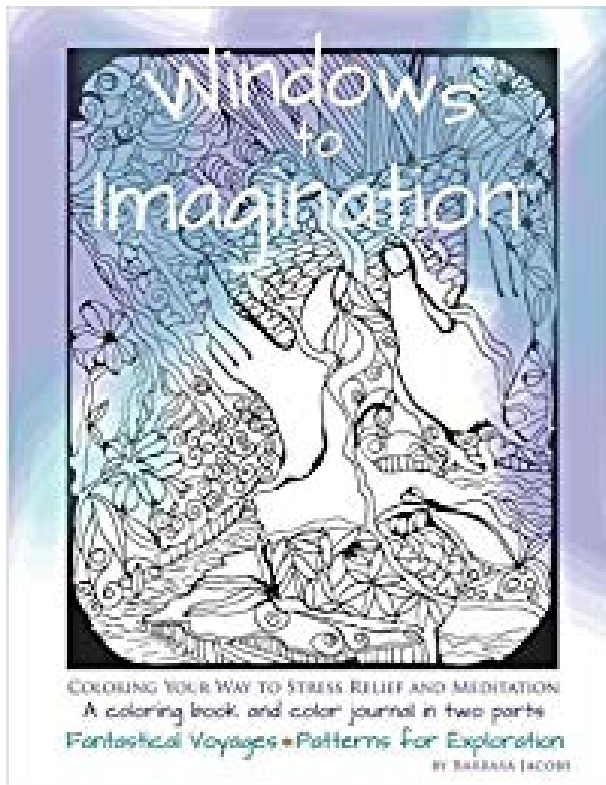


Windows to Imagination: Coloring Your Way to Stress Relief and Meditation



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"Windows to Imagination" is, at first glance, a coloring book. But there is so much more. The book is also a unique combination of tips about color theory, color mixing, and art techniques for various coloring media. Insights into how we see our spaces, color psychology, and an introduction to creating a quiet state of mind to best enjoy the coloring process add yet another dimension. And that's just the beginning. From very simple shapes and spaces to extremely complex, stimulating image-rich pages, there is something to enjoy and explore for "colorers" of all levels from second-graders to accomplished artists. The images are varied and of diverse inspirations, in two distinct sections. The natural world, symbolism, and a focus on hands are at the core of each image in the "Fantastical Voyages" series. This group is followed by "Patterns for Exploration" that includes open or detailed geometric, abstract floral, and uniquely styled combinations of shapes that are not always what they seem at first glance. The longer you look and get involved, even more opportunities appear for creating your own unique shapes within each coloring page. Taking it to the next level, far more than simply coloring-in Barbara's defined shapes, she invites you to take the image wherever you want it to go, with areas to add your own lines and shapes that build the image to different directions in a personal way. You'll also find the helpful "Color Journal" pages and other areas throughout the book where you can add and record your own story ideas that relate to the images, as well as using the pages for recording your color mixing inspirations. For those who want to read and try the tips, they are there. If you just want to simply jump right in and start to color, that's always an option that Ms. Jacobs encourages. For inspiration and just plain enjoyment, she has included a wide variety of quotes-one for each section and image-from sources as

far-ranging as Marcus Aurelius, Picasso, Francis Bacon, Johnny Depp, Queen Victoria, and many more. Somehow, each has a way of pertaining to the subject it accompanies. "Windows to Imagination" is exactly what the title states. Get ready to open and enjoy your own Windows!