THE HARMONY OF **COLOUR** SERIES

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RELAX AND UNWIND WITH ADULT COLOURING

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THE HARMONY OF COLOUR SERIES

PUPS A N D OBS

Stressed out at work? Are the pressures of the world getting you down? We guarantee relaxation with these complex Zen and anti-stress colouring pages for adults.

Harmony of Colour Book Sixty Nine: Pups and Cubs offers detailed images and patterns that are chosen by experts for their soothing properties.

Be aware of the overall harmony of your colouring rather than focusing on each element individually. Try to balance the colours so that they are a reflection of your emotions of the moment. If the colours of your page are in harmony, then your mind will follow!

Now... grab your pencils or textas and de-stress...



Find Harmony of Colour on Facebook: www.facebook.com/harmonyofcolour

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Editor: Natalie Downs Creative Director: Luke Shaddock Managing Director: Michael Downs

All images: Shutterstock



"A dog will teach you unconditional love. If you can have that in your life, things won't be too bad."

- Robert Wagner -



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"I have found that when you are deeply troubled, there are things you get from the silent devoted companionship of a dog that you can get from no other source."



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"To a dog, motoring isn't just a way of getting from here to there, it's also a thrill and an adventure. The mere jingle of car keys is enough to send most any dog into a whimpering, tail-wagging frenzy."

— Jon Winokur —



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"The great pleasure of a dog is that you may make a fool of yourself with him and not only will he not scold you, but he will make a fool of himself too."

- Samuel Butler -



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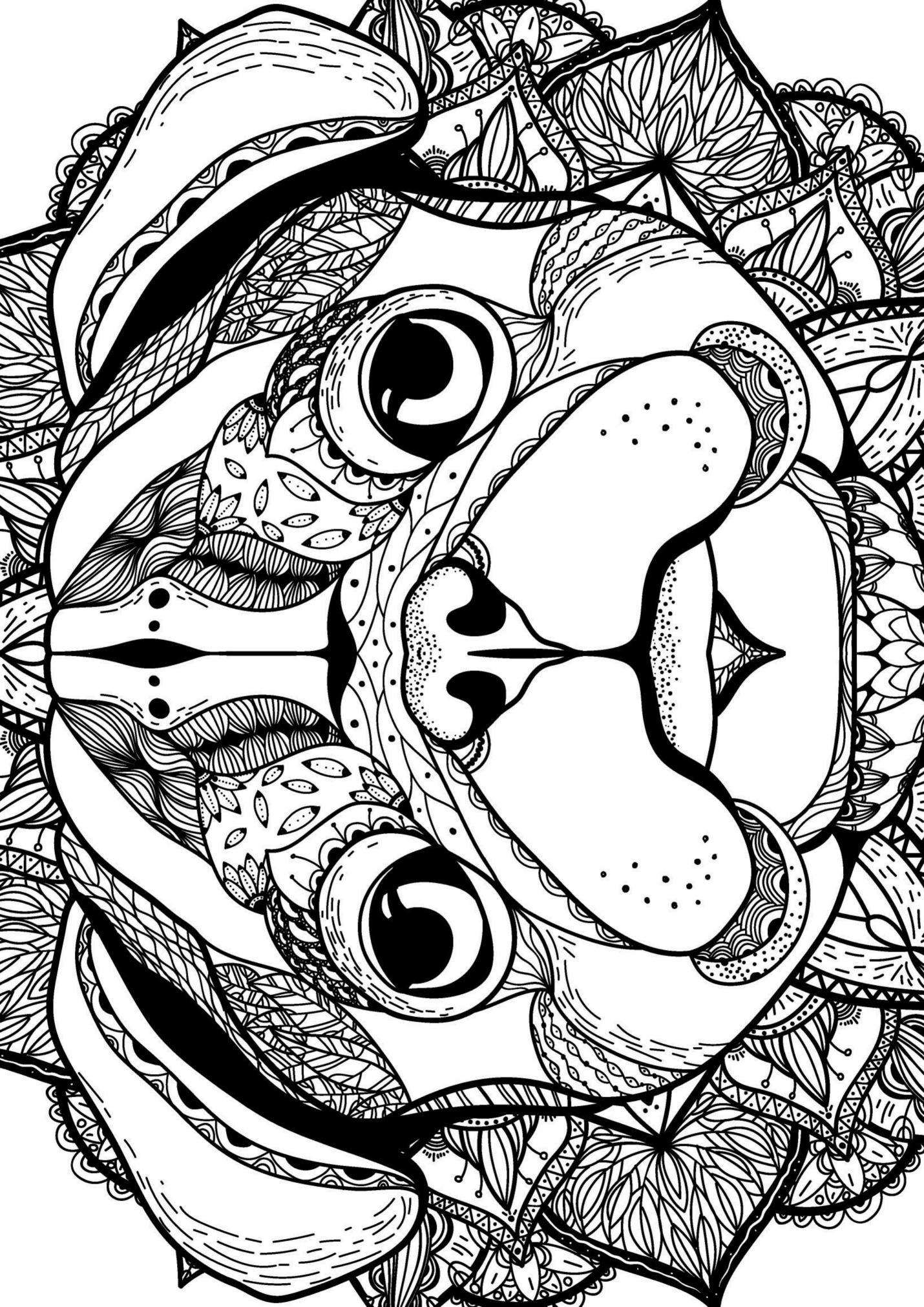


"If you don't own a dog, at least one, there is not necessarily anything wrong with you, but there may be something wrong with your life." – Roger Caras –



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"If you have a dog, you will most likely outlive it; to get a dog is to open yourself to profound joy and, prospectively, to equally profound sadness."

- Marjorie Garber -



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"Dogs are wise. They crawl away into a quiet corner and lick their wounds and do not rejoin the world until they are whole once more."

- Agatha Christie -



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"You can say any fool thing to a dog and the dog will just give you this look that says, `My GOSH, you're RIGHT! I NEVER would've thought of that!" – Dave Barry –



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"When most of us talk to our dogs, we tend to forget that they're not people."

— Julia Glass —



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"The dog has seldom been successful in pulling man up to its level of sagacity, but man has frequently dragged the dog down to his."

— James Thurber —



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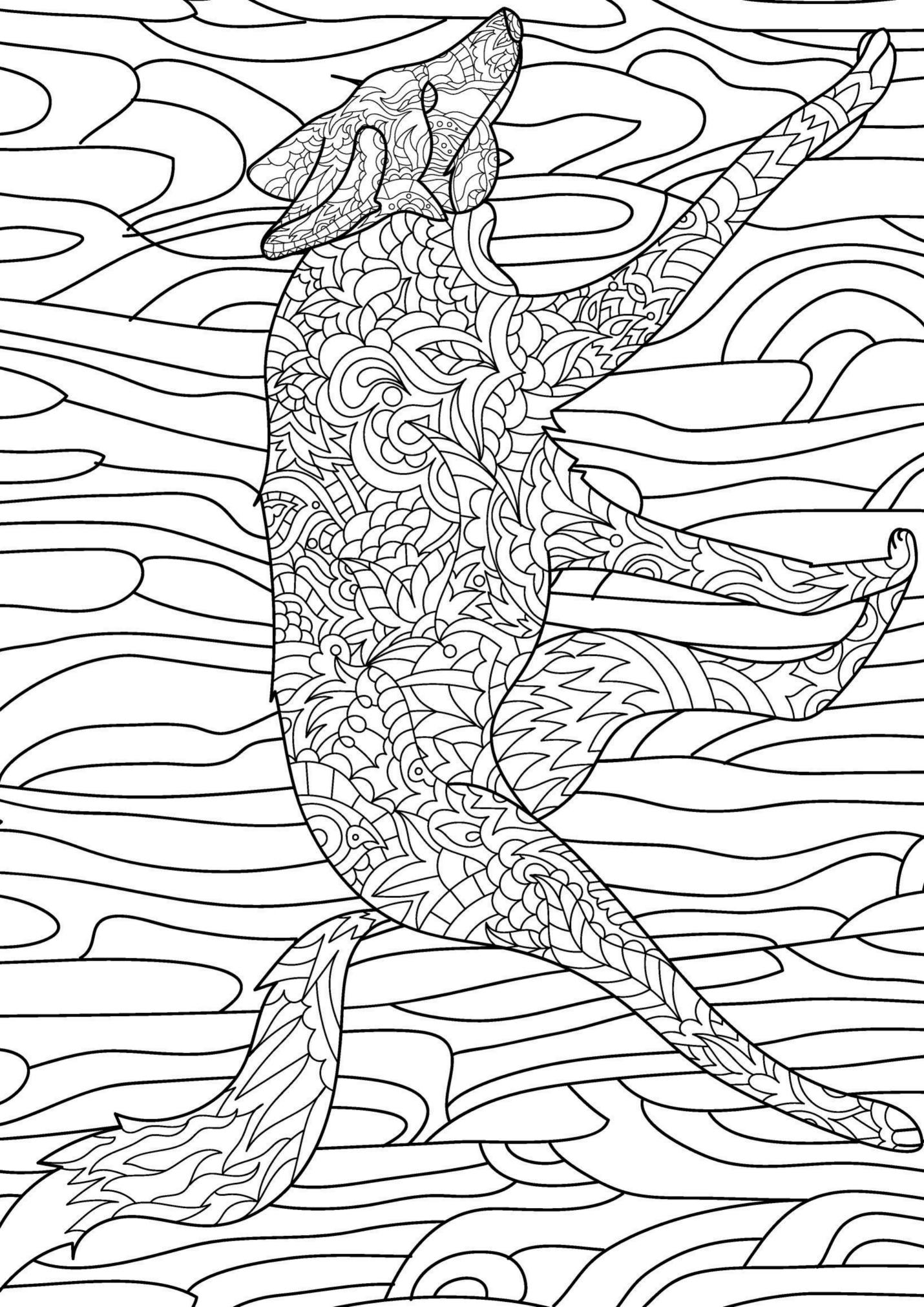
"My little dog - a heartbeat at my feet."

- Edith Wharton -



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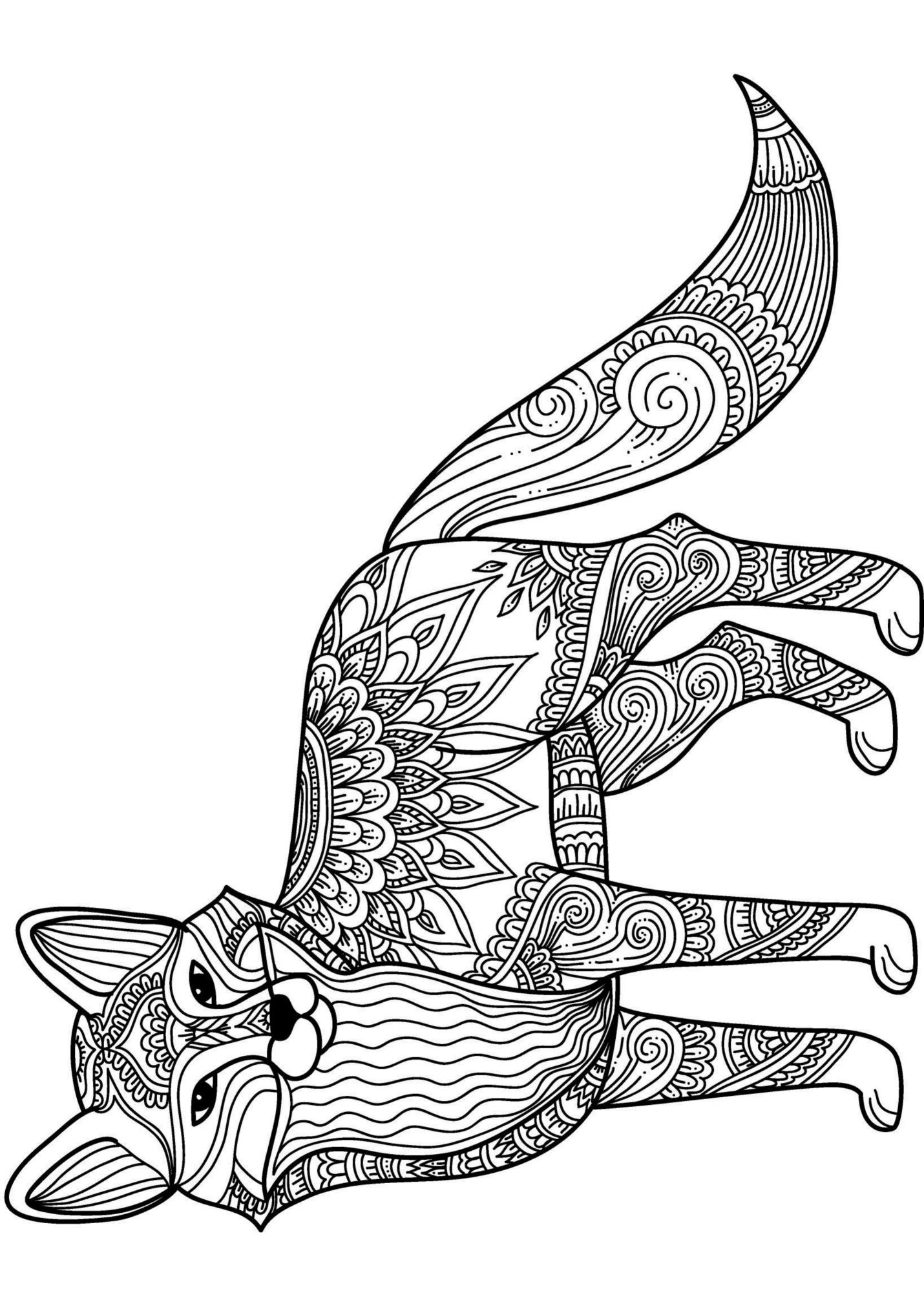
"The purity of a person's heart can be quickly measured by how they regard animals."

- Theophile Gautier -



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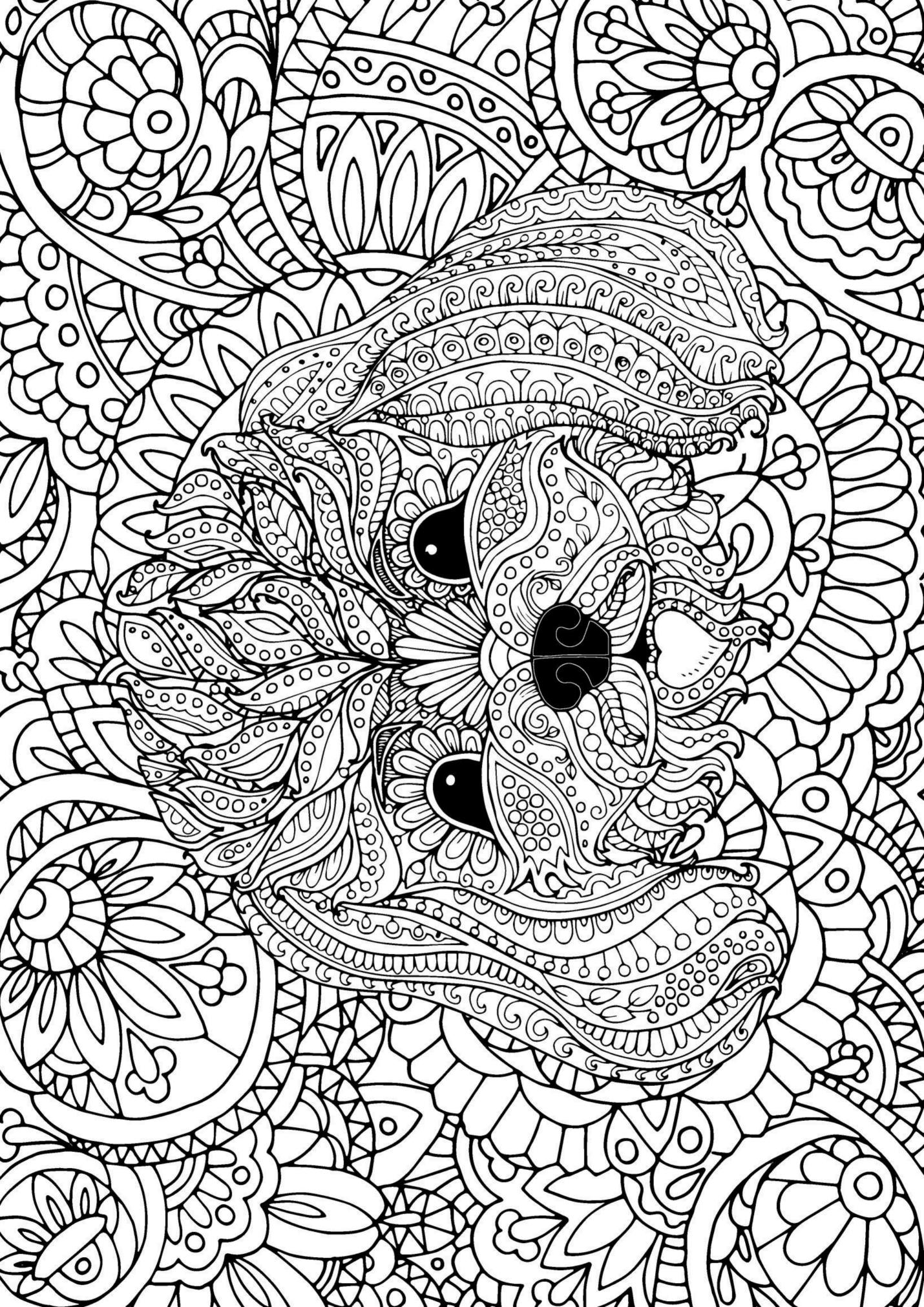
"I am convinced that basically dogs think humans are nuts."

— John Steinbeck —



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"Dogs are easier to love than people; they're certainly more dependable. Once they love you, that's it. A true friend in life is a dog."

— Joan Rivers —



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"Until one has loved an animal a part of one's soul remains unawakened."

- Anatole France -



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"All his life he tried to be a good person. Many times, however, he failed. For after all, he was only human. He wasn't a dog."

— Charles M. Schulz —



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"Dogs never lie about love."

Jeffrey Moussaieff Masson —



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"No one appreciates the very special genius of your conversation as the dog does."

- Christopher Morley -



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"A dog can't think that much about what he's doing, he just does what feels right."

— Barbara Kingsolver —



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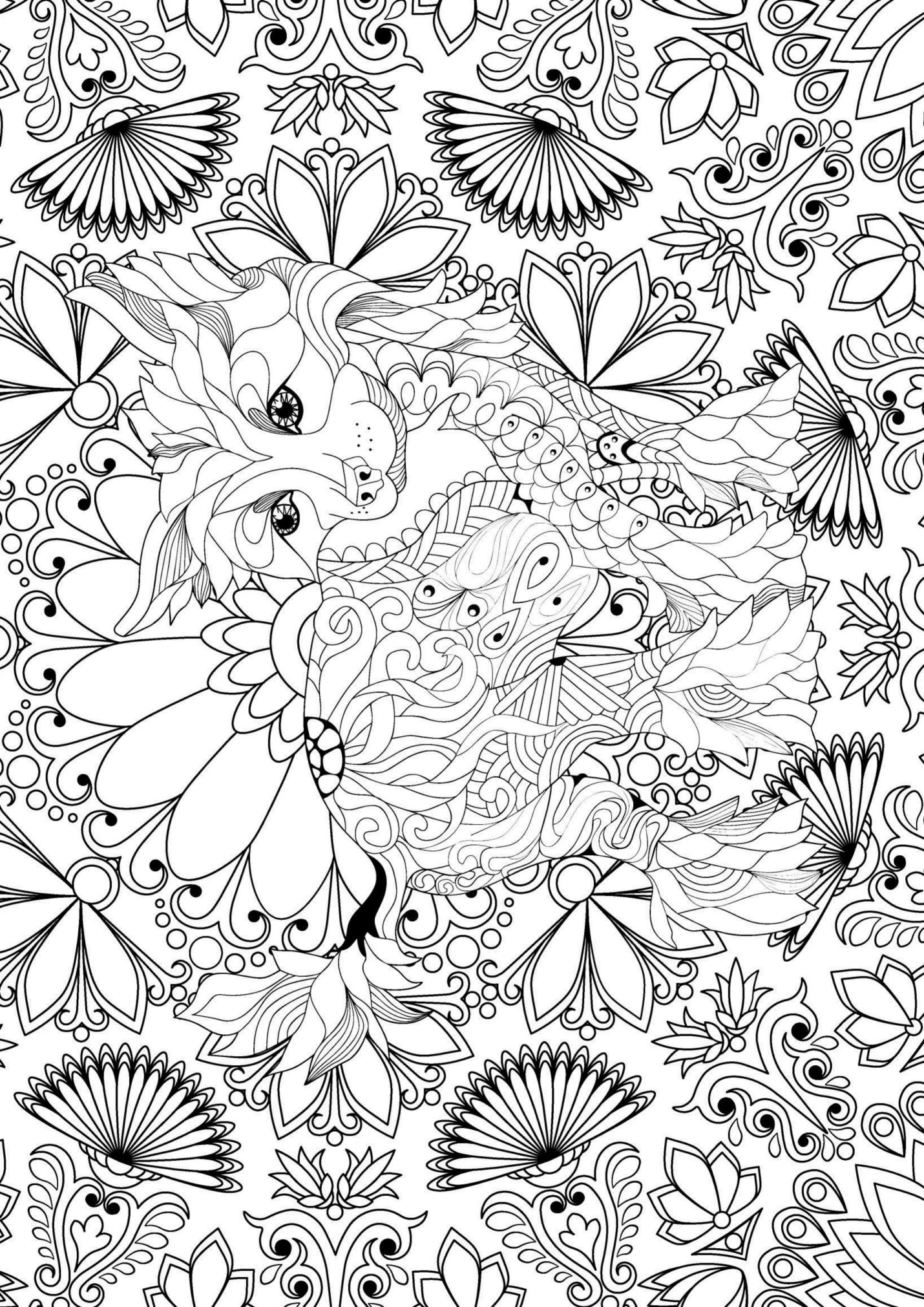
"What counts is not necessarily the size of the dog in the fight it's the size of the fight in the dog."

Dwight D. Eisenhower —



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"A house is not ahome until it has a dog."

- Gerald Durrell -



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"Properly trained, a man can be dog's best friend."

- Corey Ford -



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"Once you have had a wonderful dog, a life without one, is a life diminished."

— Dean Koontz —



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"A person who has never owned a dog has missed a wonderful part of life."

— Bob Barker —



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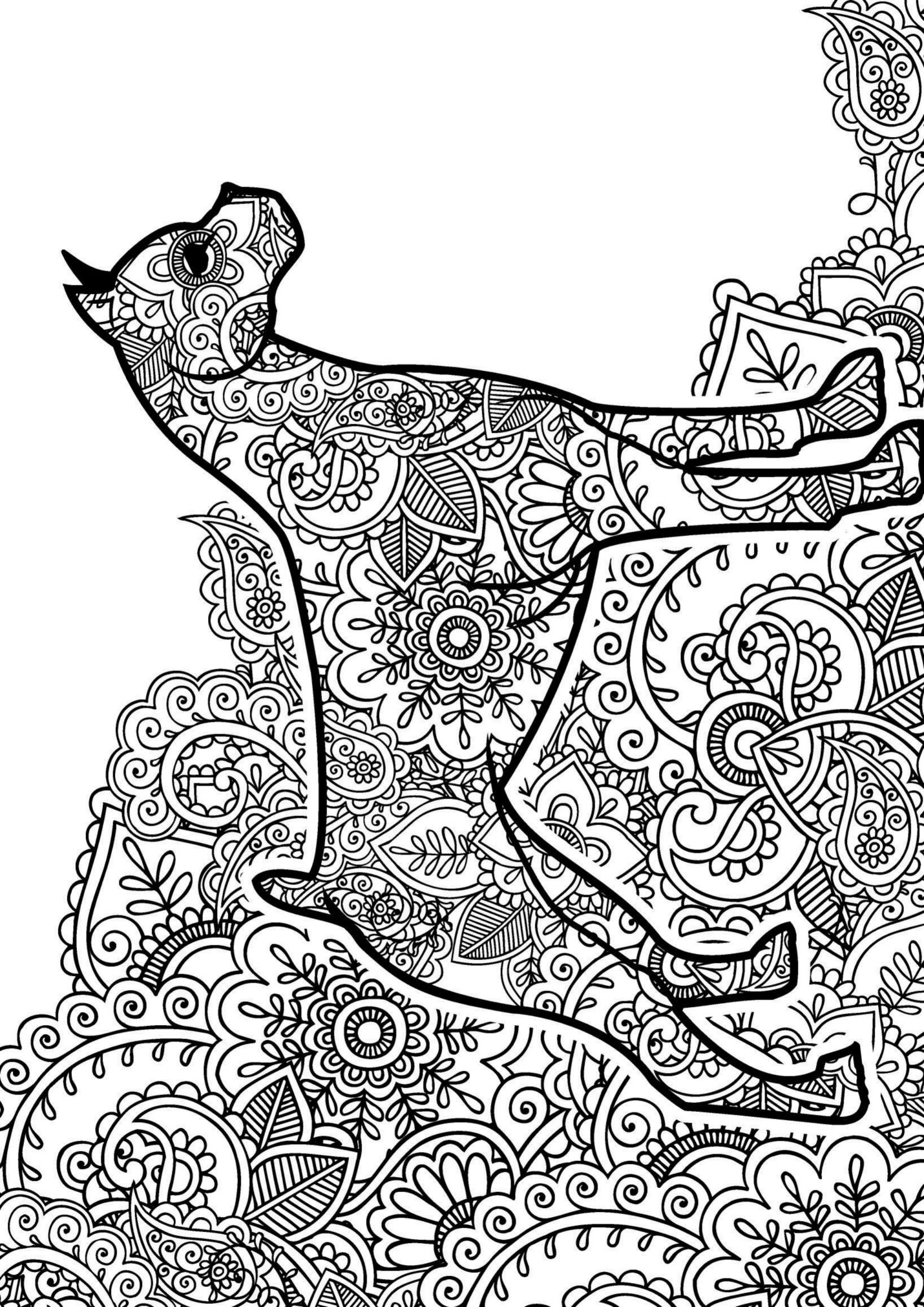
"To sit with a dog on a hillside on a glorious afternoon is to be back in Eden, where doing nothing was not boring - it was peace."

— Milan Kundera —



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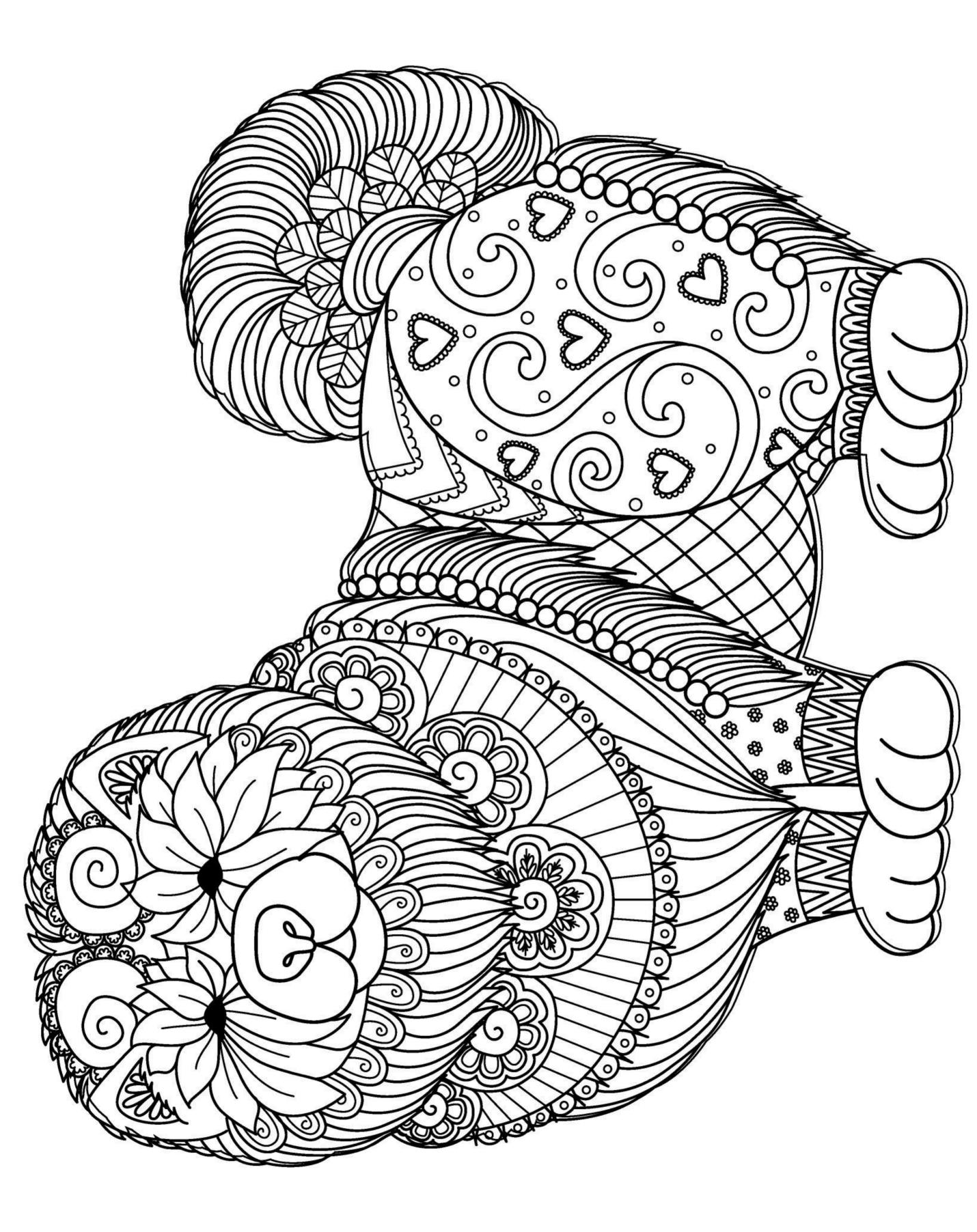


"Dogs' lives are too short. Their only fault, really. — Agnes Sligh Turnbull —



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"The only creatures that are evolved enough to convey pure love are dogs and infants."

— Johnny Depp —



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"I think dogs are the most amazing creatures; they give unconditional love. For me they are the role model for being alive."

— Gilda Radner —



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"Dogs are not our whole life, but they make our lives whole."

- Roger Caras -



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"A dog is the only thing on earth that loves you more than you love yourself." – Josh Billings –



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"There is no psychiatrist in the world like a puppy licking your face."

— Bernard Williams —



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"A puppy is but a dog, plus high spirits, and minus common sense."

— Agnes Repplier —



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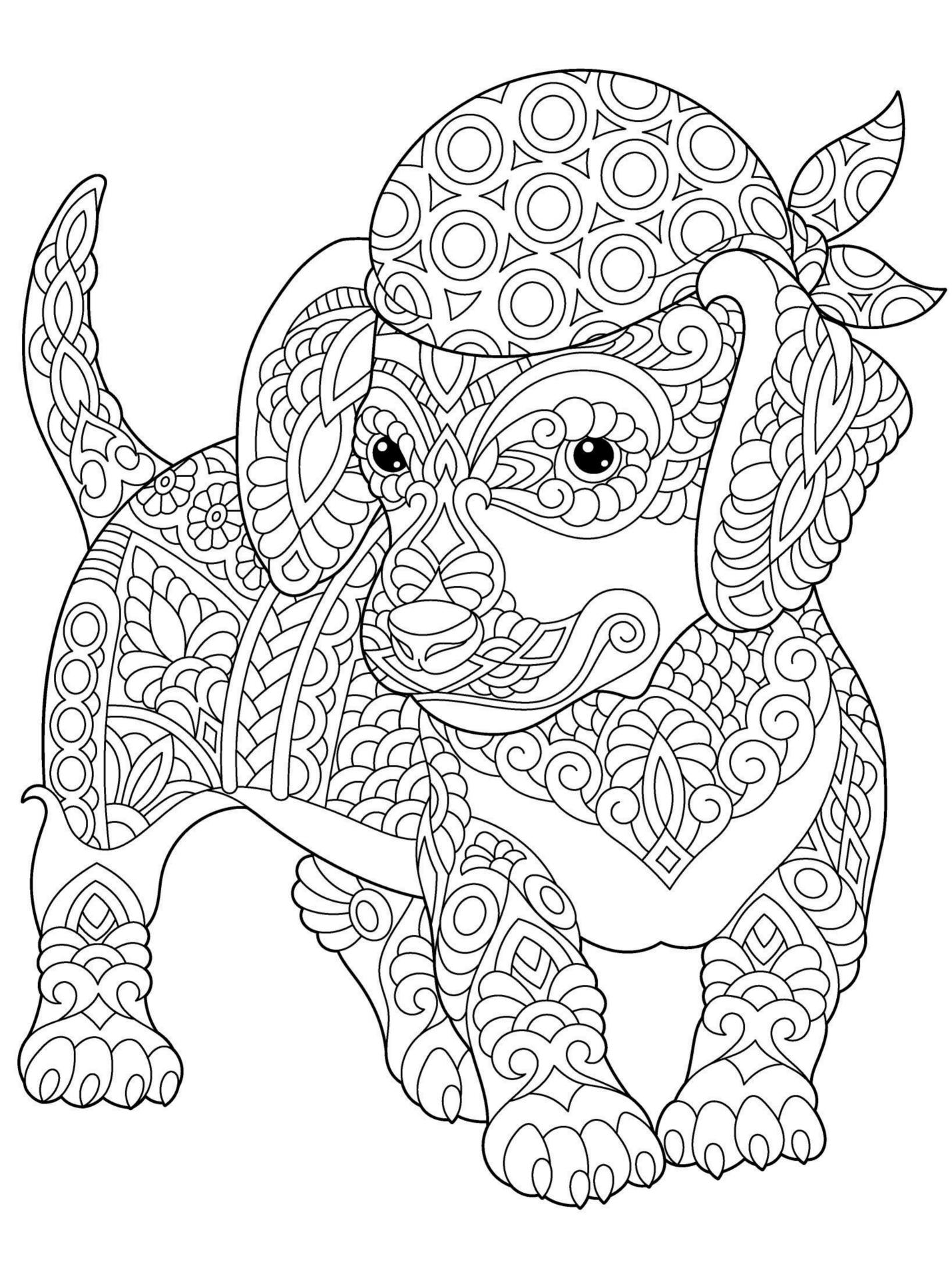
"When you feel lousy, puppy therapy is indicated."

— Sara Paretsky —



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"Training a puppy is like raising a child. Every single interaction is a training opportunity."

— Ian Dunbar —



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"Whoever said you can't buy happiness forgot little puppies."

— Gene Hill —



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"Happiness is a warm puppy." — Charles M. Schulz —



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