

Balance Angies Extreme Stress Menders Volume 1

This book contains original designs created to help you relax and enjoy your creativity. The detailed images are hand drawn featuring a collage that is globally inspired by folk art, architecture and iconic symbols like mandalas. The inspiration was creatively collected by author Mary Tanana as she traveled the world working professionally with a variety of countries and cultures. The Mandala symbol represents wholeness, a cosmic diagram reminding us of our relation to infinity, extending beyond and within our bodies and minds. The mandala appears to us in all aspects of life, the Earth, the Sun, the Moon and more obviously the circles of life encompassing friends, family and communities. This coloring book for adults offers a diverse palate where you can express your emotions, feelings and moods with color. Bring each design to life with tonal color, multi-color and colors that are meaningful to your heritage. Most of all, just have fun enjoying the stress free expression of coloring. Connect with Mary on Instagram and Twitter using the hashtag #colorlikecrazy to share your colored pages or for inspiration to get started. All 60 designs are on the front of the pages, so there is not problem if your markers bleed through the paper to the other side.

The one that started it all, Coloring for Grown-Ups is the first in this famed internet duos hilarious series of coloring books that combines the mindless fun of coloring with the mind-numbing realities of modern adulting. The perfect gift for anyone looking to escape the stress of adulthood. With over 150 videos and 65 million Youtube views to their credit, Ryan Hunter and Taige Jensen know how to make people laugh. Their YouTube video, "Hipster Olympics" racked up nearly four million views, and their hit "The Walken Dead" has been viewed over 1.3

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million times. In the first in a series of hilarious coloring books for adults, the duo put their prolific creative talents to work in *Coloring for Grown-Ups*. The artwork may resemble that of a children's activity book, but look closer. Offering an ironic look at the stereotypes, habits, and challenges of modern adulthood, *Coloring for Grown-Ups* is darkly humorous and fun for any occasion—the perfect stocking stuffer for reluctant adults of any age. Perfect for:

- White elephant gifts
- Funny gifts
- Coloring gifts
- Gag gifts
- Christmas gifts

Coloring time is calming time! Best selling coloring book artist Angie Grace invites you to relax and explore the intricate and exquisite world of stress mending circular whimsical art. Stroke by stroke, shade by shade, tension and worries fade away as you transform Angie's beautiful black and white lines into your own unique, personal and beautiful keepsake art piece. This book has been drawn for connoisseur colorists and is suitable for adults and older children coloring with fine tipped markers, colored pencils or brush tipped markers. 50 delightfully detailed original designs printed on one side of the page.

Samman Technical Coaching is an approach to Agile training that focuses on technical questions concerning how code is written. It is a highly effective way of increasing agility in your software development organization. The first part of the Samman method involves the coach working in an ensemble with development teams, programming in their production codebase. This hands-on mentoring is accompanied by daily "learning hour" sessions for mastering particular techniques. In this book you will discover how to put Samman into practice, improve your coding procedures and how you collaborate. It is a practical guide for aspiring and experienced coaches looking for fresh ideas and new ways of teaching Agile. It is both challenging and fun for developers and coaches alike.

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Markers and Angie's Coloring Journals) gets even more extreme in her latest wonderfully unique and exquisitely elegant coloring book series. Lose yourself in the perfect fusion of devious details, fanciful form and breathtakingly beautiful balance. This book has been drawn for connoisseur colorists and is suitable for adults and older children coloring with fine tipped markers, colored pencils or brush tipped markers. 50 intricate original designs printed on one side of the page.

Mix Mandala & Flower For Kids | Coloring Book For Kids Flower & Mandala Coloring Book Design Original 50 Beginner-Friendly & Relaxing Mandala & Flower Art Activities on High-Quality Extra-Thick Perforated Paper that Resists Bleed Through-Coloring Is Fun. Best Gift For Your Friend, Brother, Sister, Daughter, Son, ... ectauthor, coloring, book, jade, summer, books, adult, visit, stefania, miro, happy, mantracraft, adults, mandala, flowers, mandalas, amazon's, page, find, colorit, creative, haven, tip, top, animals, thaneeya, mcardle, johanna, basford, jason, hamilton, stress, relieving, designs, sasha, o'hara, charla, bond, relaxation, design, originals, fun, easy, irreverent, flower, beginner-friendly, world, floral, adventure, bouquets, books read, search results, author learn, author central jade summer author, coloring book, adult coloring book, fun easy, author central mantracraft author, mandala coloring book, coloring books, garden designs, high-quality extra-thick perforated paper, resists bleed, author central thaneeya mcardle author, floral adventure, author central johanna basford author, author central happy coloring author, author central jason hamilton author, amazing patterns, relaxing coloring pages, author central stefania miro author, thick artist quality paper hardback covers, spiral binding, kids coloring book, relaxing mandalas, boys girls, ultimate coloring book treasury relax recharge, design originals pages, beautiful one-side-only designs, extra-thick

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Mandala & Geometric Kids Coloring Book Amazing Mix Mandala & Geometric 60 Pages For Stress Relieving Fun & Relaxing Kids coloring Book Best Gift For Whose love Mandala & Geometric Coloring Book Best Gift For Friend, Mother, Father, Sister, Brother, Grand Mother, Grand Father, Son , Daughter, Boy fiend, Girlfriend or Any Whose Love Mandala & Geometric.author, coloring, book, mandalas, mandala, summer, happy, adult, visit, mantracraft, jade, thaneeya, mcardle, stefania, miro, books, adults, stress, amazon's, page, find, jess, volinski, sarah, jane, carter, relieving, designs, jason, hamilton, viktoriya, yakubouskaya, joy, tree, games, activities, angie, grace, creative, haven, emilie, kameliya, angelkova, beautiful, relaxation, pages, meditation, fun, easy, flowers, books read, search results, author learn, coloring book, author central mantracraft author, mandala coloring book, adult coloring book, author central jade summer author, high-quality extra-thick perforated paper, author central thaneeya mcardle author, author central stefania miro author, adults mandalas stress relieving mandala designs, adults relaxation, author central jason hamilton author, adult relaxation coloring pages, author central viktoriya yakubouskaya author, amazing patterns, fun easy, relaxing coloring pages, cindy elsharouni author, kids big mandalas, relaxation book, activities page find, author central joy tree games, activities author, mandala meditation coloring book serene coloring, sterling publishing, resists bleed, balance angie's

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adult coloring book, author central jade summer author, author central mantracraft author, amazing patterns, fun easy, relaxing coloring pages, cindy elsharouni author, adults mandalas stress relieving mandala designs, adults relaxation, fucking awesome, motivating swear word coloring book, author central charla bond author, coloring books, garden designs, fucking adorable cute critters

The Breakfast Club meets The Silver Linings Playbook in this powerful, provocative, and heartfelt novel about twelve endearing strangers who come together to make the most of their final days, from New York Times bestselling and award-winning author J. Michael Straczynski. Mark Antonelli, a failed young writer looking down the barrel at thirty, is planning a cross-country road trip. He buys a beat-up old tour bus. He hires a young army vet to drive it. He puts out an ad for others to join him along the way. But this will be a road trip like no other: His passengers are all fellow disheartened souls who have decided that this will be their final journey—upon arrival in San Francisco, they will find a cliff with an amazing view of the ocean at sunset, hit the gas, and drive out of this world. The unlikely companions include a young woman with a chronic pain sensory disorder and another who was relentlessly bullied at school for her size; a bipolar, party-loving neo-hippie; a gentle coder with a literal hole in his heart and blue skin; and a poet dreaming of a better world beyond this one. We get to know them through access to their texts, emails, voicemails, and the daily journal entries they write as the price of admission for this trip. By turns tragic, funny, quirky, charming, and deeply moving, *Together We Will Go* explores the decisions that brings these characters together, and the relationships that grow between them, with some discovering love and affection for the first time. But as they cross state lines and complications to the initial plan arise, it becomes clear

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that this is a novel as much about the will to live as the choice to end it. The final, unforgettable moments as they hurtle toward the decisions awaiting them will be remembered for a lifetime. Pattern artist Angie Grace brings you 50 more fabulous original coloring designs suitable for adults and older children. In this volume you'll find a whimsical collection of doodletastic geometric patterns that twist, turn, wiggle and weave - featuring mesmerizing motifs and spectacularly spiffy swirly symmetry! Artwork is printed on one side of the page only and has been drawn with marker artists and colored pencil fans in mind. (Crayon artists, keep your sharpener handy!)

Lose yourself in a world of intricate lines and details where the hand drawn symmetrical illustrations give you a feeling of balance and harmony. Mandalas have long been used in many cultures as a way of meditating and focusing on the present moment. In this book you will find mandalas and patterns in a variety of forms to help you do just that. And remember you can always add to the illustrations with your own patterns and doodles. Be inspired, relax and enjoy the mindful journey.

Thirty illustrations feature dynamic combinations of interlocking floral designs, rendered in the distinctive style of Islamic art. Colorists and crafters alike will be inspired by the hypnotic appeal of these original motifs.

Unicorn & Mandala Adults Coloring Book Amazing Mix Cute & Beautiful & Wonderful & Amazing Unicorns & Mandalas 50 Pages For Stress Relieving Fun & Relaxing Adults coloring Book Best Gift For Whose lover Unicorn & Mandala Coloring Book Unicorn & Mandala Best Gift For Whose love Mandala & Geometric Coloring Book Best Gift For Friend, Mother, Father, Sister, Brother, Grand Mother, Grand Father, Son , Daughter, Boy fiend, Girlfriend or Any

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A delightful doodled blend of whimsical detail and mesmerizing motif! Pattern artist Angie Grace brings you 50 original coloring designs suitable for adults and older children. In this volume you'll find fanciful filigrees, perky pinwheel inspired symmetry and charmingly cheerful cycling curves and swirls. Artwork is printed on one side of the page only and has been drawn with marker artists and colored

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pencil fans in mind. (Crayon artists, keep your sharpener handy!)

Portable art therapy for the over-worked and over-stimulated adult, Color Me Stress-Free offers 100 coloring templates for grown-ups looking to reduce stress and tension in a demanding digital age.

A perfect blend of snazzy style and creative pattern, Angie Grace brings you 50 original coloring designs suitable for adults and older children. In this volume you'll find fabulous filigrees, twisty twirly symmetry and whimsical floral inspired pinwheels and swirls. Artwork is printed on one side of the page only and has been drawn with marker artists and colored pencil fans in mind. (Crayon artists, keep your sharpener handy!)

“Our favorite coloring book company.” – The Skimm The runaway bestseller, as featured in TIME Magazine, the New York Times, USA Today and publications around the world! Features over 35 detailed patterns, lovingly reproduced with industry-leading quality. Heavyweight, artist-grade paper and perforated edges provide an unmatched coloring experience and allows for experimentation with different media.

Mindfulness is the simple and powerful practice of training your attention. It's simple in that it's just about paying attention to what's happening here and now, and powerful because it can keep you from getting lost in thoughts about the

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future or past, which often generate more stress on top of the real pressures of everyday life. While learning to live in the moment, the joyful mindfulness exercises, meditations, coloring pages, and habit-breakers in this beautifully designed and illustrated book will challenge your powers of observation, investigation, and cultivation while bringing new awareness to your senses, thoughts, and emotions. *I Am Here Now* inspires readers to explore the world with greater curiosity and find moments of mindfulness in everyday life, while unleashing your creativity along the way.

With each development in technology, our lives become more complicated. We move through our days in a blur of emails, text messages, and social networking. This non-stop stimulation has left us stressed-out and distanced from the joys of the present moment. Art therapist Lacy Mucklow and artist Angela Porter offer a simple and satisfying solution to this disconnect from reality. Featuring over 100 joyful coloring templates, *Color Me Happy* is a guided coloring book designed for busy adults. Organized into therapeutically-themed chapters, this book examines the benefits of putting pencil to paper and offers adults an opportunity to channel their anxiety into joyful creative accomplishment. Part of the international bestselling *Color Me* series, *Color Me Happy* is the perfect way to step back from the chaos of everyday life, color, and feel happy! Don't forget to try *Color Me*

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Calm and Color Me Stress-Free!

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Pattern artist Angie Grace brings you 50 gloriously graceful garden inspired coloring design patterns suitable for adults and older children. In this volume you'll find fabulous frilly flowers and playfully perplexing posies, all presented in Angie's unique and whimsical pattern art style. Artwork is printed on one side of the page only and has been drawn with marker artists and colored pencil fans in mind. (Crayon artists, keep your sharpener handy – or visit Angie's author page to find her special edition Flowers companion books that contain drawings sized perfectly for crayons and wide tipped markers.)

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For overscheduled professionals looking to incorporate mindfulness into their daily lives, this bestselling, step-by-step guide draws on contemplative traditions, modern neuroscience, and leading psychology to bring peace and focus to the home, in the workplace, and beyond. Designed for busy professionals looking to integrate mindfulness into their daily lives, this ultimate guide draws on contemplative practice, modern neuroscience, and positive psychology to bring peace and focus to the home, in the workplace, and beyond. In this enriching book, noted mindfulness expert and international teacher and business leader Laurie J. Cameron - a veteran of the Search Inside Yourself Leadership Institute, a Senior Fellow at the Center for the Advancement of Well-Being at George Mason, and 20-year mindfulness meditation practitioner - shows how to seamlessly weave mindfulness and compassion practices into your life. Timeless teachings, compelling science and straightforward exercises designed for busy schedules -- from waking up to joy, the morning commute, to back-to-back meetings and evening dinners - show how mindfulness practice can help you navigate

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life's complexity with mastery, clarity and ease. Cameron's practical wisdom and concrete how-to steps will help you make the most of the present moment, creating a roadmap for inner peace - and a life of deeper purpose and joy.

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Specially designed for experienced colorists, Owls and other Creative Haven® adult coloring books offer an escape to a world of inspiration and artistic fulfillment. Each title is also an effective and fun-filled way to relax and reduce stress.

Colorists around the world treasure the calm and relaxation they've found while coloring Balance, Angie Grace's first title in her Extreme Stress Mender series. Centered brings you 50 brand new whimsically intricate and exquisite circular Angie designs to explore.

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Our lives become busier with each passing day, and as technology escalates, so does

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our access to work, obligations, and stress. Constant stimulation and expectation have left us burnt out and distanced from the present moment. "Now" has become something that happens online, not in the space and time that we physically occupy. Color Me Calm is a guided coloring book designed for harried adults. Art therapist Lacy Mucklow and artist Angela Porter offer up 100 coloring templates all designed to help you get coloring and get relaxed. Organized into seven therapeutically-themed chapters including Mandalas, Water Scenes, Wooded Scenes, Geometric Patterns, Flora & Fauna, Natural Patterns, and Spirituality - the book examines the benefits of putting pencil to paper and offers adults an opportunity to channel their anxiety into satisfying, creative accomplishment. Part of the international bestselling Color Me series, Color Me Calm is the perfect way step back from the stress of everyday life, color, and relax! Don't forget to try Color Me Happy and Color Me Stress-Free!

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The life-changing international bestseller reveals a set of simple yet powerful

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mindfulness practices that you can incorporate into daily life to help break the cycle of anxiety, stress, unhappiness, and exhaustion. Mindfulness promotes the kind of happiness and peace that gets into your bones. It seeps into everything you do and helps you meet the worst that life throws at you with new courage. Based on Mindfulness-Based Cognitive Therapy (MBCT), the book revolves around a straightforward form of mindfulness meditation which takes just a few minutes a day for the full benefits to be revealed. MBCT has been clinically proven to be at least as effective as drugs for depression and is widely recommended by US physicians and the UK's National Institute for Health and Clinical Excellence—in other words, it works. More importantly it also works for people who are not depressed but who are struggling to keep up with the constant demands of the modern world. MBCT was developed by the book's author, Oxford professor Mark Williams, and his colleagues at the Universities of Cambridge and Toronto. By investing just 10 to 20 minutes each day, you can learn the simple mindfulness meditations at the heart of MBCT and fully reap their benefits. The book includes links to audio meditations to help guide you through the process. You'll be surprised by how quickly these techniques will have you enjoying life again.

CULTURAL AGILITY Succeeding in today's global economy requires

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organizations to acquire, develop, and retain professionals who can operate effectively around the world, irrespective of country or culture. More than ever before, organizations need a pipeline of professionals who possess cultural agility—the ability to quickly, comfortably, and successfully work in cross-cultural and international environments. Filled with illustrative examples from a wide range of organizations, including the Peace Corps, the U.S. military, and many Fortune 500 companies, Cultural Agility offers business leaders and human resource professionals a step-by-step guide for creating and implementing highly effective, cutting-edge talent management practices to increase cross-cultural competence throughout their organizations. Validated through several years of her research and practice, Paula Caligiuri outlines the “Cultural Agility Competency Framework.” This framework sets the foundation for the strategic talent management practices organizations need to effectively build a pipeline of culturally agile professionals, such as how to attract, recruit, and select professionals with cultural agility or those with the greatest propensity to readily develop cultural agility. Cultural Agility also provides guidance for creating organizational cultures and HR systems to support the development of a workforce that is culturally agile. For example, international assignments are commonly enlisted as a means of developing global leaders, but these have

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proven to be only partially effective for building cultural agility. Caligiuri offers training and development practices that organizations can use in a learning system to continually build professionals' cross-cultural competencies, including specific recommendations for designing truly developmental international assignments. This book is a must-have resource for human resource professionals and all business leaders who know that the key to their organizations' success in today's complex global economy is their culturally agile human talent.

Breathe deeply and drift gently into the calming world of Angie's Extreme Stress Menders. Colorists around the world treasure the peaceful sense of wellbeing they've discovered while coloring Angie Grace's bestsellers Balance and Centered. Breathe brings you 50 brand new whimsically intricate and exquisite circular Angie designs to explore and enjoy. Stroke by stroke, shade by shade, tension and worries fade away as you transform Angie's beautiful black and white lines into your own unique, personal and beautiful keepsake art piece. This book has been drawn for connoisseur colorists and is suitable for adults and older children coloring with fine tipped markers, colored pencils or brush tipped markers. 50 delightfully detailed original designs are printed on one side of the page.

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A fabulous selection of twenty removable and framable artworks from Kerby Rosane's bestselling ANIMORPHIA. An amazing coloring challenge featuring the strange and super-detailed images of artist Kerby Rosanes. Fans will be transported back to the beginning, with selections from Kerby's first extreme coloring book challenge, ANIMORPHIA. With this wondrous and intricate selection of animals from the oceans and skies, fans and newcomers alike have the chance to encounter birds, bats, fish, whales, and other creatures, all rendered in Kerby's signature, dazzling style. Kerby works in intricately detailed black and white line to create creatures, characters, patterns, and tiny elements to form massive compositions of mind-boggling complexity.

By popular request, pattern artist Angie Grace brings you this special edition roomier and gentler companion volume to her popular book Balance (Angie's Extreme Stress Menders Volume 1). This book features a close-up look at the central circular design motif and is drawn with high visibility lines and larger coloring spaces - perfect for use with crayons and wide tipped markers by colorists of all ages and experience levels. Angie's Gentle Mood Menders series lets you enjoy your favorite Extreme Stress Mender designs when the demands in your life make it difficult to fit in long coloring sessions or to color tiny spaces. Relaxingly roomy, these designs are also ideal for coloring artists who

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like to personalize their coloring art even further using shading or tangle-style ink pattern techniques.

A perfect blend of detail, pattern and whimsy, Angie Grace brings you 50 original coloring designs suitable for adults and older children. In this volume you'll find repeating motifs, kaleidoscope inspired symmetry and delightfully doodled doily curves and swirls. Artwork is printed on one side of the page only and has been drawn with marker artists and colored pencil fans in mind. (Crayon artists, keep your sharpener handy!)

Books in the Color Magic series meld the youthful spontaneity of coloring with the sophisticated composition of mandalas and garden patterns for a relaxing artistic experience that anyone can enjoy. Coloring encourages the imaginative hobbyist to take a break from the daily routine to create something simple yet exquisite. And the beautiful images in these books, when complete, are ideal for decorating, framing, and gift-giving. In *Mandala Magic*, the soothing patterns of mandalas will inspire creativity.

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