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# Spice Of Life: An Adult Coloring Book By Sharisse (Volume 1)



## Synopsis

Relax and enjoy coloring a variety of thirty-four stress relieving patterns, mandalas, garden designs, animals, and more! Pages are one-sided and range from simple to complex designs.

## Book Information

Series: Spice of Life

Paperback: 70 pages

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Product Dimensions: 8.5 x 0.2 x 11 inches

Shipping Weight: 8.3 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 7 customer reviews

Best Sellers Rank: #2,212,206 in Books (See Top 100 in Books) #77 in Books > Teens > Art,

Music & Photography > Art > Drawing #50262 in Books > Teens > Literature & Fiction

## Customer Reviews

This coloring book has 34 pictures to color in a variety of styles, from animal illustrations to mandala patterns. One of the things I really like about it is that it has some very unique illustrations I've not seen elsewhere, like gymnast poses. With so many adult coloring books coming out it's nice to see some fresh content. Heavy ink like markers will bleed through pages, but I just put a blank piece of paper or two under the page I'm coloring to prevent that. The pages are one-sided so you don't have to worry about coloring on/through the back of an image (that is, the back of each page is blank). The complexity of the images varies from simple to complex, so it has a page for whatever you're in the mood for. All the designs appear to be uniquely drawn by the artist as I haven't seen them in any other coloring book. No duplicates here! The front cover has a nearly but not quite identical page to color inside the book. The back cover is also included as a color-able page with a slight difference that the inside version shows some ground. Overall, the book is one of my favorites and I've enjoyed coloring it so far.

I am hooked on adult coloring books and I have quite a collection of them. And, of course, I have my collection divided into different categories such as "My Favs", "BORING", "Animals", "Geometric

Patterns", etc., you get the gist. All I have to say is that "SPICE OF LIFE" is going straight into "My Favs" !!! There is such a variety in this coloring book. If I really want to just chill and kick back and color, there are pictures with incredible detail that totally de-stresses me by the time I'm done because I can just focus on the beautiful piece of art that I am creating. I think I want to take the set of the dancers/gymnasts and frame them for my granddaughter's bedroom walls! She is 8 years old and an aspiring dancer. I also like that there are some "quickie" pictures that I can start and finish while I am sitting in the doctor's waiting room waiting for my husband's appointment to be over. All said, I LOVE THIS COLORING BOOK. And you will too, so if you are on the fence about buying this adult coloring book, don't be, it is one of my favs and I bet it will be one of yours too.

Amazing book at a great price. I got two, one that I can color with each of my kids. The variety of skill levels make it the perfect book to share with my kids, as there are selections that are at their level, and mine. It has been a great addition to our family time.

The diversity of the images is fantastic and you can't beat it for the price. The only coloring book I've seen with dancers, animals, nature, mandelas and others. Great variety of detail and lack thereof as well so you can use a variety of things to color with!

Cool drawings! It's a fun way to reduce stress.

Book is great Åf Å Å, Å Å Å i enjoy coloring in it after a stressful day at work . It helps me wind down . The designs are awesome !!!

I received this as a gift, and OMG! I love the artists drawings. I have had many coloring books that were too detailed, there was too much positive space and the images, once colored became overwhelming and cumbersome. This book is great, her use of negative space lets you color the shapes and leave white areas or you can commit to one full color for your background. Great designs, not just one type of image. Very well done, just the right size, the paper stock is really nice for both crayons and markers. LOVE it. Can't wait for edition two!!!

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