



# One Million Giraffes Coloring Book

By Ola Helland

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## One Million Giraffes Coloring Book By Ola Helland

"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](http://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." -*Minnesota Parent*

### Users Review

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##### **Ida Resler:**

What do you in relation to book? It is not important along? Or just adding material when you really need something to explain what your own problem? How about your time? Or are you busy person? If you don't have spare time to try and do others business, it is gives you the sense of being bored faster. And you have extra time? What did you do? Every individual has many questions above. They have to answer that question since just their can do in which. It said that about publication. Book is familiar in each person. Yes, it is appropriate. Because start from on jardín de infancia until university need this specific One Million Giraffes Coloring Book to read.

**Sam Hasse:**

Nowadays reading books be than want or need but also be a life style. This reading practice give you lot of advantages. The huge benefits you got of course the knowledge even the information inside the book which improve your knowledge and information. The data you get based on what kind of reserve you read, if you want get more knowledge just go with schooling books but if you want sense happy read one along with theme for entertaining for example comic or novel. Often the One Million Giraffes Coloring Book is kind of guide which is giving the reader unforeseen experience.

**Kerry Maye:**

This book untitled One Million Giraffes Coloring Book to be one of several books which best seller in this year, that's because when you read this publication you can get a lot of benefit into it. You will easily to buy this kind of book in the book shop or you can order it by means of online. The publisher of this book sells the e-book too. It makes you quickly to read this book, because you can read this book in your Smart phone. So there is no reason to your account to past this guide from your list.

**Caitlin Cruz:**

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