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The Happiness Project Mini Posters: A Coloring Book: 20 Hand-Lettered Quotes To Pull Out And Frame



Synopsis

The Happiness Coloring Book features 20 illustrated nuggets of happy-making wisdom pulled from Gretchen Rubin's entertaining exploration of happiness, changing habits and personal growth she has detailed in her bestselling books. Printed on sturdy art board, each image can be colored in, pulled out, and hung for inspirational display. Artist and hand-letterer Clairice Gifford has designed each image to create surprising, serenity-inducing coloring pages that will be beautiful to behold.

Book Information

Paperback: 42 pages

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Product Dimensions: 7 x 0.4 x 9 inches

Shipping Weight: 11.4 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars 16 customer reviews

Best Sellers Rank: #47,707 in Books (See Top 100 in Books) #70 in Books > Self-Help > Art Therapy & Relaxation #306 in Books > Self-Help > Self-Esteem #446 in Books > Arts & Photography > Drawing > Coloring Books for Grown-Ups

Customer Reviews

Gretchen Rubin is the author of several books, including the blockbuster New York Times bestsellers, *Better Than Before*, *The Happiness Project* and *Happier at Home*. On her popular weekly podcast *Happier with Gretchen Rubin*, she explores the themes of good habits and happiness with her sister, Elizabeth Craft. She lives in New York City with her husband and two daughters.

Very nice book of 20 inspirational quotes to color, one on each page, single-sided on heavy-weight cardstock.-----

-----Most of the quotes in the book are from Gretchen Rubin but there are also quotes from Plutarch, William Morris, Robert Louis Stevenson, John Bramhall. and Montaigne. All of them are secular and positive maxims for a happier life. Each page has the hand-lettered quote and ornament - sometimes a border, sometimes a decorative element within the words, sometimes both. The pages are a very heavy-weight cardstock, heavier than the postcard coloring

books I have run across, so you will be able to use almost any coloring medium with them. If you are going to use something very wet, such as watercolors, you will probably want to remove the page first and staple or tape it down to a drawing board so it will not buckle; most of the quotes have a small empty border edge so you could tape or staple them this way without getting into the coloring area, but not all of them. The pages are not bound, but hung in the book by a rubber edge, much like a memo pad, so they will be easy to remove. Once you finish a favorite quote, they are heavy enough you could lean them up on your desk or bookcase, no problem. The page size is 7" x 9" which is not a standard frame size, but if you are willing to go to the effort of matting them or mounting them on a backing board, they would work well in a 8" x 10" frame. Most of the images are not very complex, so almost anyone can color these. Although not complicated, the designs are well-proportioned and elegant. Some of the designs would work well with a colored background if you wanted to go that direction. Not all of the letters are fully outlined in all of the quotes so be careful with a dark or black background - the letters may 'break up' too much. If you want to have them more complex, you could try amplifying the outlines some, especially with special effects such as metallic markers. Gretchen Rubin suggests in the book approaching the coloring as meditation, to focus and rest. Also she suggests trying coloring while listening to her podcasts. She'll watch for your completed works if you post them on Instagram, Facebook, or Twitter with the hashtags: #thehappinessproject #gretchenrubin

I like the thick paper and simple designs. I'm not usually a fan of adult coloring books, but I like the simplicity of these designs. I like most of the quotes, but there are some that I'm not sure what I'll do with them...but maybe they will speak to someone else!

My husband knows I love this book because I quote it so often. :) Love love love these coloring pages.

Gretchen Rubin is one of my favorite people (especially her podcast, Happier) and I just love all the quotes in this coloring book - perfect for coloring and later framing. The other things I love about this book: - It was well planned out - the pages lay flat, they are thick cardboard and are perforated-the tiny things to color aren't minuscule like a lot of adult coloring books-These pages can be done fairly quickly and are relaxing enough to work on, but not worry about going outside the lines because my marker/pen is too fat for the spot I'm coloring. This is by far the best coloring book I've found on the market!!

Fans of Gretchen's (I count myself as one of her biggest evangelists) will love seeing her quotes on the page! Clairice Gifford's gorgeous hand lettering is given to you on beautiful stock paper, with a spine that folds out perfectly for easy coloring. A lovely book that I will now pair with Gretchen's sentence a day journal for gifts!

We have been into coloring and our house. It is relaxing. This has been framable And has a really nice message just say on the wall. I really enjoyed Gretchen Rubin's books.

I enjoyed reading this book. Now for relaxation I'm coloring it. It's been a long time since I used my color pencils. Gretchen did a great job again.

It's mini sized. But it's thick and heavy, not the best for packing light

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