



# Color Yourself Calm: 100 Peaceful Passages to Color

*Lisa Magano*

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## **Color Yourself Calm: 100 Peaceful Passages to Color** Lisa Magano

Take a deep breath and reflect on each peaceful quote while you color in the surrounding pattern on 100 pages of inspirational designs. It is scientifically proven that color has an effect on behavior and mood, and the activity of coloring can be meditative. Will you choose a cool, calm blue palette, or a peaceful, nature-inspired green motif? Either way, enjoy the positive effects while you *Color Yourself Calm*.

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