

Color Me To Sleep

The Color Purple Why We Sleep Love Has No Color Part One Sleeping with the Lights On Color Me English Fever 1793 Wake Me Up! Graymazing Teddy Bears Grayscale Coloring Book Inspirational Mandalas Coloring Book with Bible Verses Be Calm and Color The Color of Love Color Me Stress-Free Color Me To Relieve Stress Leave Me Alone Immediately! I Am Coloring! Color Me Grateful The Calm Coloring Book Color Me Green Color Me Beautiful Portable Color Me Fearless Color Me Mindful Color With Me! Grandma & Me Coloring Book Color Me To Sleep Color Me a Cupcake Game Ender Color Me In Color Me Butterfly Color the Sidewalk for Me Color Me Happy Sleep Tight, Sugar Bear and Grayson, Sleep Tight! Portable Color Me Happy Big Top Andrew Color Me Calm Princess Bee: Color Me Color Me Musical Piano Book One 2nd Edition Color Me Flo Color Me Crazy Portable Color Me Calm NIV, Adventure Bible, Hardcover, Full Color Now I Lay Me Down to Sleep Let Me Sleep!

The Color Purple

"Wake Me Up" is a unique coloring book for women. This book contains illustrations of emotions and feelings of joy, freedom, courage, inspiration and love. Each artwork is highlighted by a motivating quote or a thought-provoking question. The book is motivating. Every illustration calls the reader to action. The book is intimate. There are some pages for the readers' to reveal their deep thoughts, goals and dreams. The illustrations visualize desires. The reader is not just an observer, but also a participant. Each illustration delivers a message and when coloring they bring this message out of the book pages to their lives. The book is symbolic. To wake up the book you need to color it. You'll wake up the book and it will wake up you.

Why We Sleep

A collection of the author's observations on race, culture, and belonging before and after the September 11 attacks discusses his childhood memories of a Muslim fellow student and his international research into colonial histories.

Love Has No Color Part One

As a chalk-fingered child, I had worn my craving for Mama's love on my sleeve. But as I grew, that craving became cloaked in excuses and denial until slowly it sank beneath my skin to lie unheeded but vital, like the sinews of my framework. By the time I was a teenager, I thought the gap between Mama and me could not be wider. And then Danny came along. . . . A splendidly colored sidewalk. Six-year-old Celia presented the gift to her mother with pride---and received only anger in

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return. Why couldn't Mama love her? Years later, when once-in-a-lifetime love found Celia, her mother opposed it. The crushing losses that followed drove Celia, guilt-ridden and grieving, from her Bradleyville home. Now thirty-five, she must return to nurse her father after a stroke. But the deepest need for healing lies in the rift between mother and daughter. God can perform such a miracle. But first Celia and Mama must let go of the past--before it destroys them both.

Sleeping with the Lights On

Andrew is back for another "Color-With-Me" adventure! Join Andrew on a trip to the "Andrew Brothers Circus" and find out what Andrew thinks it would be like to juggle, walk the tightrope, charm a snake and even tame a fierce lion!! Make sure you have your crayons ready because just like Andrew's first adventure, each chapter has a picture from the story for you to color! Plus this new book has space in each picture for you to draw your own background! The only limits are your imagination and if you're anything like Andrew, that means there are no limits!!

Color Me English

This Is the Full Color Edition! Graymazing Teddy Bears Grayscale Coloring Book puts stress-relief and relaxation at your finger tips. This grayscale coloring book has a creative design and layout inside plus allows you to color each grayscale image 3 times a piece. So you can test, try, and explore different color palettes and color schemes. This is why we consider our coloring books a unique GRAYSCALE coloring book experience that is both fun and beautiful. So get ready to enter world of Graymazing Grayscale Coloring Books for Grown-Ups and kickstart your art therapy with us! This is an easy coloring book that allows anyone with beginner to advanced coloring skills to enjoy it. This grayscale coloring book features amazing grayscale photographs to color! This Coloring Book would make a great back to school gift, birthday gift, christmas gift, or even an anytime of year gift for anyone who loves grayscale coloring books and adult coloring books in general. For a complete look inside before you buy it check out the Kindle Art Book version of this coloring book to see all the amazing grayscale teddy bears pictures in full color and in grayscale! This book features: 20 Full Color and Grayscale Photographs of Teddy Bears to color. Pages are 8.5 x 11 inches, single sided. No perforation, but each image has a wide inside margin for easy removal. Paper is best with colored pencils, pastels, or other dry media.

Fever 1793

Bring back bedtime! Insomnia affects roughly 60 million Americans each year; according to NPR, it disproportionately affects women and people over the age of 65. One of the biggest complaints of women in particular is going to sleep and waking up four hours later and being unable to go back to sleep for at least another hour. Developing healthy sleep habits

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can help all forms of insomnia, and coloring is a calming activity that can help your mind relax and unwind. So put down your cell phone. Shut off the TV. And color your way back to sleep. With nearly 100 coloring templates, all featuring images and shapes designed to put your mind into that peaceful and serene state essential for a healthy sleep. Instead of looking at a screen when insomnia hits, Color Me to Sleep offers a creative, relaxing alternative. Don't forget to try Color Me Calm, Color Me Happy, Color Me Stress-Free, and Color Me Fearless!

Wake Me Up!

The perfect book for stressed-out adults who want to reconnect, simply and easily, with their inner creativity while on the go. Many of us experience fear every single day: job loss, loneliness, relationships, money, sickness, anxiety, and more. Fear has become infused in our culture, and it affects our day-to-day functioning and quality of life. A simple and inexpensive way to relieve stress is by coloring images, which can be soothing. Some even consider it an alternative to stressors, ultimately aiding in reversing the effects of anxiety. Refocusing your attention on something completely different to engage in a mental, physical, and emotional shift can help break the pattern of consistent stress and allow one to rejuvenate. Part of the international bestselling Color Me series, Color Me Fearless is a guided coloring book for adults coping with their own daily fears. Art therapist Lacy Mucklow and artist Angela Porter offer up 70 coloring templates, all designed to boost strength, courage, and confidence. Organized into seven therapeutically themed chapters, readers can explore the benefits of putting pencil (or crayon!) to paper and channel their day-to-day stresses into a satisfying, creative environment. Don't forget to try Portable Color Me Stress-Free, Portable Color Me Calm, Portable Color Me Happy, and the full-sized coloring books, Color Me Stress-Free, Color Me Calm, Color Me Happy, and more!

Graymazing Teddy Bears Grayscale Coloring Book

The Calm Coloring Book is filled with peaceful and uplifting vibes - every nature & mandala inspired illustration has a positive theme. The twenty-eight detailed, hand-drawn illustrations are waiting for you to bring them to life with color! When inspiration strikes, you can add in your own doodles and drawings wherever you'd like. This book is for colorists of all ages to enjoy - including adults. After all, coloring shouldn't just be for kids - grownups need to have fun too!

Inspirational Mandalas Coloring Book with Bible Verses

The substance of this non-fiction novel is generally factual and transpires from 1962 through 1998. Friendships formed in high school and college, provide a background for anecdotal stories of Pat Mingione and his teacher friends. The author, using the pseudonym, P. James Rocco, recounts how he and his wife's relationship evolved from being neighbors and

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friends to one of unselfish love. The drama of his kidney transplant operation is detailed and life after transplantation is explored. Pat and his wife deal with many adversities making Color Me In a true story of inspirational love.

Be Calm and Color

Inspired by a true story, Color Me Butterfly follows four generations of mothers and daughters—haunted by a common specter of domestic abuse—as they discover the strength, hope, and courage to survive. The last thing Eloise Bingham wanted was to leave the comforts of her South Carolina home and family. But at the end of World War II, the young wife follows her husband, Isaac, to Philadelphia—only to experience his sinister and violent temper. Eloise’s children—and their children and grandchildren—will face their own trials over the next sixty years: Mattie, who has lived in her mother Eloise’s shadow, finds it takes a life-changing tragedy to help her break free; Lydia, Mattie’s strong-willed daughter, summons the resolve to rise above the cycle of abuse; and finally, Treasure, Lydia’s lively daughter, has the chance to be the first to escape her family’s destructive legacy. It will take unconditional love, old-fashioned family values, faith, and fearless determination—already embedded in each woman’s DNA—to triumph over a life plagued with unspeakable pain. From the Trade Paperback edition.

The Color of Love

What do you love the most about going to a farmer's market? Imagine, you can color these delightful images of fresh homegrown fruit and vegetables, flowers, honey, and maple syrup as a keepsake of your trip to the market! This coloring book for two has similar medium to detailed images for both grandma and grandchild as requested by our reviewers. Relax, reflect and rejuvenate after spending the day shopping in a historic old town. Drink some tea and light a pumpkin or apple spice candle and choose your favorite colors with your grandchild! Did you taste the kettle cooked popcorn and fresh lemonade? How about some beautiful new roosters for your back yard?

Color Me Stress-Free

The Pulitzer Prize-winning novel that tells the story of two sisters through their correspondence. With a new Preface by the author.

Color Me To Relieve Stress

This Poem Book Color Me Beautiful, and another publication The Womens Utopia, coming soon! Her original Poems and

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writings have inspired many, may you too be inspired, in some way as you take the time to read through these poems.

Leave Me Alone Immediately! I Am Coloring!

This book tells the history of my illness and recovery from total organ failure. I took up digital painting when the whole ordeal was over, and my inspirations came from my life and my experiences in the healing process. It wasn't all-together unpleasant to feel mentally euphoric, until I began to see the chaos this little incident was causing. The whole event still makes the bottom of my stomach drop to the back of my throat. I know it should rise, but it drops and drops with a thud.

Color Me Grateful

Sometimes Carrie Blake feels she just can't stand life's problems or pain. At fifteen, she's had leukemia for three years, and although the disease is in remission, she's never sure when things might change. Her parents, whose bitter divorce has left Carrie feeling torn between them, don't seem to understand how much harder they make her daily life. When Carrie meets Keith Gardner at a cancer support group, everything seems brighter. Keith and his loving supportive family are wonderful to Carrie. Then Keith's illness worsens and he knows he can no longer fight off dying. Armed with love of family and friends, Keith chooses to participate in a hospice program, which allows him to remain at home instead of in the hospital. Carrie feels helpless as she watches Keith slip away. Will Keith's courage help Carrie to face her own uncertain future? From the Paperback edition.

The Calm Coloring Book

Nanzee Johnson, a simple girl with a New York dream. Her desire to acquire an education at New York University in the Big Apple was shared by her travelling companion and childhood friend, Gwen Duncan. While struggling to get a solid footing in their new home, Nanzee stumbles onto a chance meeting with a dashing stranger, Basil Barden. The meeting brought about a rift between Nanzee and Gwen. Accused of overstepping certain boundaries, Nanzee had a decision to make while Gwen threatened to expose her to her father. Nanzee soon finds herself alone and reliant on the man who took her breath away. He is already on a mission and willing to do anything to keep her dependent and breathless. Her pride, concerns about White Man's Burden syndrome and her father's bigotry, are no match for the overwhelming affection she had developed for Basil. Indeed, these hurdles were unworthy of comparison to what he offered her. Nanzee wonders how she might prove herself worthy of Basil's love. When he propositions her, saying that in her agreement she would be saving his life, Nanzee knew she had found a way to redeem herself to him even if in her eyes alone.

Color Me Green

When Mitch Harris goes out with his friend he thinks he has finally met the Mrs. Harris, but when he tries to call her he dials the wrong number and hears the sweetest voice hes ever heard. Colby Washington who just broke up with her boyfriend is not ready for another relationship, but when Mitch accidentally calls her she is more than willing to keep talking to him. The more they talk to each other the more they start liking one another When their jobs allow them to finally meet face to face after months of talking on the phone will they take a leap of faith by taking their relationship to the next level or will the color of their skin make them not want to risk the challenges they know they will have to confront. Is the love they share strong enough to stand the test of time between all the people in their lives starting from the secretary, to the friends, and last but not least the family?

Color Me Beautiful

Color Me Musical (CMM)was written for young children age 3-6 to learn to play the piano. This is the level one Piano Lesson Book. It is meant to be used with the level one Theory and Technique Books. Using bright colors and lovable characters, kids learn and remember where each note can be found on the piano keyboard, and the music staff when music is written on paper. This well proven method helps young students learn to read music faster than other note reading programs, and makes it easier for kids to remember what they learn. Enjoy your piano playing journey through -Color Me Musical-!

Portable Color Me Fearless

Color Me Mindful is a coloring book with mini-meditations to help bring Mindfulness into your daily life. There are more than 40 pages to color, designed around twenty words related to the practice of Mindfulness. Each word has two designs: one with a mini-meditation, and the other with a more detailed coloring design. Concentrating on the words and the act of coloring can quiet your mind and allow you to relax and take in the concepts of Mindfulness. Coloring is an excellent way of focusing your attention and incorporating movement, color and creativity into your practice. Allow your worries to drift away as you color, and HAVE FUN!

Color Me Mindful

The Adventure Bible keeps getting better. Its exciting features make learning about faith and growing up spiritually a thrilling journey. Twenty full-color pages offer inspiring activities set to a jungle safari theme. Life in Bible Times whisks you off to the ancient world to discover what life was like back then, with illustrations showing what people ate, where they

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slept, what kinds of work they did and more. From Jehu to Jesus, People in Bible Times reveals who's who in the Scriptures. Words to Treasure highlights valuable verses to memorize. Did You Know? gives you insight into God's Word and turns you into a Bible trivia master. Live It! suggests fun activities to help you remember the truths of the Bible and apply them. The Adventure Bible also features introductions with useful facts about each book of the Bible, a dictionary/concordance for looking up tricky words, and color maps to help you locate places in the Bible. The Adventure Bible is America's bestselling children's Bible—over 5 million sold!

Color With Me! Grandma & Me Coloring Book

Princess Bee: Color me is an activity book with ABC's, Coloring, Connect the Dots, Fill in the Blanks, Spot the Differences and Puzzles. The activity of this book is base off Princess Bee series 1 - available on Amazon as hardcopy and Kindle

Color Me To Sleep

This book is uniquely original and can be personalized with any boy's name. How fun is that? Over 500 book names already published on Amazon! Think of the possibilities: baby or shower gifts, birthdays, a special something from grandma, and more. You can purchase the book's title as shown (this book is in GRAYSON'S NAME), OR you can request a new book be published in the name you desire. It's easy to order in 3 steps: 1. Go to estorytime.com BEFORE placing your Amazon order to let Melissa know the name you want personalized on your book. 2. Click on the "Personalize It" tab and add the name and book title you would like. Send this information to Melissa. 3. Melissa will take care of the rest. She will publish your new book title on Amazon, and once published, will get a link from Amazon to email to you. Once you receive this link, you can order your book just like any Amazon product. Easy! We've taken the worry out of the process and your child will be thrilled with the final product. Who doesn't like to see their name on the cover or hear it related throughout the story? The author, Melissa Ryan, is the mother of five children and knows the importance of reading to your little ones. It instills a love of books and fosters an active imagination in the youngest of readers. Help start them on a path of discovery with Melissa's stories. The tale of Grayson is perfect for bedtime, especially when unleashing the child's wonder by using his own name. This is a book that can be enjoyed over and over again, and will be remembered long after the last page is read and the lights turned out. Sleep Tight, Sugar Bear and Grayson is beautifully written and will hold your child's attention while you share this delightful tale. Help your child discover the beauty behind each season, as Grayson experiences a lazy winter snowfall and the warmth of his cozy bed. Frolic with him in the puddles of a springtime shower or splash in a pool under the summer sun. Grayson will capture your heart, and the moments spent reading it together will build fond memories that will be cherished throughout the years. Your little boys grow up all too fast; make lasting impressions while you can. This is just one of several books offered by Melissa in her ever-expanding children's book series. You'll learn to love and appreciate the

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extra attention that goes into each volume. Special care is taken to keep the child's heart at the center of each story, helping them build character and learn something along the way. Encourage that special child in your life to embrace all that is warm, cuddly, and good. Spend a few minutes with Sugar Bear, making bedtime the best part of his day, and build a binding relationship with the power of reading you'll look back in awe at the foundations you've built. Please customize and purchase this book for a special little boy in your life today. Tags: Grayson, personalized children's books, personalized gifts, personalized baby gifts, personalized, bedtime stories, bedtime story, 1st birthday gifts

Color Me a Cupcake

"Sleep is one of the most important but least understood aspects of our life, wellness, and longevity. An explosion of scientific discoveries in the last twenty years has shed new light on this fundamental aspect of our lives. Now neuroscientist and sleep expert Matthew Walker gives us a new understanding of the vital importance of sleep and dreaming"--Amazon.com.

Game Ender

Color Me In

Raven West is starting over. She's a ship's captain without a ship. She's broke, and because she's beautiful, few investors take her seriously. However, she's not without resources: a cool head, a sharp mind, and a steady gun make all the difference. Want of money drives her to take work as a freelance security agent for a team of scientists. They need her to protect their plans and equipment, though it may already be too late. Part of that technology—plans to a weapon of insurmountable power—has already fallen into the wrong hands. Raven must infiltrate the weapon itself and sabotage key components. To get the job done, she must elude the weapon's security and escape detection, even as the forces of several governments align against her. Coming out of this alive will require the help of her brother Gideon, his guns, and every bit of luck she's never had. But there's no choice. If she's ever going to get a ship to call her own she first has to keep the universe from blowing up.

Color Me Butterfly

It's late summer 1793, and the streets of Philadelphia are abuzz with mosquitoes and rumors of fever. Down near the docks, many have taken ill, and the fatalities are mounting. Now they include Polly, the serving girl at the Cook Coffeehouse. But

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fourteen-year-old Mattie Cook doesn't get a moment to mourn the passing of her childhood playmate. New customers have overrun her family's coffee shop, located far from the mosquito-infested river, and Mattie's concerns of fever are all but overshadowed by dreams of growing her family's small business into a thriving enterprise. But when the fever begins to strike closer to home, Mattie's struggle to build a new life must give way to a new fight-the fight to stay alive.

Color the Sidewalk for Me

Color Me a Cupcake Coloring Book for Kids is a collection of beautiful illustrations of mouthwatering cupcakes. The images are large, with designs ranging from the simple to the intricate. Cherry on top, chocolate frosting, strawberries etc., no matter how you like your cupcake, you will find this coloring book very engaging! Children gain confidence in themselves when they pick colors themselves; and develop their fine motor and sensory skills when they color in between the lines to create their masterpiece. Coloring is fun and these cupcakes eagerly await the strokes of your coloring pencils or crayons to bring them to life; don't disappoint them. There is an artist in every child, don't let it fade, or be left behind, nourish it with this Color me a Cupcake coloring book for kids. When kids are engaged, they stay out of your way. Grab a copy today. Makes an excellent gift for family and friends on birthdays and any other occasion.

Color Me Happy

The perfect portable book for stressed-out adults who want to reconnect, simply and easily, with their inner creativity while on the go. With each development in technology, our lives become more complicated. We move through our days in a blur of emails, text messages, and social networking. This non-stop stimulation has left us stressed-out and distanced from the joys of the present moment. Art therapist Lacy Mucklow and artist Angela Porter offer a simple and satisfying solution to this disconnect from reality. Featuring 70 calming coloring templates, Portable Color Me Calm is a guided coloring book designed for busy adults and formatted to fit easily in your bag or purse. Organized into therapeutically-themed chapters including Mandalas, Water Scenes, Wooded Scenes, Geometric Patterns, Flora & Fauna, Natural Patterns, and Spirituality, this book examines the benefits of putting pencil to paper and offers adults an opportunity to channel their anxiety into joyful creative accomplishment. Part of the international bestselling Color Me series, Portable Color Me Calm is the perfect way step back from the stress of everyday life, color, and relax even when you're on the go! Don't forget to try Portable Color Me Happy and the full-sized coloring books, Color Me Stress-Free, Color Me Calm, Color Me Happy, and more!

Sleep Tight, Sugar Bear and Grayson, Sleep Tight!

Take time to appreciate the little things in life with Color Me Grateful! Put down your cell phone. Shut off the TV. And color

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your way to gratitude for the little things in life! Color Me Grateful is the newest entry in the Zen Coloring Book series, with nearly 100 coloring templates featuring images and shapes designed to remind you of the little things in life. Coloring templates focus on appreciating simple things, like nature, animals, food, health and wellness, peace, and companionship. Instead of turning to a screen, color yourself grateful with this soothing, relaxing pastime. Don't forget to try Color Me Calm, Color Me Happy, Color Me Stress-Free, Color Me Fearless, and Color Me to Sleep!

Portable Color Me Happy

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Big Top Andrew

With each development in technology, our lives become more complicated. We move through our days in a blur of emails, text messages, and social networking. This non-stop stimulation has left us stressed-out and distanced from the joys of the present moment. Art therapist Lacy Mucklow and artist Angela Porter offer a simple and satisfying solution to this disconnect from reality. Featuring over 100 joyful coloring templates, Color Me Happy is a guided coloring book designed for busy adults. Organized into therapeutically-themed chapters, this book examines the benefits of putting pencil to paper and offers adults an opportunity to channel their anxiety into joyful creative accomplishment. Part of the international bestselling Color Me series, Color Me Happy is the perfect way to step back from the chaos of everyday life, color, and feel happy! Don't forget to try Color Me Calm and Color Me Stress-Free!

Color Me Calm

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Color Me Green By M.C. Wade In the early sixties, John F. Kennedy Jr. is sworn into office, color TV floods the nation, and seventeen-year-old Ryan Webb enlists with the United States Marine Corps. From boot camp to the banks of Okinawa, Webb finds himself in the company of men from all walks and all corners of his country, each one fighting for themselves and, more importantly, for their fellow Marines. In a gripping novel punctuated by humor, evocative detail, and the keen perspective of Ryan Webb, we read about the inspiring life of a U.S. Marine. Whether it's getting into trouble or getting out of harm's way, the men of Color Me Green capture a dynamic time in America's history. Through war and peace, heroism and heartbreak, Color Me Green conveys the reality of military life with great insight. By the time you've finished reading, you may want to color yourself green.

Princess Bee: Color Me

Find the calm within the storm! In this guided, mindful coloring book for anxiety-burdened adults, art therapist Lacy Mucklow and artist Angela Porter offer over 50 coloring pages all designed to help you release stress and find peace. Amid the chaos of the world and our lives, it is especially important to remain calm. This book harnesses the benefits of putting pencil to paper and offers you an opportunity to channel your anxiety into a satisfying, creative accomplishment. Coloring templates feature therapeutic themes, including: Mandalas Water Scenes Wooded Scenes Geometric Patterns Flora & Fauna Natural Patterns Spirituality Be Calm and Color is the perfect way to step back from the stress of everyday life, be creative, and relax! Also available: Be Stress-Free and Color; Be Grateful and Color

Color Me Musical Piano Book One 2nd Edition

This inspirational mandala adult coloring book with Bible verses is perfect for a daily scripture and coloring activity. Use the book as a stress reliever, for meditation or during daily devotionals. Mandalas and Bible Verses is filled with 30 mandala coloring pages each with a scripture verse from the King James Version of the Bible. Ideal for a scripture inspired coloring book for adults or kids who love to color.

Color Me Flo

WRITE IT DOWN - Goals that are not in writing are not goals at all and could end up as discarded wishes. When you write it down, you take it out of the air and make it real. Write it out in great detail without any concern about how you will achieve it. Just be sure that it is what you want - in every detail. Then begin to think about them all the time. Brian Tracy

Color Me Crazy

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Set in the peaceful and calm city of Vadodara, Let Me Sleep! revolves around a young woman who, like the youngsters of her age, made mistakes of love and failed relationships. A story that starts in the gloriously colorful city of Ahmedabad, winding through lecture sessions of MSU to the crowded roads of Vadodara, Let Me Sleep! journeys through Anuranjini Roy's life as a student and as a working woman and how her idyllic marriage to one of the most popular guy in her batch turns out to be the worst nightmare, culminating into sleepless nights and finally ending on a pitiable note.

Portable Color Me Calm

Color Me To Relieve Stress: is an adult coloring book that has over 62 patterns and provides hours of stress relief through creative designs of plants, flowers and butterflies. This coloring book will help you to Relax and delve into a world of beautiful designs made just for you! This adult coloring book of relaxing images will put your mind at ease as you let your cares slip away and enjoy coloring these beautiful aspects of nature

NIV, Adventure Bible, Hardcover, Full Color

Our lives become busier with each passing day, and as technology escalates, so does our access to work, obligations, and stress. Constant stimulation and expectation have left us burnt out and distanced from the present moment. "Now" has become something that happens online, not in the space and time that we physically occupy. Color Me Calm is a guided coloring book designed for harried adults. Art therapist Lacy Mucklow and artist Angela Porter offer up 100 coloring templates all designed to help you get coloring and get relaxed. Organized into seven therapeutically-themed chapters including Mandalas, Water Scenes, Wooded Scenes, Geometric Patterns, Flora & Fauna, Natural Patterns, and Spirituality - the book examines the benefits of putting pencil to paper and offers adults an opportunity to channel their anxiety into satisfying, creative accomplishment. Part of the international bestselling Color Me series, Color Me Calm is the perfect way step back from the stress of everyday life, color, and relax! Don't forget to try Color Me Happy and Color Me Stress-Free!

Now I Lay Me Down to Sleep

Lamar Atteley III has made out a good life for himself. He has turned Las Vegas into his own personal playground after surviving the rough environment of Detroit, Michigan. However, with a new job offer, he now has to prepare for a new chapter of his life that will either make or break him. His adventure will take him to the other side of the world to Guam. Now, he will be tested harder than any other point in his life. With all new surroundings, more money, women at his disposal and a different breed of people in general, the question is can he handle it all. When its all said and done, you will understand why we sometimes sleep with the lights on.

Let Me Sleep!

Portable art therapy for the over-worked and over-stimulated adult, Color Me Stress-Free offers 100 coloring templates for grown-ups looking to reduce stress and tension in a demanding digital age.

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