



# **The 2016 Calm Colouring Diary (Week Per Page): Creative Art Therapy For Adults (Colouring Books for Grownups) (Volume 3)**

*Meg Cowley*

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The 2016 Calm Colouring Diary (Week Per Page) is a companion title to The Calm Colouring Book. The twenty-eight detailed, hand-drawn illustrations are waiting for you to bring them to life with colour! Every illustration has a positive theme to fill you with peaceful and uplifting vibes. The drawings are hidden amongst the diary pages that contain all your 2016 planning needs: a full year planner (double page), note pages (including planning pages for 2017), and monthly planners in addition to your week per view diary. When inspiration strikes, you can add in your own doodles and drawings wherever you'd like. This diary is for colourists of all ages to enjoy - including adults. After all, colouring shouldn't just be for kids - grownups need to have fun too!

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