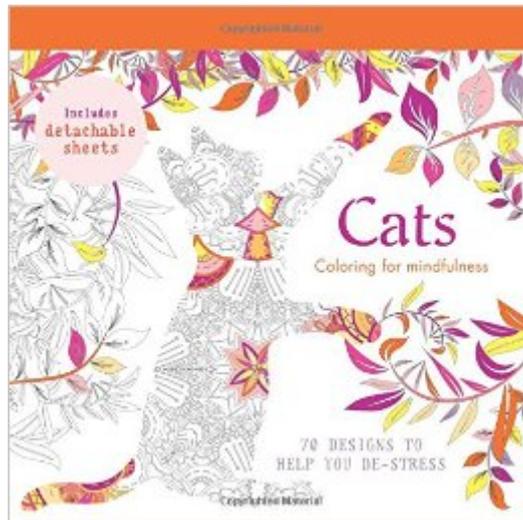


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# Cats: 70 Designs To Help You De-stress (Coloring For Mindfulness)



## Synopsis

How can you free yourself from niggling everyday worries? When your mind is distracted simply pick up this collection of 70 intricate designs inspired by cats and reach for your coloring pencils. As you concentrate on the simple action of coloring in, you will find your mind clearing and calm returning. The sheets in this pad are all detachable, so you can display your favorite creations.

## Book Information

Series: Coloring for Mindfulness

Paperback: 72 pages

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Product Dimensions: 8.2 x 0.5 x 8.2 inches

Shipping Weight: 10.4 ounces (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 stars [See all reviews](#) (83 customer reviews)

Best Sellers Rank: #124,826 in Books (See Top 100 in Books) #121 in [Books > Humor & Entertainment > Puzzles & Games > Board Games](#) #146 in [Books > Self-Help > Art Therapy & Relaxation](#) #249 in [Books > Arts & Photography > Drawing > Coloring Books for Grown-Ups > Animals](#)

## Customer Reviews

It's so pretty even without color!! So many designs that I think it'll take 3 times longer than other coloring books... But pls notice, the paper is not thick enough and is double-side printed, sometimes the patterns are too tiny to color it...

Length: 1:59 Mins

This is a cute and funny set of 70 cat designs. The designs are all fairly intricate with many small details. It will take very thin pencil or pen nibs to get into all of the nooks and crannies of these designs. The format of this is smaller than most coloring books at approximately 8 x 8 inches. The binding is a type of rubbery glue that is located at the top of the book. It makes getting to all sides of the design much easier and now that I have experienced it, I wish more coloring books had top binding (as do many art books). My only concern is that if I remove a page, it may [break](#) • the

binding at that point and take more than the one page off. The back of the book is a heavy cardboard that keeps the book stable, especially if you are working in-hand instead of on a hard surface. The designs are printed on both sides of the page " which is a big disappointment for me because, although the paper weight is good, all of my gel pens and markers bleed through. If I want to color each design in the book, I would have to use my colored pencils. If I really wanted to use markers or pens, I would have to sacrifice the back side picture and remove the picture from the book or put a waste page below my work area to keep other pages from being ruined. Having said all of that, for cat lovers, this is a fantastic set of designs. I just wish the publisher had printed on only one side of the page and made the book larger so parts of the designs were not so teeny tiny.

I received this as a gift. Let me warn you that every page has exceedingly small areas to color. You will need sharp pencils or ultra fine tipped markers or pens. You will also need excellent hand dexterity as it is difficult to stay within these tiny areas. It is giving me hand cramps! The pages rip out easily but the designs are on both sides. The printing is light so it is hard to get a good copy of it if you want to print out the opposite side. The designs are pretty but overall, I don't really recommend this book unless you really like tiny areas to color and don't mind double sided pages.

These pictures are lovely. Why on earth are they printed on both sides of the paper? This makes it impossible to use markers or pens without losing half the pictures. What a silly thing to do to an otherwise outstanding collection.

So many things to love about this book/format. It's smaller in size yet still offers a lot to color on each page. This is my first book with the binding at the top and I have come to love that, it gets the "other pages" out of your way as you color and I suspect left handers will really enjoy that. Also, this binding lays perfectly flat whether on the first page, middle or end of the book, another positive, no pushing down to try and flatten the center to get your pen into the space. The pages are removable. The designs are printed on both sides. I have no problems with two sided designs if (big "IF") the paper is thick enough to prevent bleed through. I found this book at a store and could feel the thickness of the paper. It seemed thick to me so I took a chance. I always "sacrifice" the last page of my coloring books to test various media for bleed through before working on any other page. I tried gel pens by SuperDoodle, Sargeant, Signo and Pilot G-2, as well as brush markers by Rikota and Tombow. None of them bled through. I have Marotta's Animal Kingdom and despite that paper feeling thick, the Rikota's and Tombows bleed through it....so this book surpassed that one in

paper quality. As these are intricate and complex designs, you will need a sharp/fine point of a pen or pencil or marker. Most designs have larger open designs in the background with the interior of the cats being smaller, more intricate designs. If you don't like small, intricate, complex, areas to color you probably won't like these but for me, it's perfect.

I am really enjoying this coloring book. There is a lot of variety in the designs, from simple to more complex. The paper quality is good and I like that the pages are easily removable. The only negative is that the designs are printed on both sides of the paper. If you like to color with markers, you may want to make a copy of the picture onto heavy paper and color on the copy so you don't have to worry about the ink bleeding through.

I have not, and will not, purchase this book even though I think the sample pictures would be very fun to color. I thought the author/artist would like to know why. Printing pictures to color on both sides makes it impossible to use some materials. I prefer to be unlimited and no longer purchase double-sided print books. I hope you change your current printing methods very soon and do a second release! Please contact me when this happens!

I would have bought this book if it had not been for the pictures being on both sides of the same sheet. I would have happily paid more for them if they had each been on one side of the paper so each page could have been colored, taken out and used. I would hope when it is done properly it will be a heavy paper also.

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