



One Million Giraffes Coloring Book

By Ola Helland

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"One Million Giraffes" is the result of a silly bet between two good friends. The coloring book contains a mosaic compilation of nearly all of the one million handmade or drawn giraffes that Norwegian Ola Helland collected from people all around the world.

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One Million Giraffes Coloring Book By Ola Helland Bibliography

- Rank: #1069430 in Books
- Published on: 2011-08-01
- Original language: English
- Number of items: 1
- Dimensions: 11.02" h x .9" w x 8.50" l, .22 pounds
- Binding: Paperback
- 32 pages



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Editorial Review

Review

"You may be far from childhood, but it's time to pickup the crayons once again - for your health. The latest craze sweeping the country is coloring for adults, shown to reduce stress, help you relax and boost creativity. Experts say that coloring can benefit those dealing with depression, anxiety, dementia and even PTSD. Plus, beyond the calming effect, adult coloring can help train the brain to focus and exercise fine motor skills. While the trend may be new, the premise isn't: Psychiatrist Carl Jung recommended coloring to patients in the early 1900s, and doctors today continue to do so. In fact, there are coloring clubs popping up across the nation, and publishers are focusing on titles expressly for adults. One such publisher is Kitanie, whose offerings include the intricate "The Dream of the New Earth" and "One Million Giraffes." Makes you yearn for that fresh Crayola smell, doesn't it? Visit Kitanie.com." - *Boca Raton Observer*

Who knew? Coloring books for all ages are all the rage these days. That's because coloring can be a meditative experience and can relieve stress - which, when you think about it - makes a lot of sense. So, if you're looking for something unique, fun and playful these coloring books from Kitanie will fit the bill. -*DC Metro*

"Coloring has scientifically proven health benefits by helping to build visualization and figure ground processing skills and can stimulate healing for brain injury and concussion patients." -*City Parent Magazine*

"Coloring has long thought to be a pastime fit for children. However, recent studies have shown that even adults can benefit from it. In fact, there are many coloring books specifically made for adults out there. It not only helps a person express themselves through unique patterned art, but also has a calming effect on your nerves." -*RebateZone*

"Traumatic brain injury survivor Jessie Riley is the founder of Kitanie Coloring Books, a large collection of paperbacks designed for kids and adults. Coloring, according to Riley, isn't just a way to relax, but a proven method of healing after a concussion. Coloring, she learned during her own recovery, is an approved activity during the brain-rest phase after a concussion -- and it can actually help rebuild visual-spatial and organization skills. Each of Kitanie's books features a story and a message, too." -*MinnesotaParent*

Users Review

From reader reviews:

Frances Norman:

Now a day those who Living in the era wherever everything reachable by connect to the internet and the resources inside can be true or not call for people to be aware of each facts they get. How a lot more to be smart in obtaining any information nowadays? Of course the correct answer is reading a book. Studying a book can help persons out of this uncertainty Information specifically this One Million Giraffes Coloring Book book as this book offers you rich info and knowledge. Of course the data in this book hundred % guarantees there is no doubt in it everbody knows.

Christine Hook:

Spent a free time and energy to be fun activity to accomplish! A lot of people spent their leisure time with their family, or all their friends. Usually they performing activity like watching television, planning to beach, or picnic from the park. They actually doing same thing every week. Do you feel it? Do you need to something different to fill your own free time/ holiday? Might be reading a book can be option to fill your free of charge time/ holiday. The first thing you will ask may be what kinds of guide that you should read. If you want to attempt look for book, may be the e-book untitled One Million Giraffes Coloring Book can be very good book to read. May be it might be best activity to you.

Michael Vines:

Reading can called imagination hangout, why? Because while you are reading a book particularly book entitled One Million Giraffes Coloring Book your mind will drift away trough every dimension, wandering in every single aspect that maybe unfamiliar for but surely might be your mind friends. Imaging each word written in a e-book then become one application form conclusion and explanation this maybe you never get ahead of. The One Million Giraffes Coloring Book giving you an additional experience more than blown away your head but also giving you useful facts for your better life in this particular era. So now let us present to you the relaxing pattern at this point is your body and mind will probably be pleased when you are finished reading through it, like winning a sport. Do you want to try this extraordinary wasting spare time activity?

Jeffrey Channell:

Reading a reserve make you to get more knowledge as a result. You can take knowledge and information from the book. Book is written or printed or illustrated from each source this filled update of news. With this modern era like currently, many ways to get information are available for an individual. From media social including newspaper, magazines, science book, encyclopedia, reference book, fresh and comic. You can add your knowledge by that book. Are you ready to spend your spare time to spread out your book? Or just in search of the One Million Giraffes Coloring Book when you essential it?

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