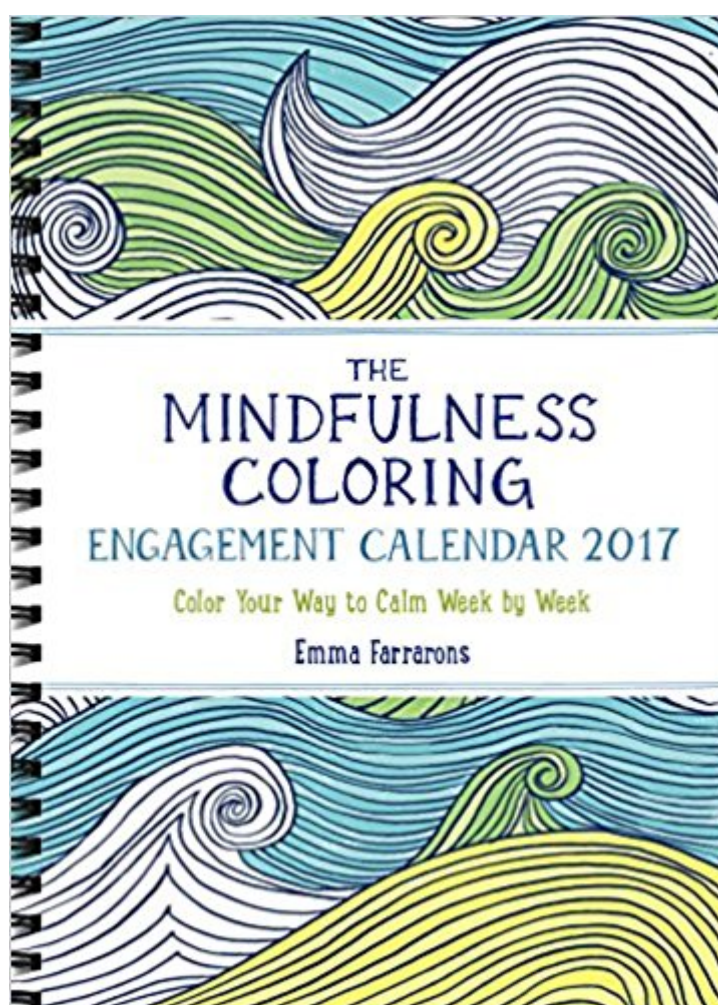


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# The Mindfulness Coloring Engagement Calendar 2017: Color Your Way To Calm Week By Week (The Mindfulness Coloring Series)



## Synopsis

Color your way to peace and calm, every day! The Mindfulness Coloring Engagement Calendar includes the same beguiling illustrations, intricate patterns, and kaleidoscopic designs that have made The Mindfulness Coloring Book a #1 national and international bestseller. This charming engagement calendar features uncoated, opaque paper, ideally suited to pencils, crayons, and more. Now you can take a few minutes each day to keep track of your hectic schedule and reset and refresh with mindful coloring. Spacious weekly grids Wire-O binding for easy coloring 70 beautiful illustrations to develop mindfulness every day, week, and month!

## Book Information

Series: The Mindfulness Coloring Series (Book 5)

Calendar: 128 pages

Publisher: The Experiment; Egmont Spine edition (July 5, 2016)

Language: English

ISBN-10: 1615193480

ISBN-13: 978-1615193486

Product Dimensions: 0.2 x 7 x 8.5 inches

Shipping Weight: 8.8 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 15 customer reviews

Best Sellers Rank: #426,419 in Books (See Top 100 in Books) #39 in Books > Calendars >

Games #125 in Books > Calendars > Music #175 in Books > Calendars > Movies

## Customer Reviews

"Scheduling doesn't have to be stressful when your calendar includes ready-to-be-colored illustrations that promote mindfulness every day of the year." "Parade" "Each day you can keep track of your busy schedule while resetting your thoughts with a little mindful coloring." "Atlanta Journal-Constitution"

Emma Farrarons, a French illustrator and graphic designer, is the author of the Mindfulness Coloring series. Born on the island of Cebu in the Philippines, Emma grew up in Paris. She was trained in illustration at the Edinburgh College of Art and l'École nationale supérieure des Arts Décoratifs. Having completed a textile and printmaking course at Capella's school in Sweden, she has developed a particular love for pattern and fabric print and is inspired by French, Scandinavian, and Japanese design. She illustrates and designs books, posters, and stationery.

When she is not drawing and designing, Emma enjoys cooking, sewing, travel, and practicing mindfulness. She lives in London with her Danish husband.

I was searching for a yearly planner which I could also color. The planners I found did not have any reviews so I was unable to know what they were really like. All I needed was a monthly page followed by weekly pages. I do wish the publisher would show more of what is inside their products, how are we supposed to choose when we do not know what is in it. I waited and waited still no reviews. So I went ahead and took a chance on this calendar. I will start with the one negative. THERE IS NO MONTHLY PAGE . It does have a tiny 1" monthly calendar on each weekly page, but I would have preferred a 2 page spread in between the weekly pages so you could see each month's activities at a glance. I would like to give it 4 1/2 stars which is not possible so that is why it has four. Perhaps the publishers would consider that for next year. That said here are the stats for the Calendar. When open is approx 13 x 9 inches. Spiral Binding. 1 week spread on RIGHT page 9x6in.. Space for writing. 1" x 4 1/2". Holidays and moon phases marked. At the back are yearly calendars for 2016, 2017 and 2018, plus three pages for notes. Now for the good part. I bought this so that I could color and I am not disappointed. Paper is good quality, I tried Marco Raffine pencils, Sargent Markers and a fine liner. None of these bled through the page. On the LEFT side is full page drawing, leaves, flowers, butterflies, teacups, mushrooms, pears, odd shapes and patterns etc.....very good selections and I do not think there are any doubles. Example Feb has pears, geometric pattern, flower heads and leaves. Around every weekly calendar page is a 1 inch border of lines, patterns etc. to be colored. Bonus between every other month is a 2 page spread to color. Jan fish, March large cat, May swirls, July leaves, Sept Very sweet foxes, Nov birds. I am really delighted with my calendar.

This is a great book. The pictures do not have lines that are too wide for coloring the way many coloring books do. Each week of the month has its own page to color the border and the opposite page is a separate theme. And I enjoy the pictures in between the months; the cat was my favorite. I usually color the current page while looking over the next week's appointments. It's a good way to wind down at the end of the day. I have recommended it to a couple of my friends and at least one of them has purchased her own copy. I will be purchasing 2018 when it comes out.

Perfect journal/coloring book. Good quality paper, smaller pages, spiral bound (important in a coloring book!). I wanted to try out coloring books but the larger ones overwhelmed me. I also

wanted a journal where I could jot down a few thoughts each day. Love this.

Really enjoying it. Makes for creative doodling during meetings. ;-) And there's your (non digital, week at a glance calendar right there so you can jot a note. I have prismacolor premier colored pencils and they lay down color on the paper very nicely. Less detailed than many other adult coloring books, so good for coloring while doing something else.

Smaller than I would have liked. Not enough space to write ToDo lists. Couldn't find the one I bought last year thru and settled.

I am enjoy coloring every page of this calendar. But the space between days is a little bit small to write there.

was a gift and is very useful for scheduling as well as coloring.

Marvelous !

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