

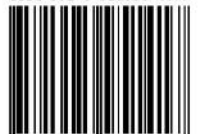
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SPARKLING SEALIFE

RELAX AND UNWIND WITH
ADULT COLOURING

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OF **COLOUR** SERIES

SPARKLING SEALIFE

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: Sparkling Sealife 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...

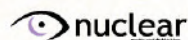


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Managing Director: Michael Downs

All images: Shutterstock



“It seems to me that the natural world is the greatest source of excitement, the greatest source of visual beauty, the greatest source of intellectual interest. It is the greatest source of so much in life that makes life worth living.”

— David Attenborough —



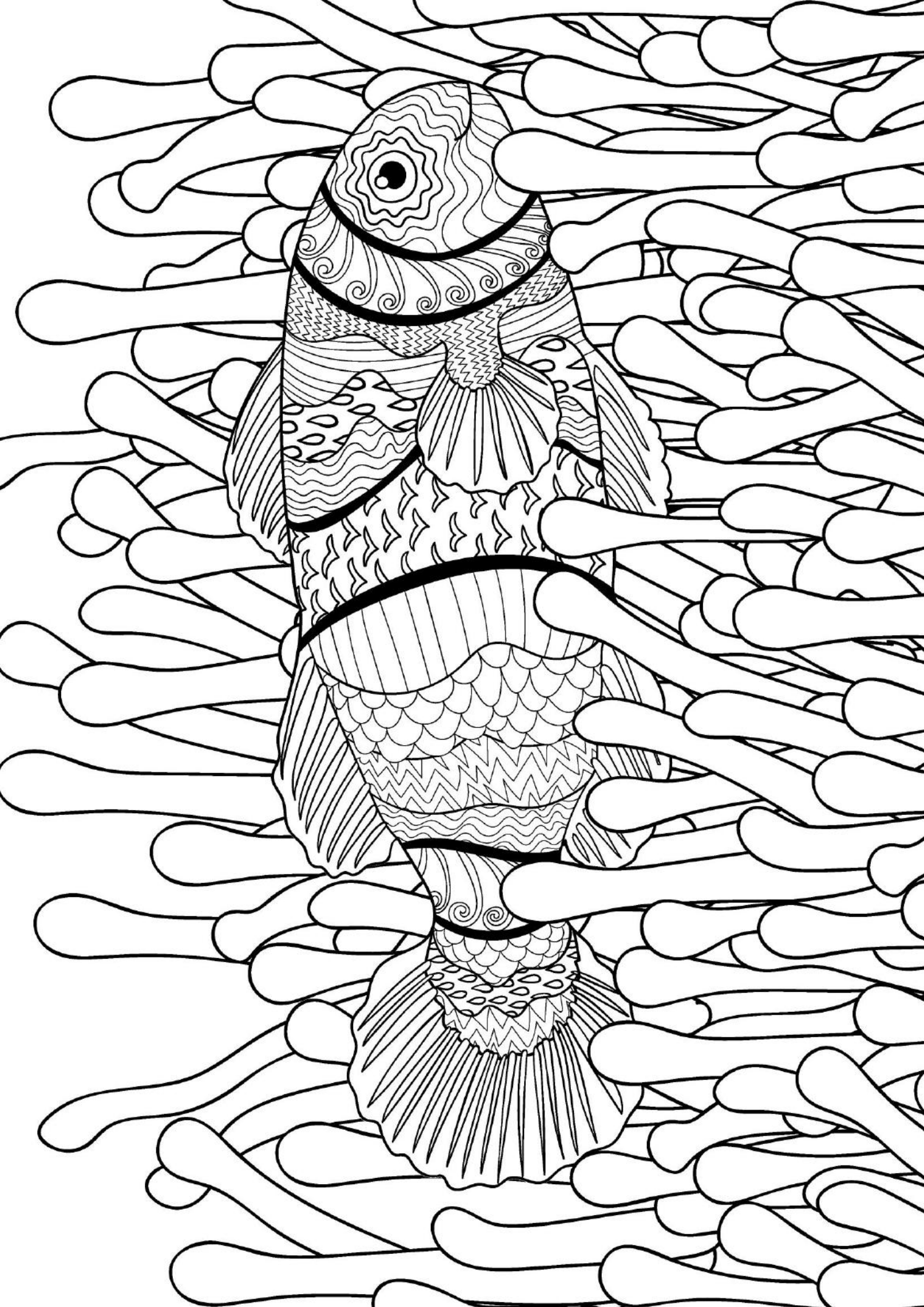
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“In still moments by
the sea life seems
large-drawn and
simple. It is there
we can see into
ourselves.”

— Rolf Edberg —



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“She loves the
serene brutality of
the ocean, loves the
electric power she
felt with each breath
of wet, briny air.”

— Holly Black, *Tithe* —



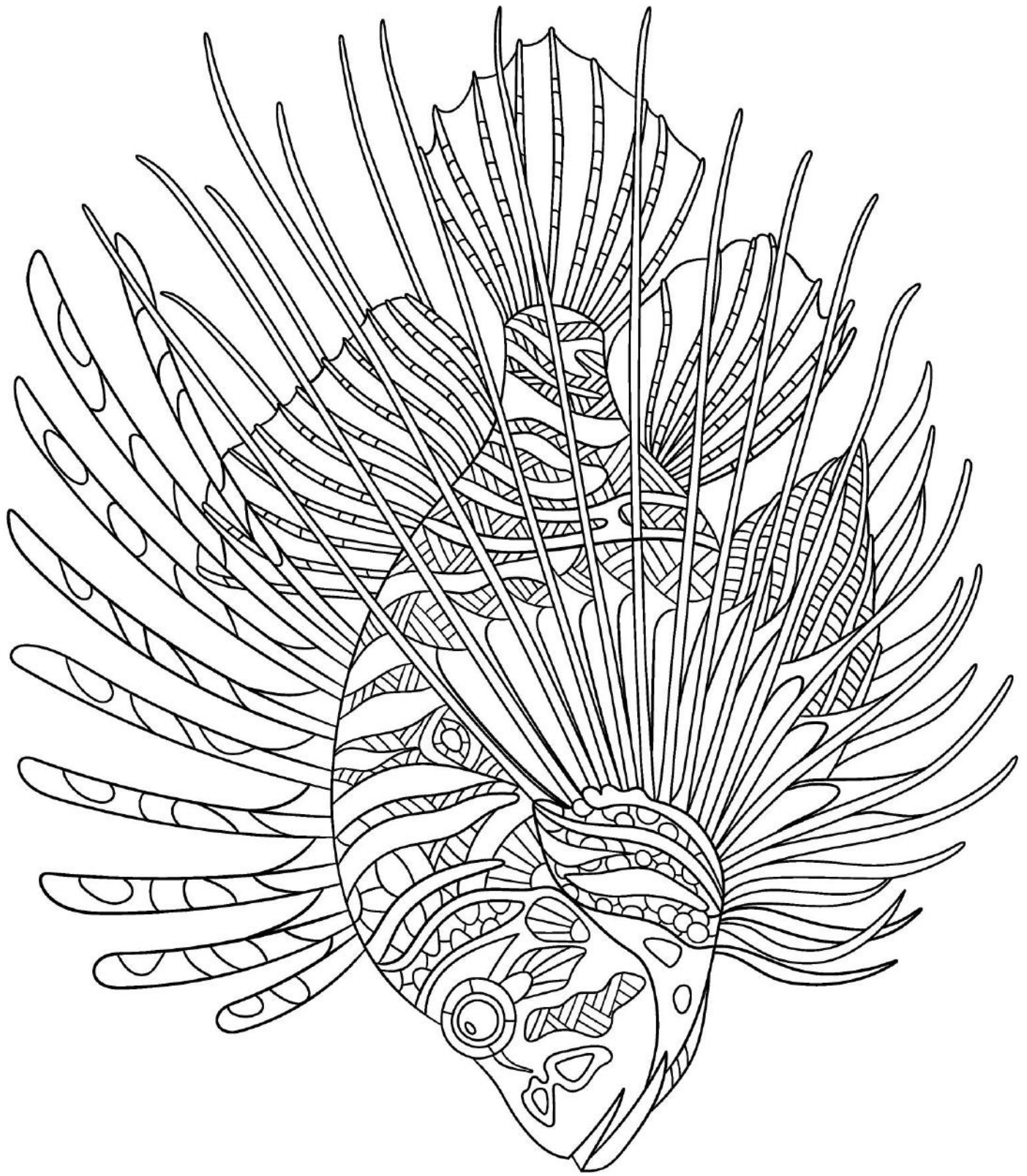
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“To reach a port we must
set sail. Sail, not tie at
anchor, Sail, not drift.”

— Franklin D. Roosevelt —



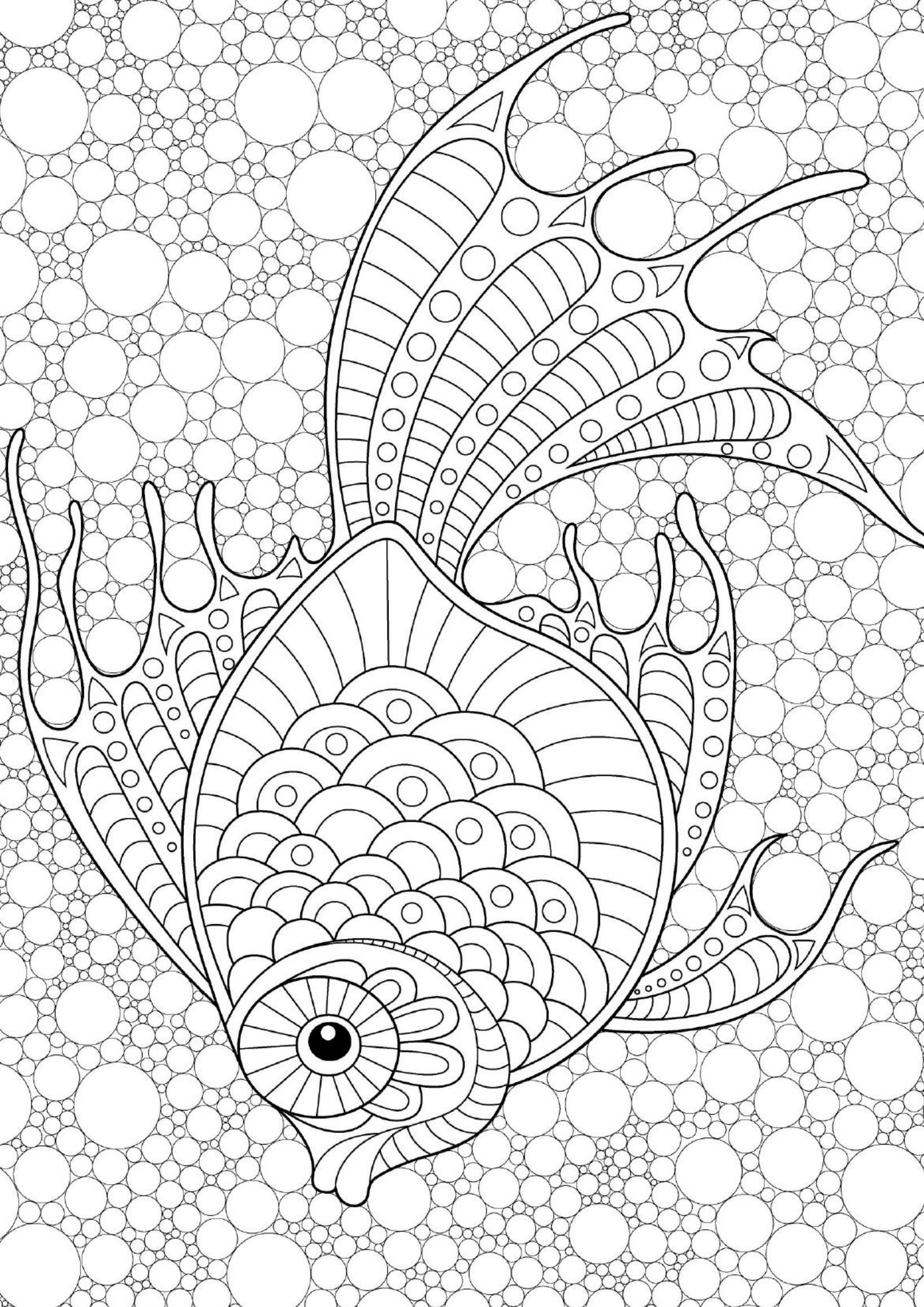
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“The sea does not
like to be restrained.”

— Rik Riordan, the Lightning Thief —



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“Every breath of air we take,
every mouthful of food that
we take, comes from the
natural world. And if we
damage the natural world,
we damage ourselves.”

— David Attenborough —



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“We are tied to the ocean.
And when we go back to the
sea, whether it is to sail or to
watch - we are going back
from whence we came.”

— John F. Kennedy —



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“The world’s finest wilderness
lies beneath the waves.”

— Robert Wyland —



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“There is nothing
more enticing,
disenchanted, and
enslaving than the
life at sea.”

— Joseph Conrad —



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“To me the sea is a
continual miracle; The
fishes that swim - the rocks
- the motion of the waves
- the ships, with men
in them, what stranger
miracles are there?”

— Walt Whitman —



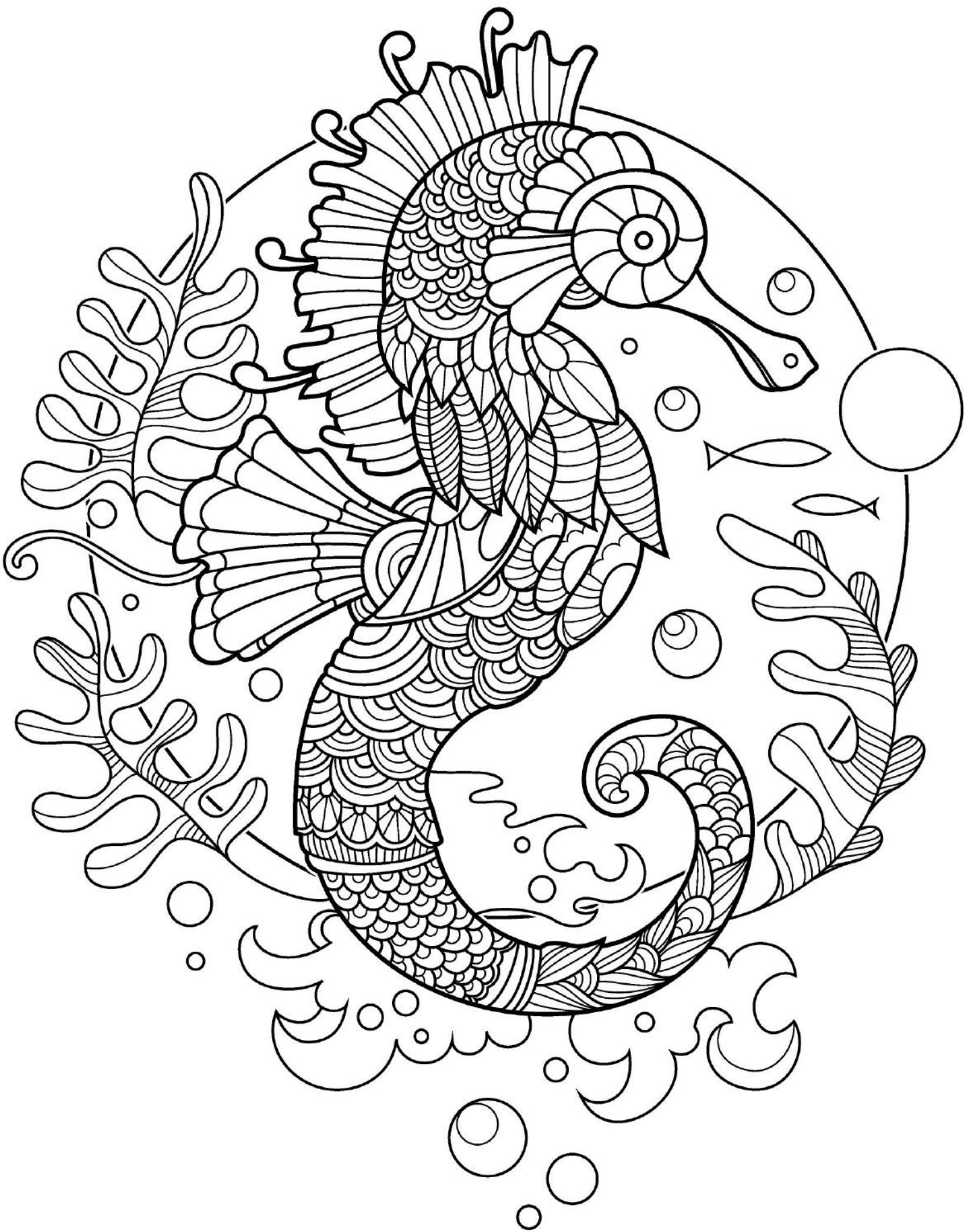
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“No aquarium, no tank in a marine land, however spacious it may be, can begin to duplicate the conditions of the sea.”

— Jacques Yves Cousteau —



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“There are some
four million
different kinds
of animals and
plants in the
world. Four million
different solutions
to the problems of
staying alive.”

— David Attenborough —



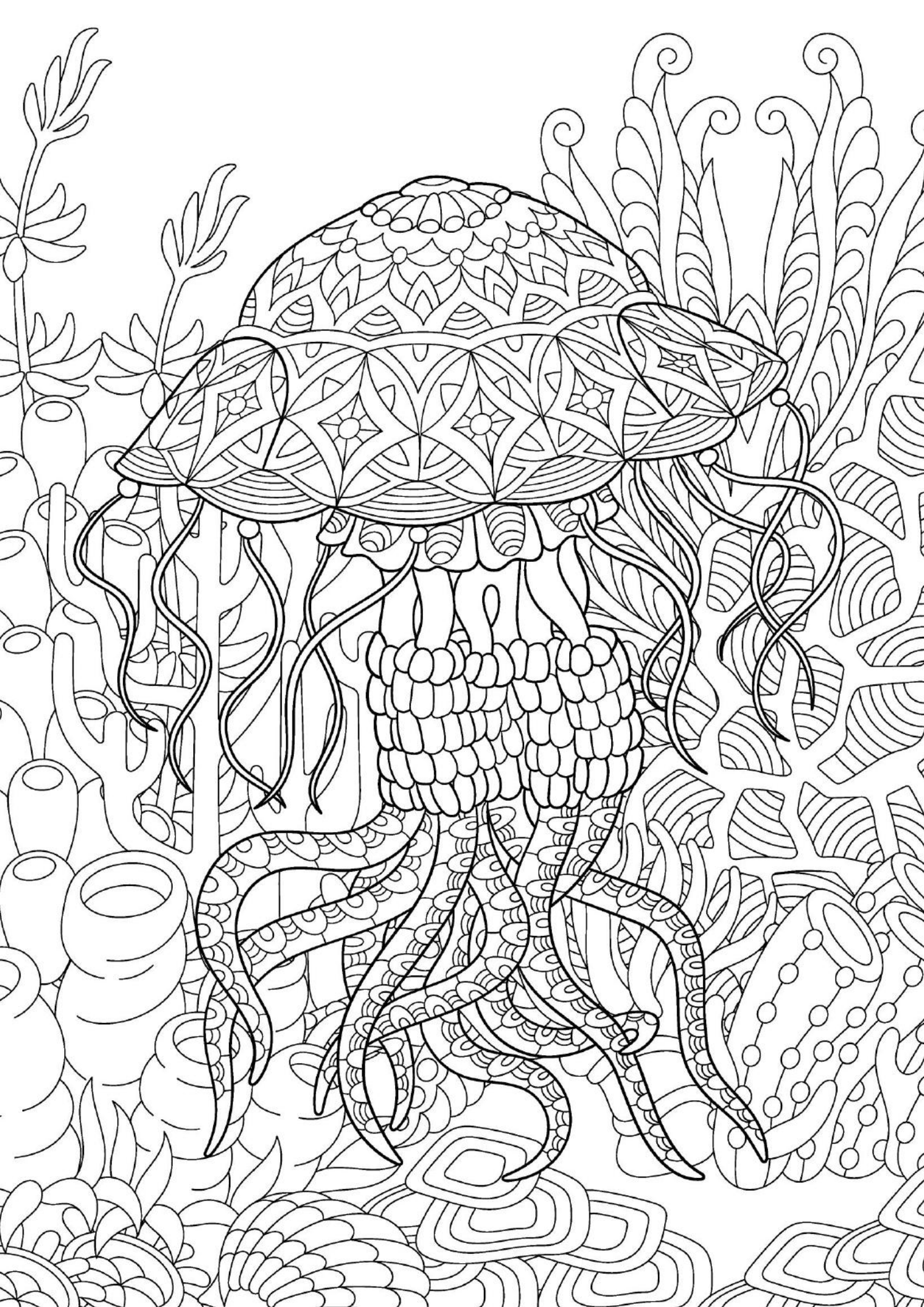
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“The sea will grant
each man new hope,
and sleep will bring
dreams of home.”

— Larry Ferguson —



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“Waves are the voices of
tides. Tides are life.”

— Tamora Pierce —



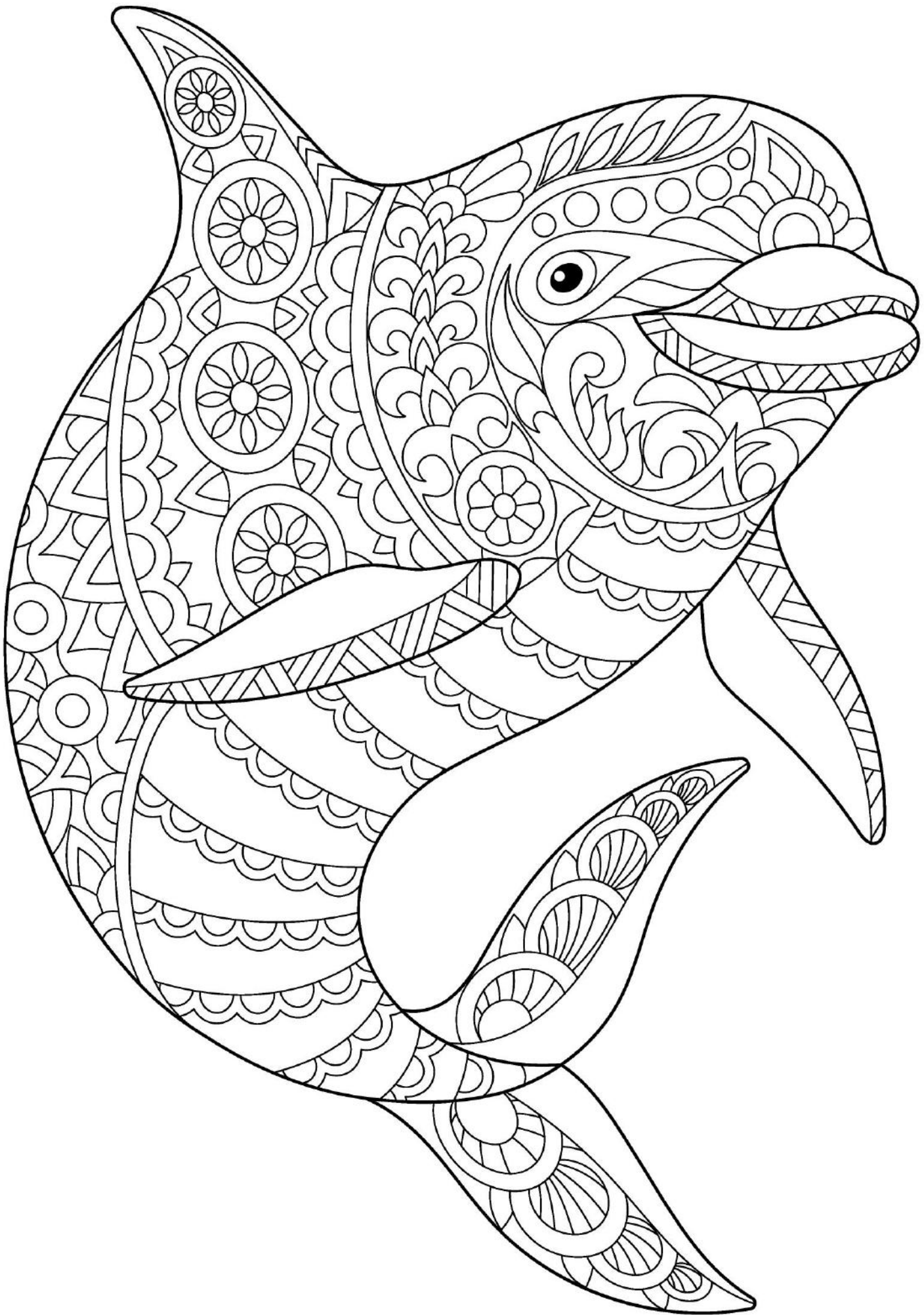
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“Always remember
that the ocean
delights in feeling
your feet in her
eternal bath.”

— Robert Wyland —



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“I could never stay long
enough on the shore; the
tang of the untainted, fresh,
and free sea air was like a
cool, quieting thought.”

— Helen Keller —



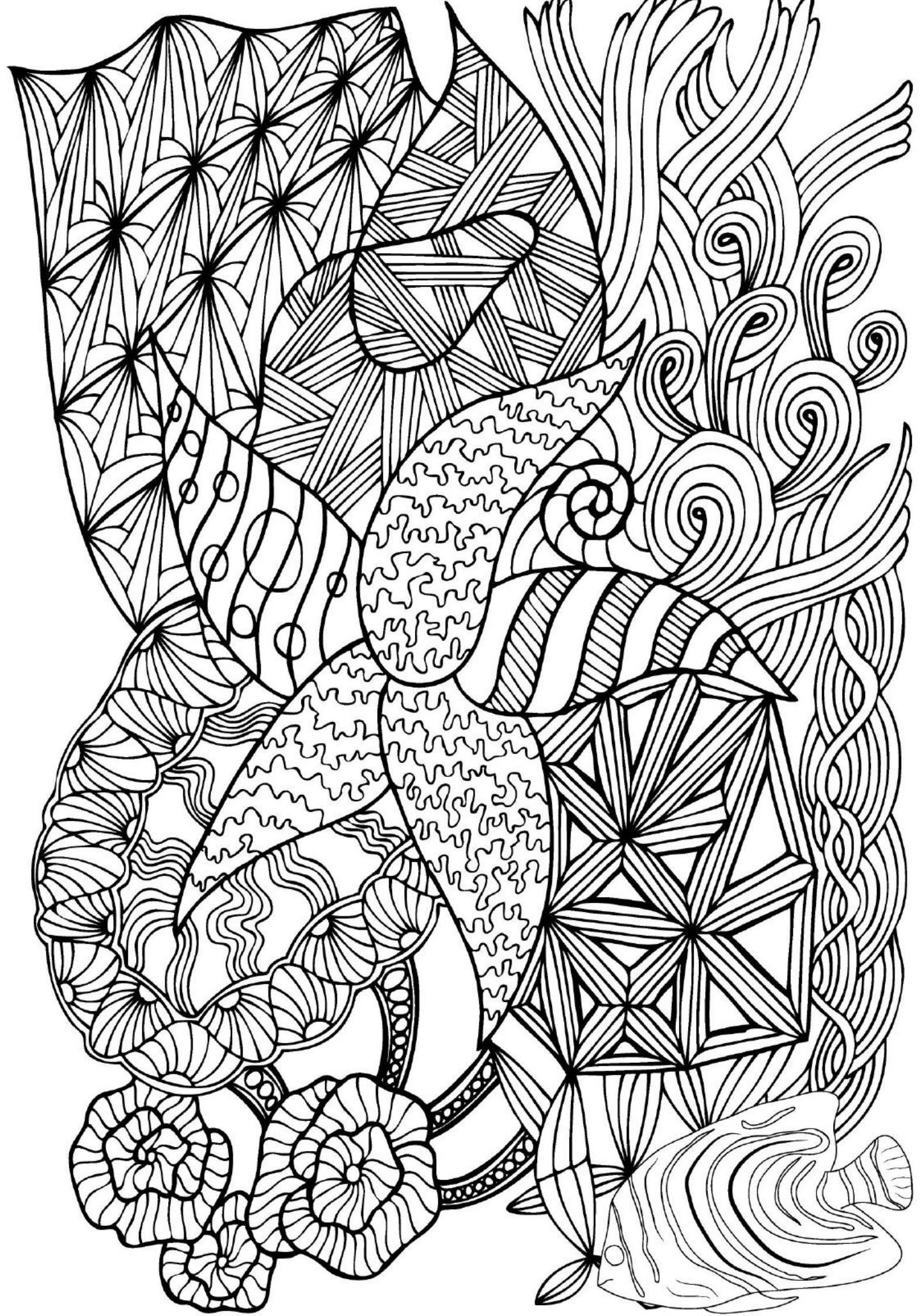
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“Nature doesn’t sit still.
Things and individuals
are changing, dying
and new things are
coming. They’re
all stories.”

— David Attenborough —



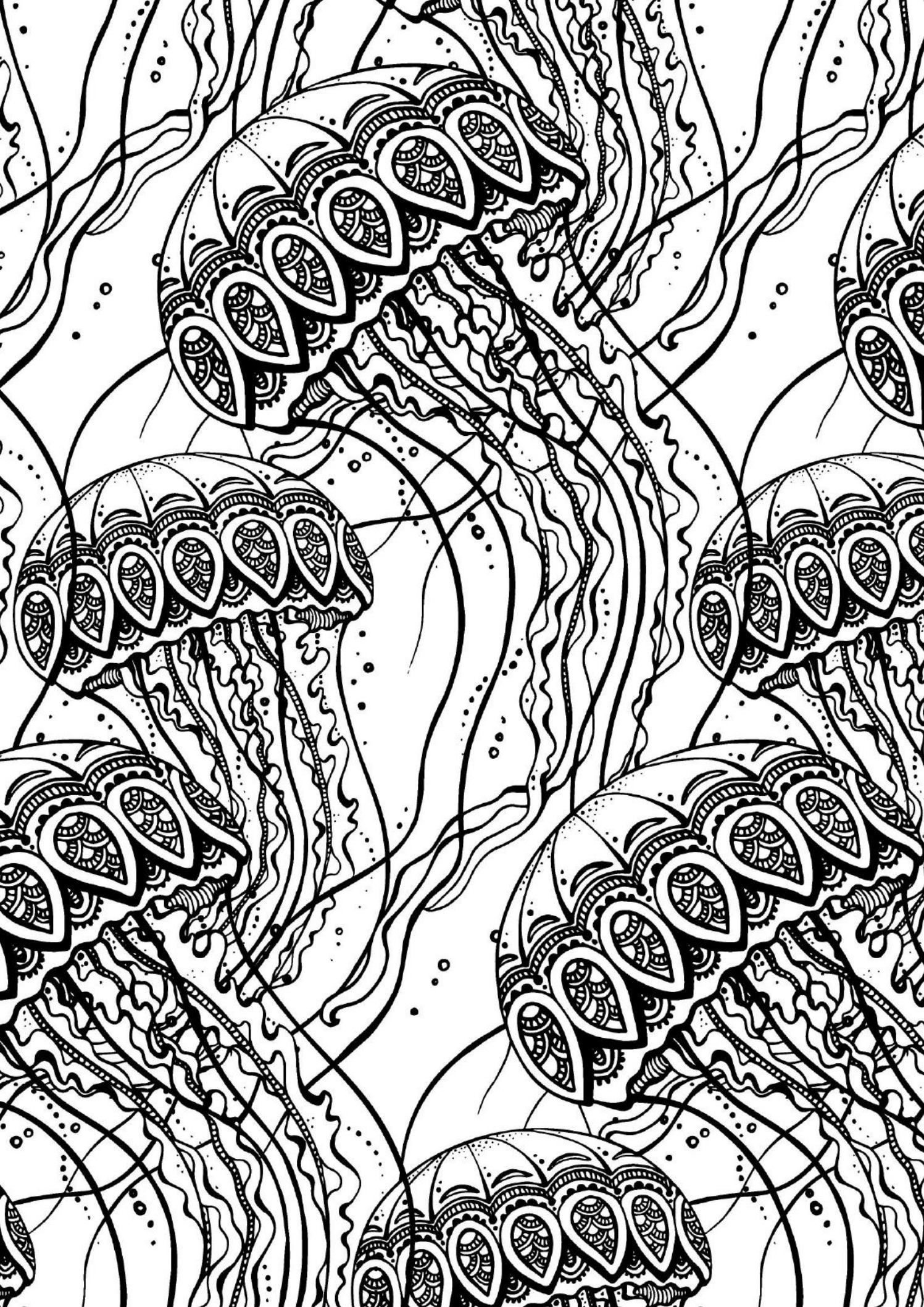
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“The voice of the sea
speaks to the soul.”

— Kate Chopin —



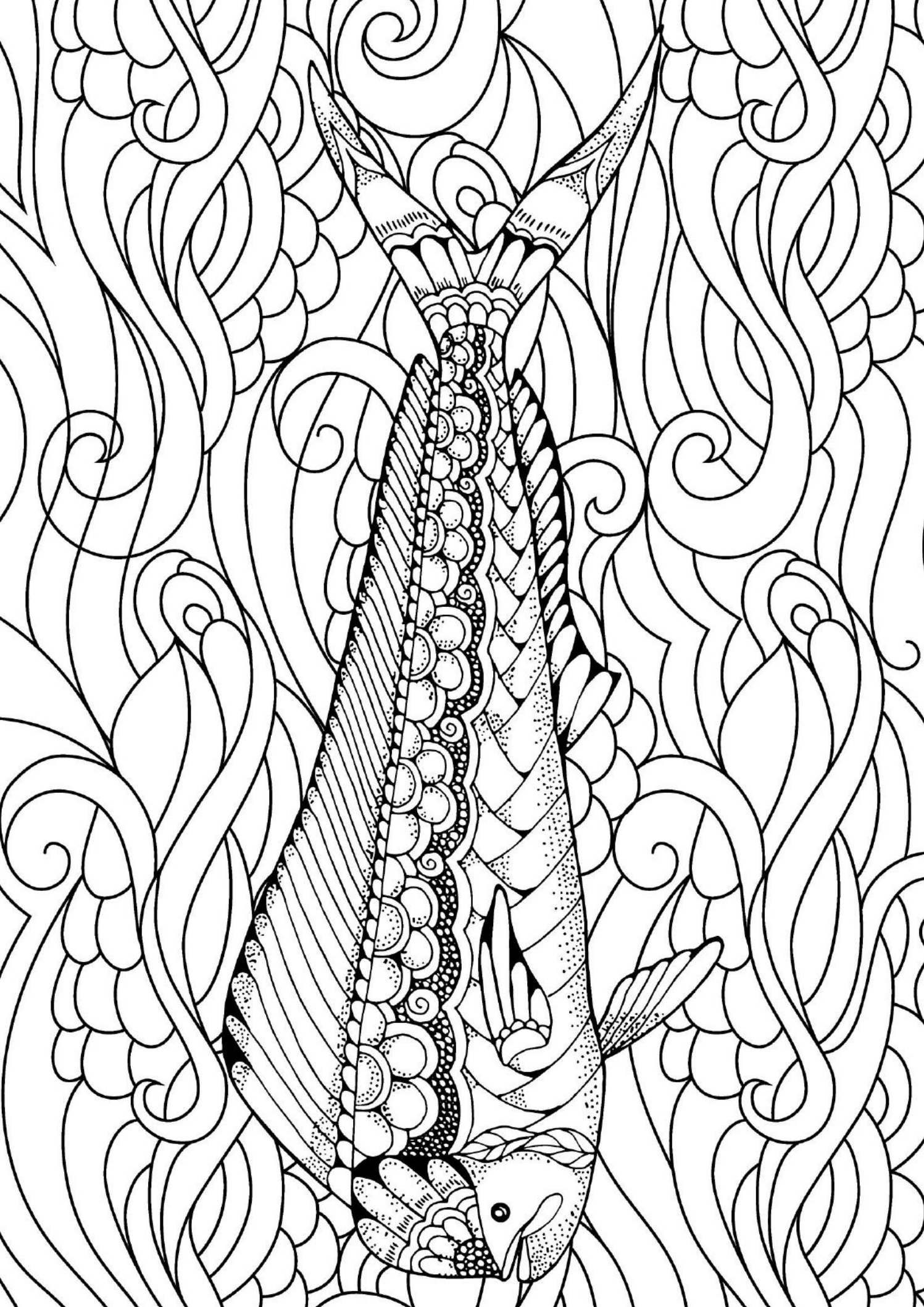
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“The ocean stirs the
heart, inspires the
imagination and
brings eternal joy
to the soul.”

— Robert Wyland —



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“Because there’s nothing more beautiful than the way the ocean refuses to stop kissing the shoreline, no matter how many times it’s sent away.”

— Sarah Kay —



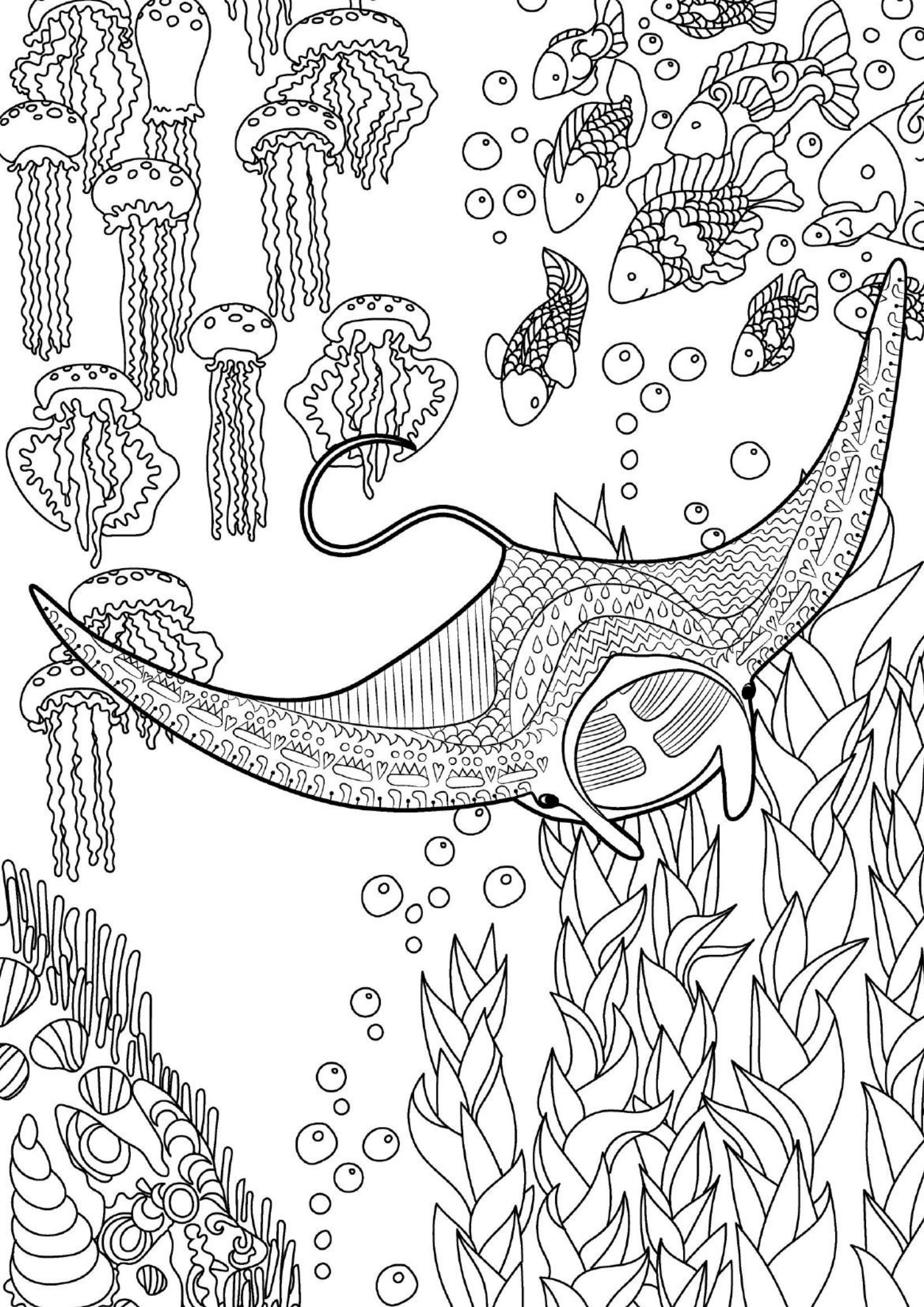
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“On the ocean of life let
your mind be the ship
and your heart be the
compass.”

— James David Manning —



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“My soul is full of
longing for the secret of
the sea, and the heart
of the great ocean
sends a thrilling pulse
through me.”

— Henry Wadsworth Longfellow —



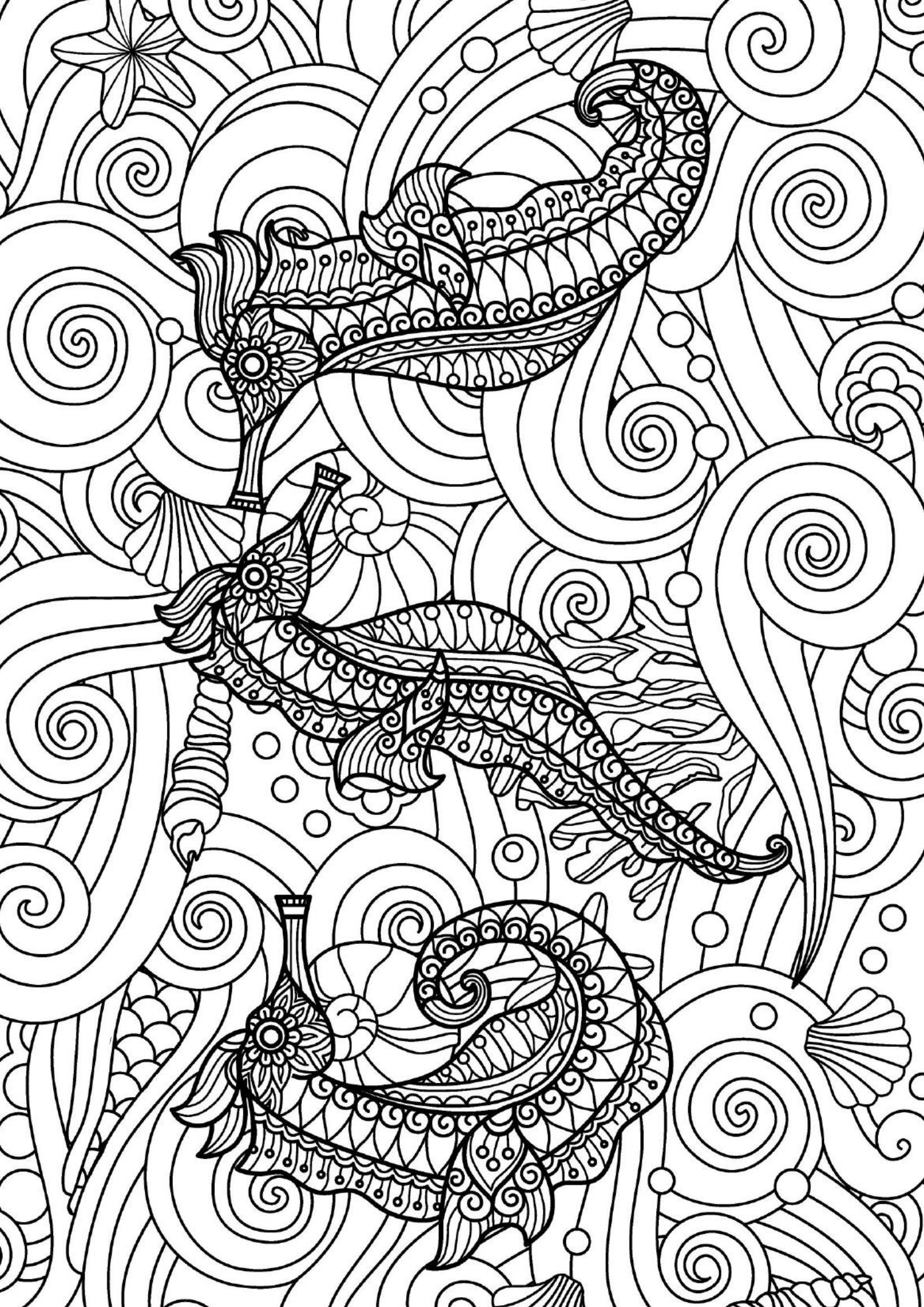
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“The sea is everything.
It covers seven tenths
of the terrestrial globe.
Its breath is pure and
healthy. It is an immense
desert, where man is
never lonely, for he feels
life stirring on all sides.”

— Jules Verne —



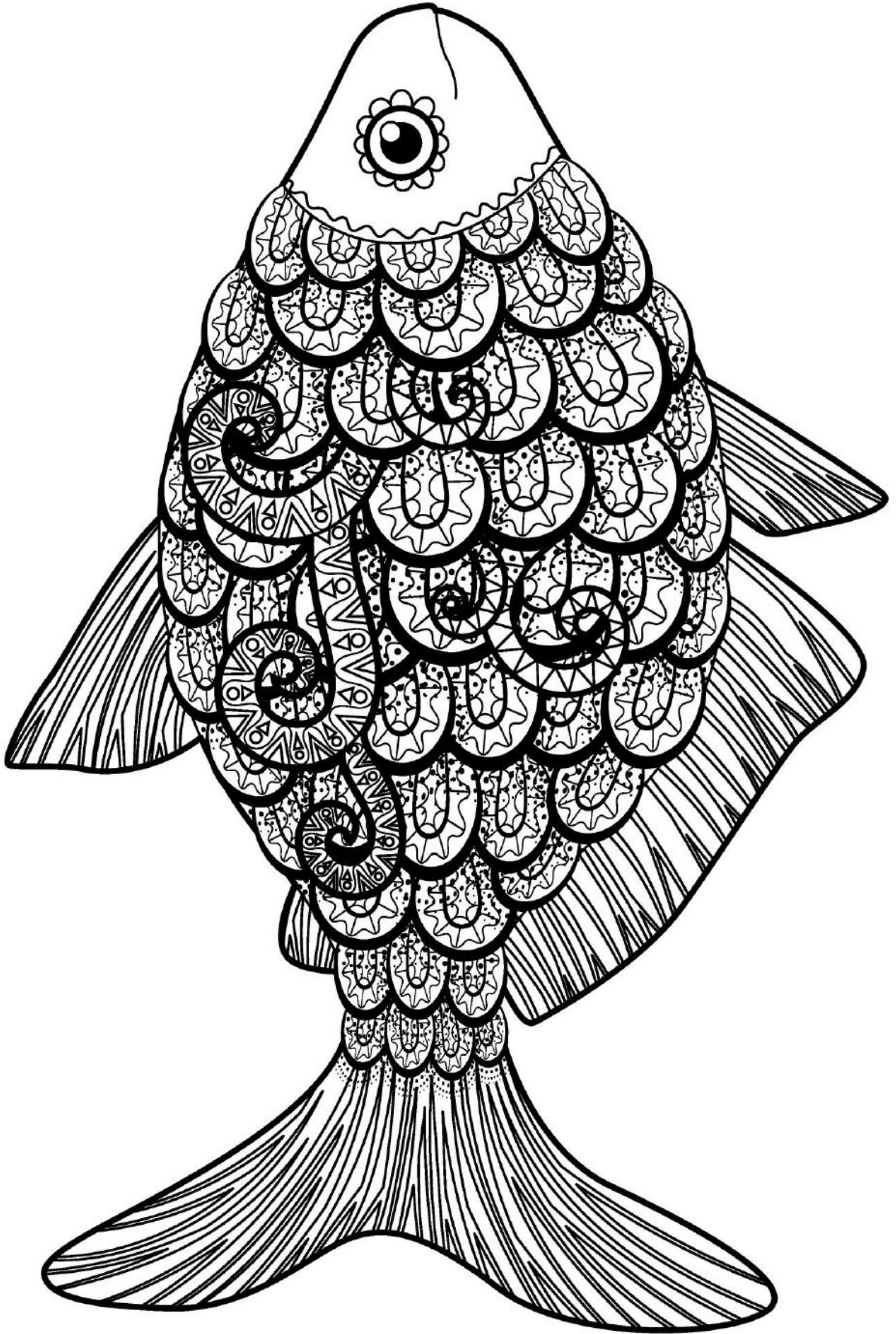
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“We ourselves feel that what we are doing is just a drop in the ocean. But the ocean would be less because of that missing drop.”

— Mother Teresa —



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“We know that when we
protect our oceans we’re
protecting our future.”

— William J. Clinton —



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“Limitless and immortal,
the waters are the
beginning and end of
all things on Earth.”

— Heinrich Zimmer —



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“You must not lose faith in
humanity. Humanity is an
ocean; if a few drops of the
ocean are dirty, the ocean
does not become dirty.”

— Mahatma Gandhi —



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“The sea! the sea! the open
sea! The blue, the fresh, the
ever free! Without a mark,
without a bound, It runneth
the Earth’s wide regions
round; It plays with the
clouds; it mocks the skies; Or
like a cradled creature lies.”

— Bryan Procter —



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“When anxious, uneasy
and bad thoughts come,
I go to the sea, and the
sea drowns them out with
its great wide sounds,
cleanses me with its noise,
and imposes a rhythm
upon everthing in me
that is bewildered
and confused.”

— Rainer Maria Rilke —



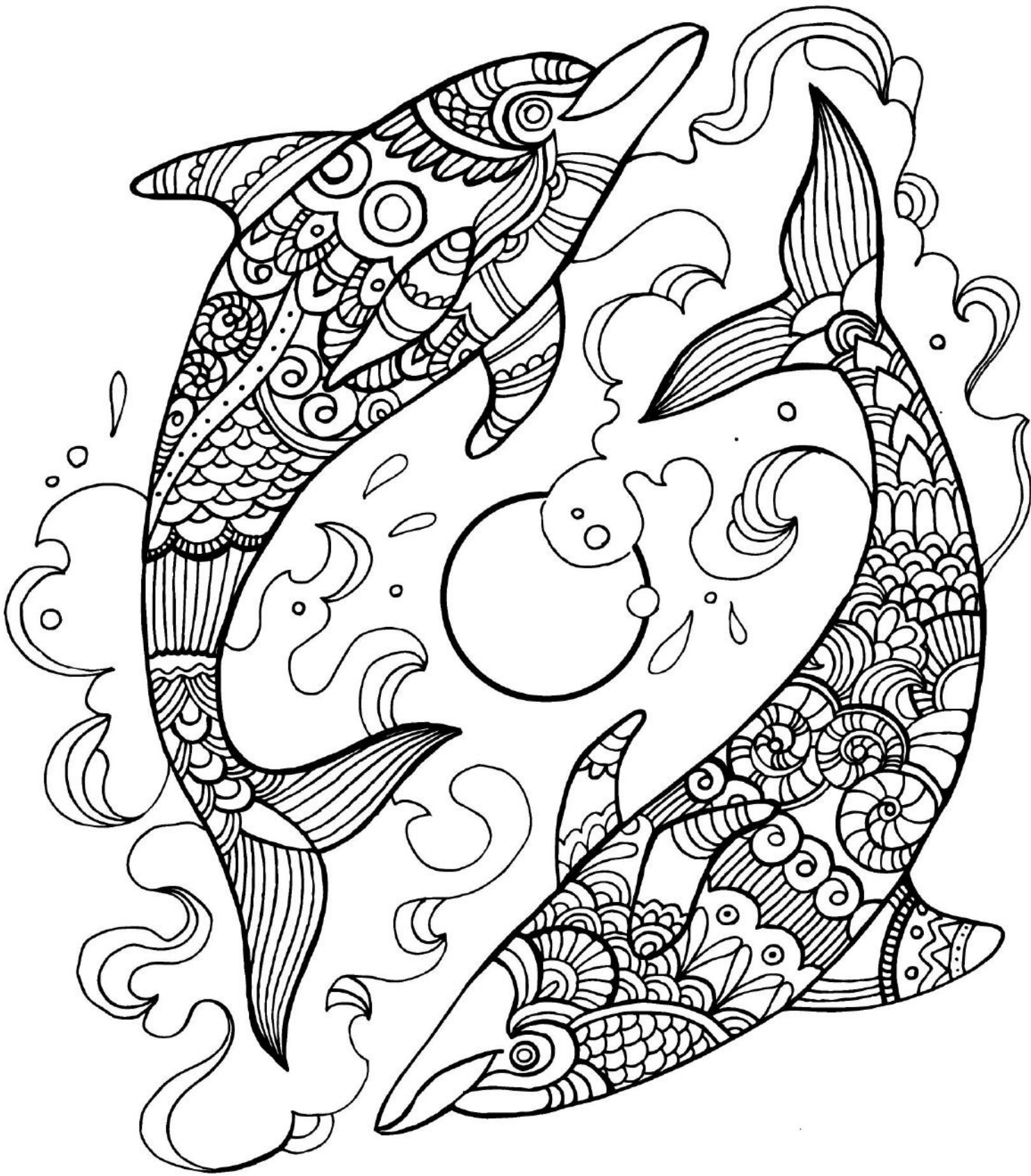
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“The three great
elemental sounds in
nature are the sound of
rain, the sound of wind
in a primeval wood,
and the sound of outer
ocean on a beach.”

— Henry Beston —



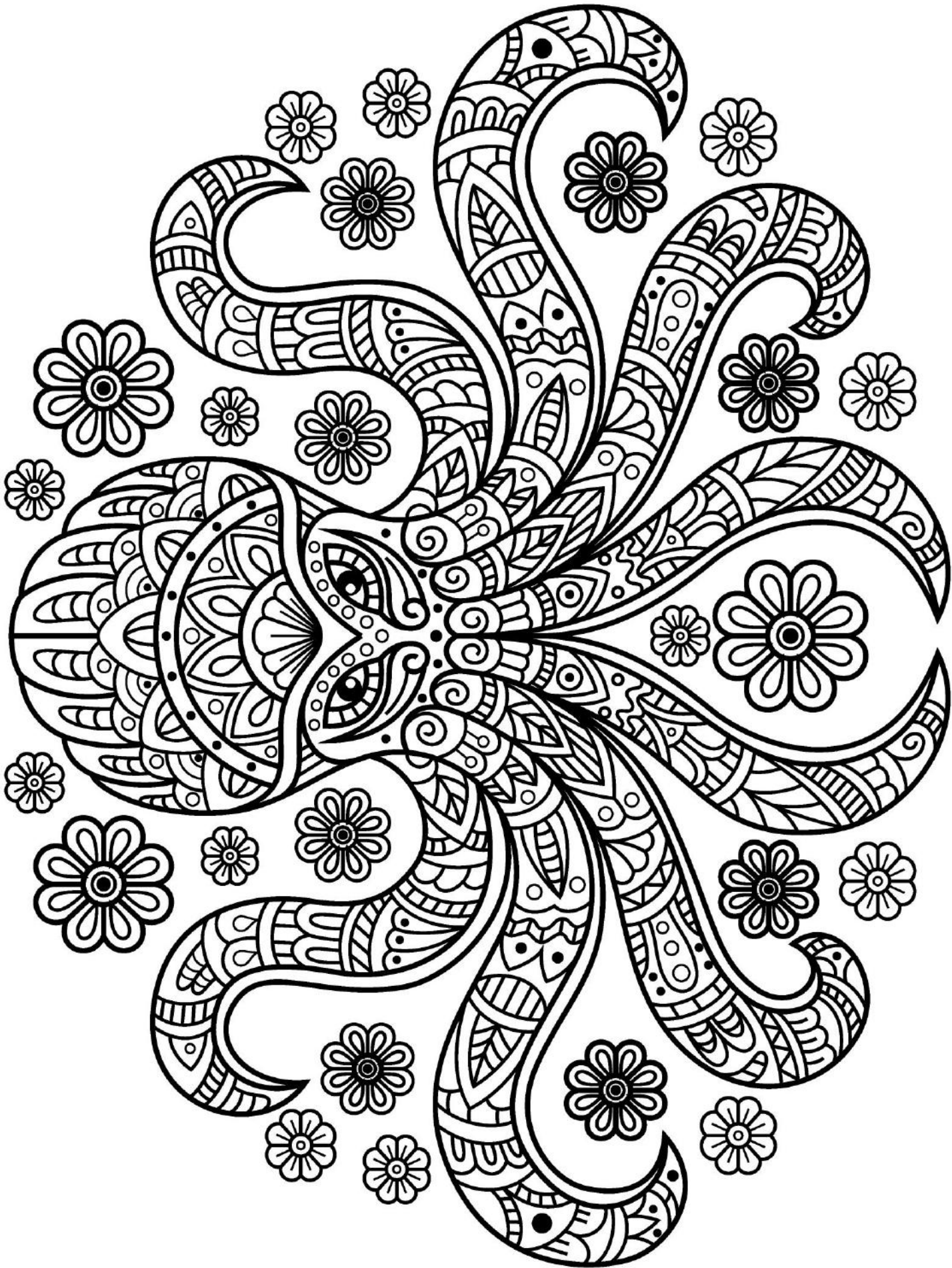
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“He wanders, like a
day-appearing dream,
through the dim
wildernesses of the mind;
Through desert woods
and tracts, which seem
like ocean, homeless,
boundless, unconfined.”

— Percy Bysshe Shelley —



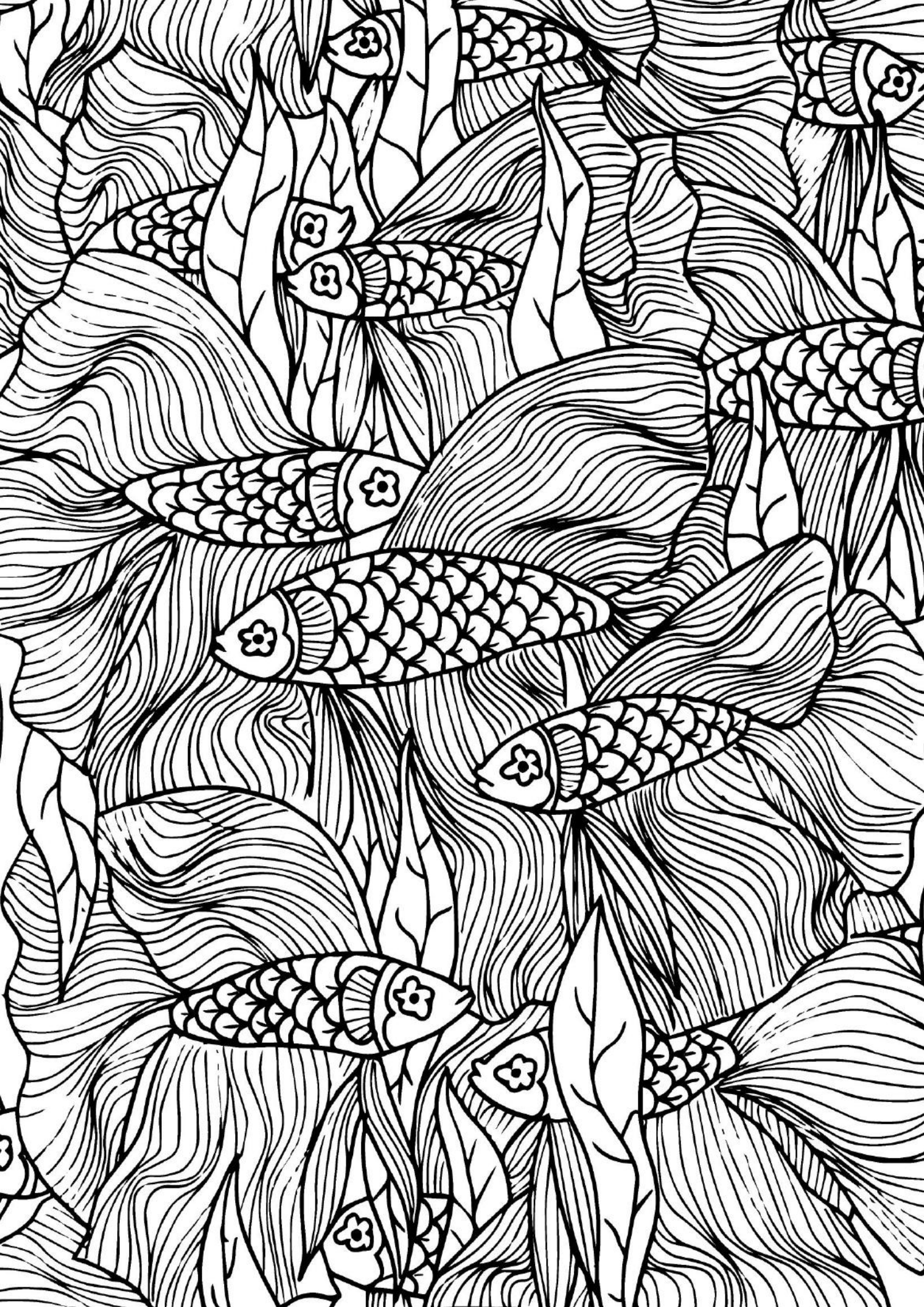
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“You don’t understand.
You’re not a wave.
You’re part of the ocean.”

— Morrie Schwartz —



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“How inappropriate to call
this planet Earth when it is
quite clearly ocean.”

— Arthur C. Clarke —



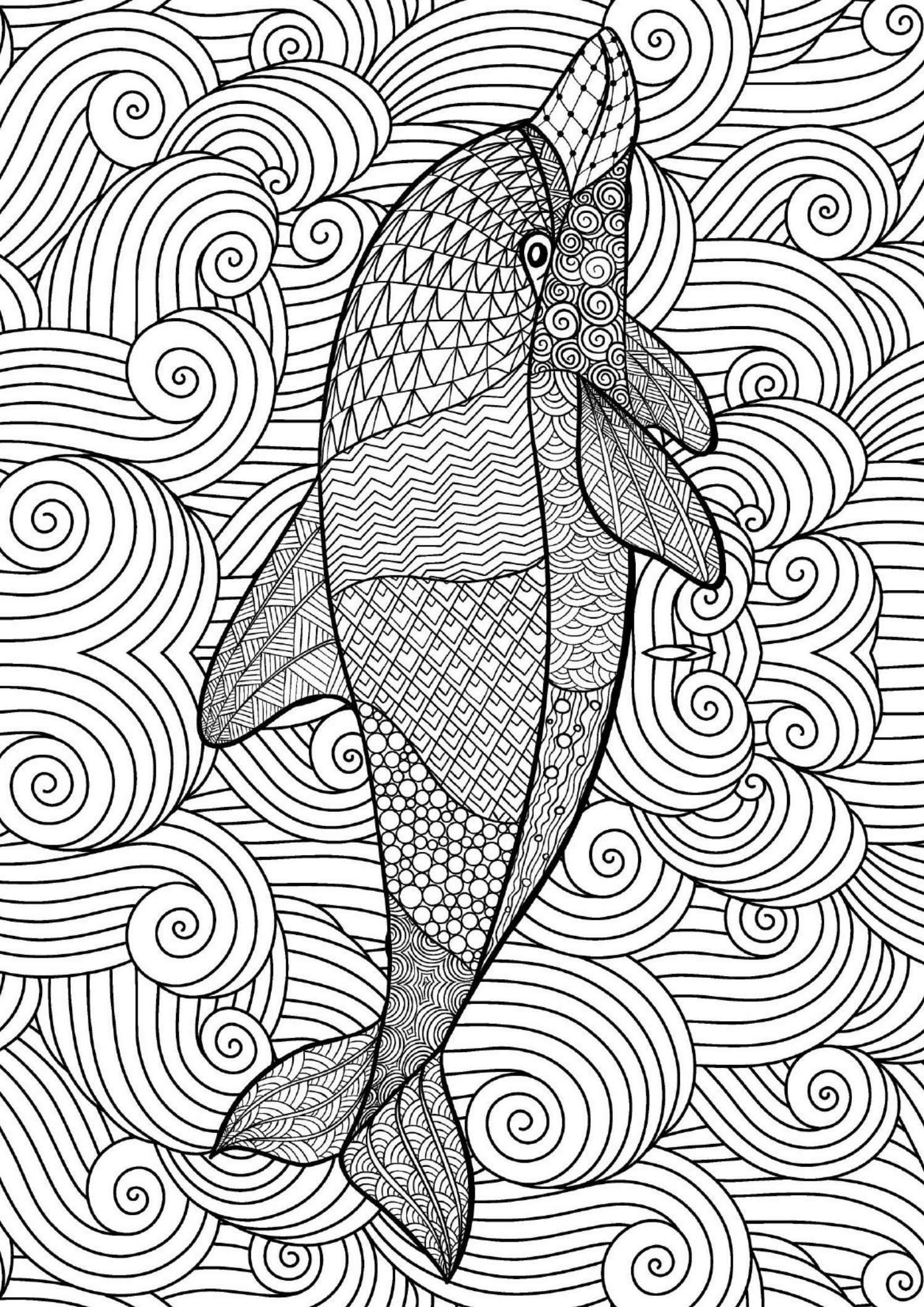
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“I have always been fascinated by the ocean, to dip a limb beneath its surface and know that I’m touching eternity, that it goes on forever until it begins here again.”

— Lauren DeStefano —



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“Ocean is more
ancient than the
mountains, and
freighted with the
memories and the
dreams of Time.”

— H. P. Lovecraft —



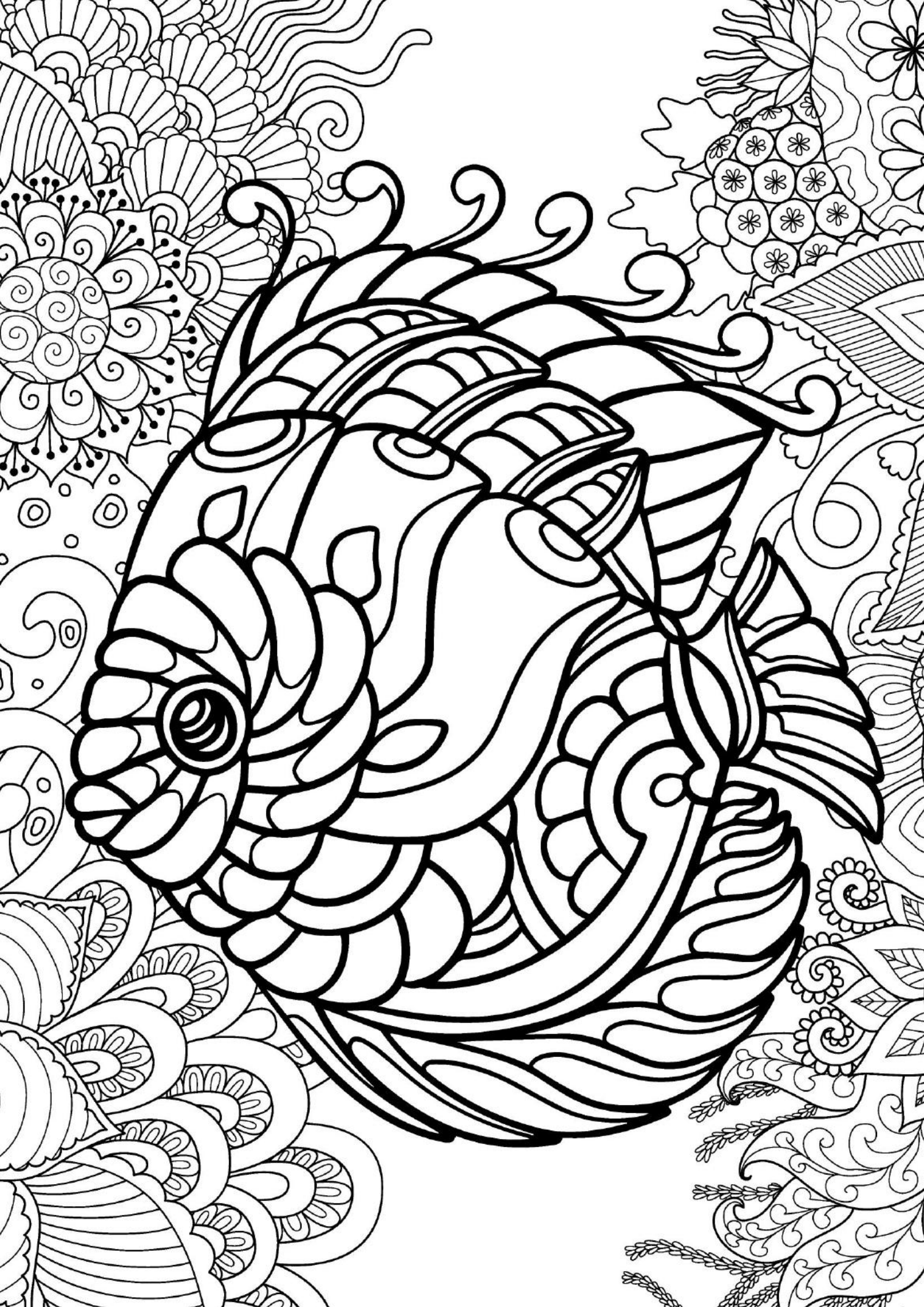
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“With every drop of
water you drink, every
breath you take, you’re
connected to the sea.
No matter where on
Earth you live.”

— Sylvia Earle —



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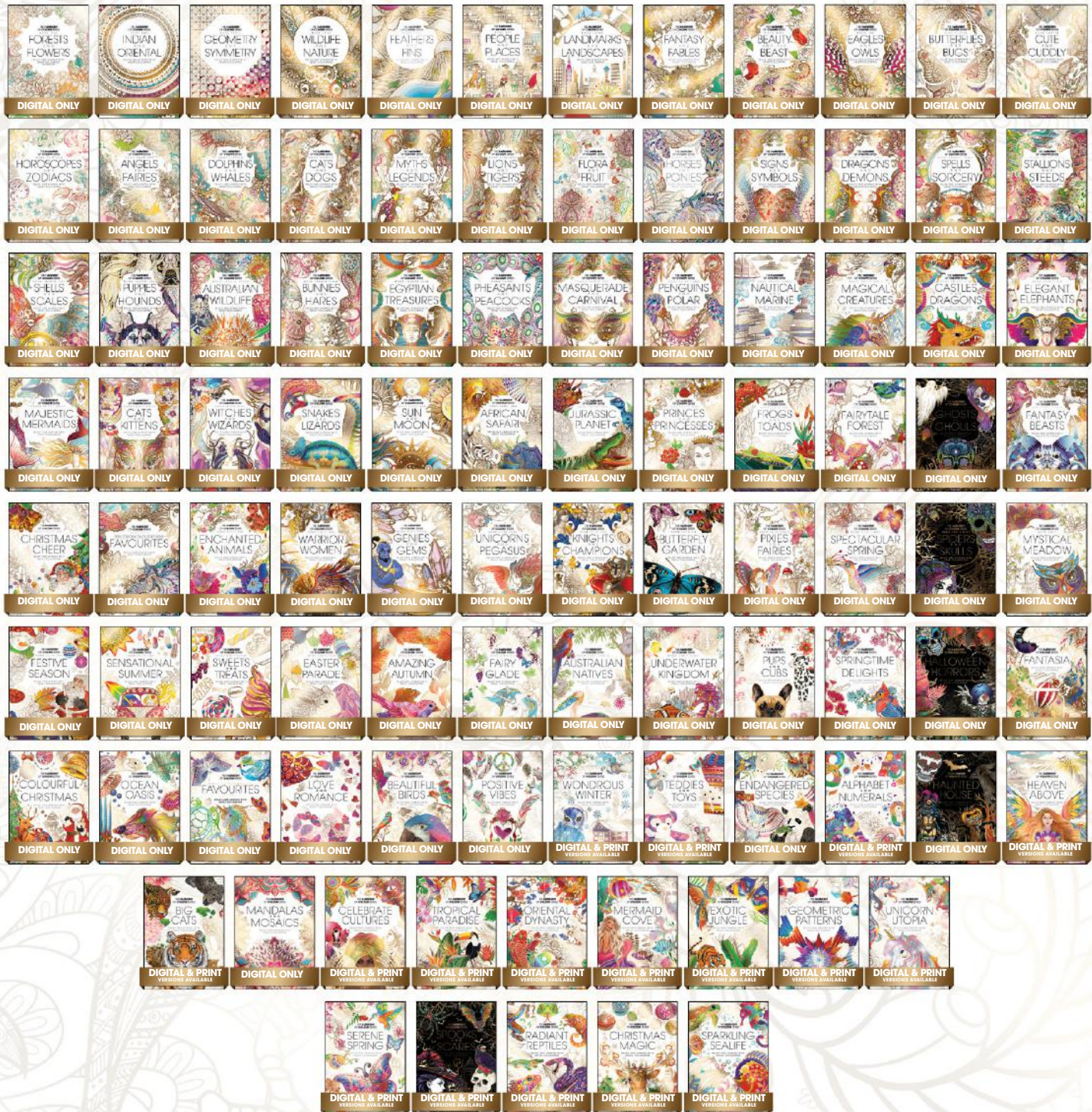


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