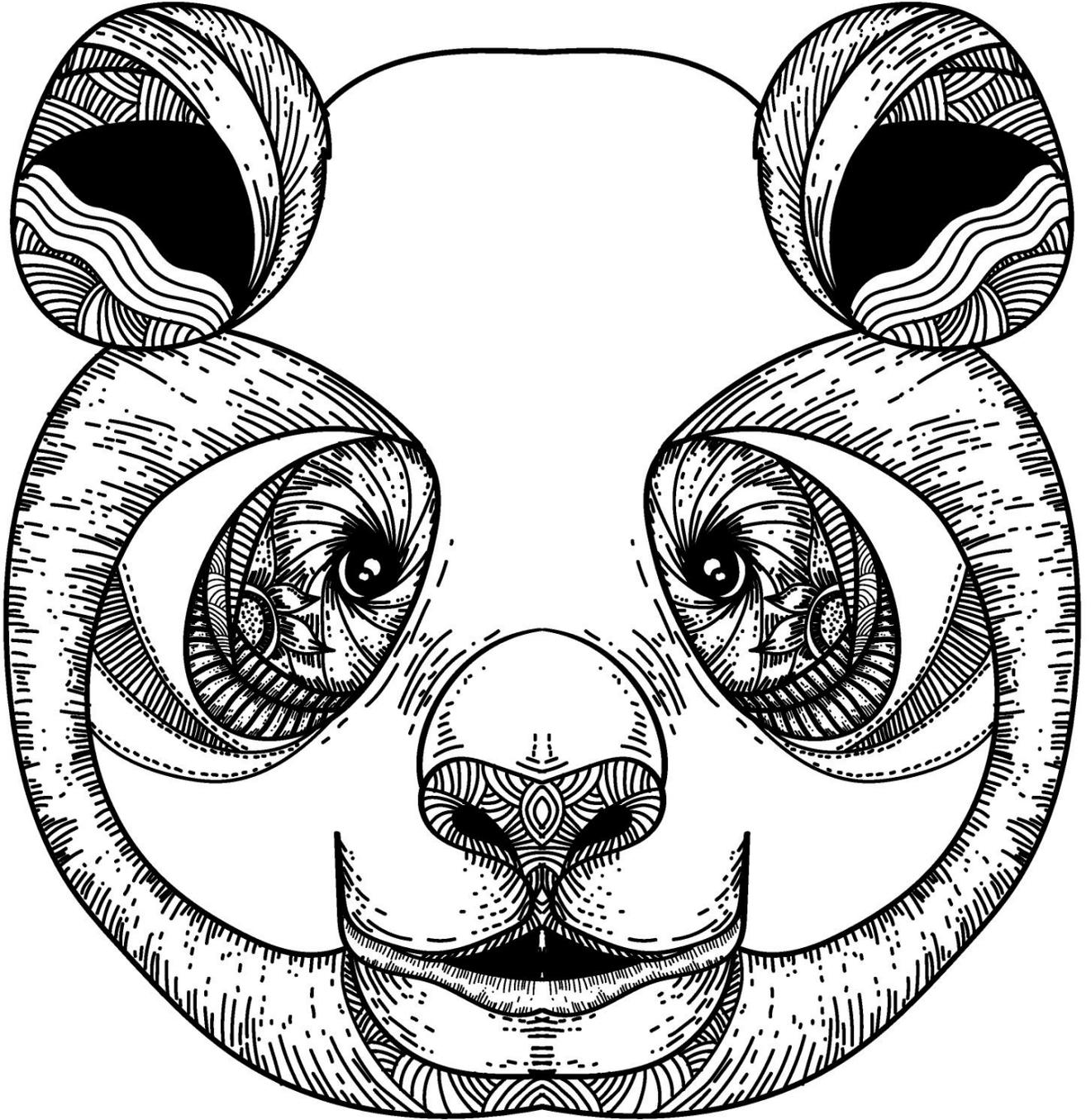
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“The capacity for hope is the most significant fact of life. It provides human beings with a sense of destination and the energy to get started.”

— Norman Cousins —



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“It is difficult to say what
is impossible, for the
dream of yesterday is
the hope of today and
the reality of tomorrow.”

— Robert H. Goddard —



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“A strong mind always
hopes, and has always
cause to hope.”

— Thomas Carlyle —



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“True hope dwells on the possible, even when life seems to be a plot written by someone who wants to see how much adversity we can overcome.”

— Walter Inglis Anderson —



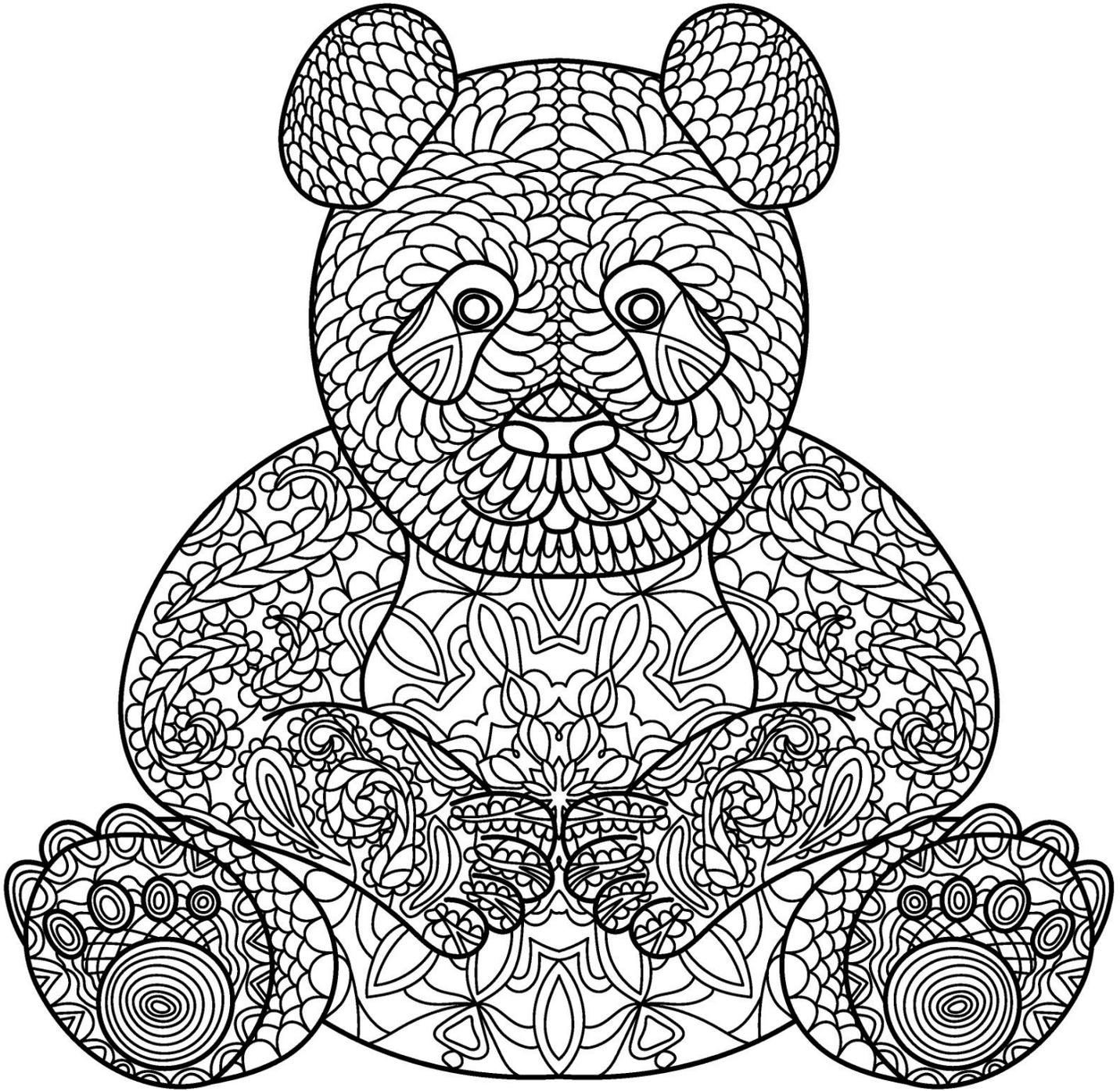
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“Where there is life,
there is hope.”

— Alyson Noel —



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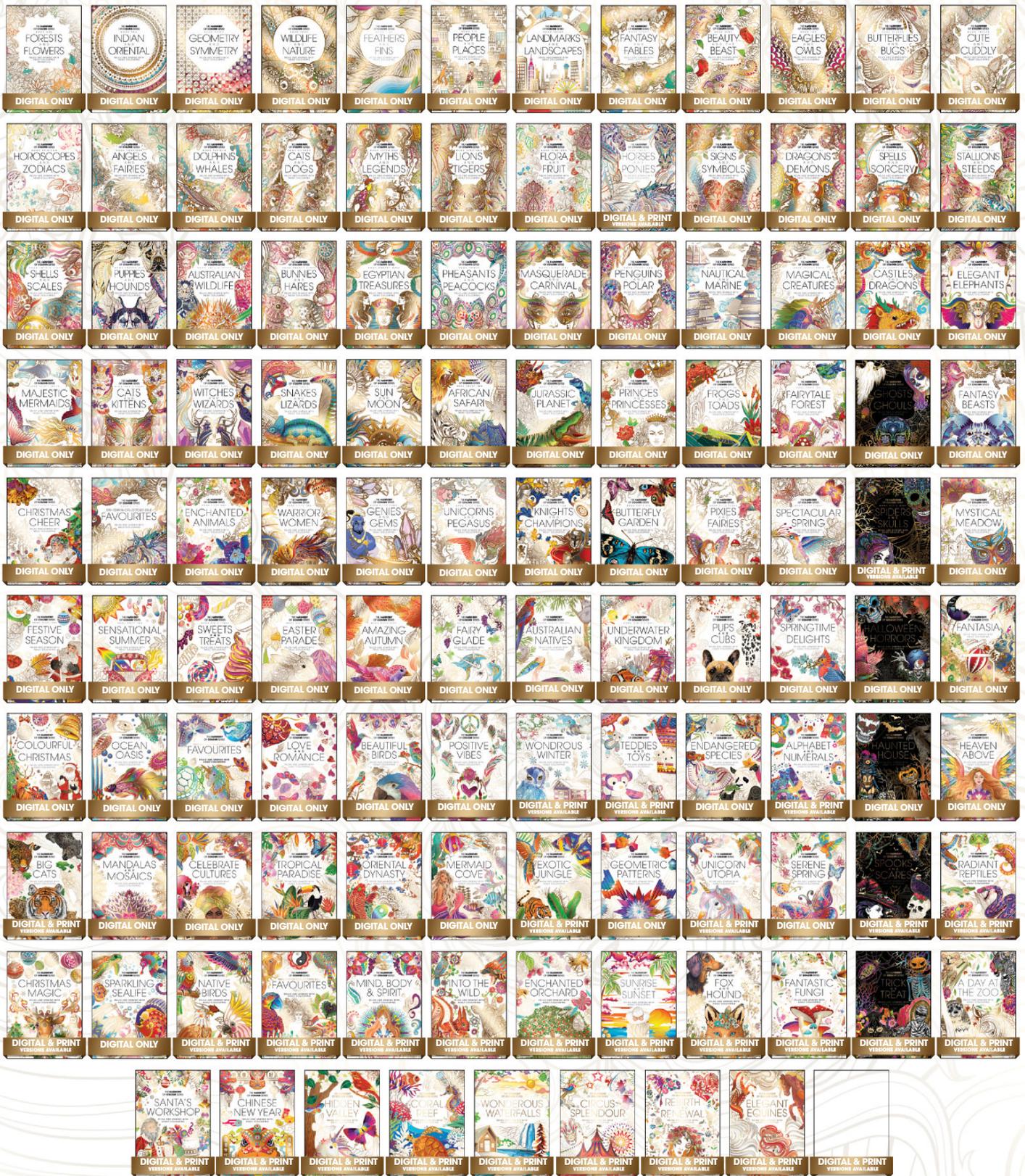
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