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# This Annoying Life: A Mindless Coloring Book For The Highly Stressed



## Synopsis

Here at last is the stress-reducing coloring book that lets adults of all ages color their way through the funny and true annoyances of everyday life. From trying to assemble flat pack furniture to clearing an office paper jam, juggling remote controls, dropping contact lenses on the bathroom floor, and nudging the cat who absolutely won't let you read your book, the dozens of witty and sympathetically amusing illustrations offer real therapy and poke gentle fun at the meditative coloring craze.

## Book Information

Paperback: 64 pages

Publisher: Chronicle Books; Clr Csm edition (October 4, 2016)

Language: English

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Product Dimensions: 7.5 x 0.5 x 10.2 inches

Shipping Weight: 9.1 ounces (View shipping rates and policies)

Average Customer Review: 4.9 out of 5 stars 10 customer reviews

Best Sellers Rank: #261,967 in Books (See Top 100 in Books) #202 in [Books > Arts & Photography > Drawing > Coloring Books for Grown-Ups > Humorous](#) #348 in [Books > Humor & Entertainment > Humor > Parodies](#) #7134 in [Books > Crafts, Hobbies & Home > Crafts & Hobbies](#)

## Customer Reviews

"This adult coloring book portrays the little annoyances in life: the empty ice cube tray, a lost contact lens, furniture assembly, stepping on LEGO bricks with bare feet, even a group of grumpy adults sitting around coloring fancy coloring books. Overall the drawings aren't as complex to color as many adult coloring books I've seen, but they're definitely the funniest."-GeekDad  
"this book will help you reflect on the annoyances of life and teach you not to stress the small stuff"-Sweety High

Purchased for a White Elephant gift exchange and paired with with some mini liquor bottles and colored pencils.

This coloring book is hilarious and so easy to relate to -- if you're looking to practice mindfulness through art, this is the route to go. I'd recommend buying this as a surprise gift for any friend going

through a tough time in their lives, whether the birth of a new baby, financial troubles, or just as a unique present.

Bought one for myself and then bought two more for gifts. So fun and funny!

Love it!!!

Very cute, and easy to do while watching TV. Just the right size too!

Given as a gift and receiver loved it.

I was so curious to receive this from the publisher as I was curious if what I thought were annoying things would be the same as other people. In fact, many of them are.. from empty ice cube trays, cats laying on your work, squeaky shoes, broken copiers.. lots of fun things to color in to relieve stress in your day. This would be fun for yourself or for a gift for someone. Pages are double sided and the paper is nice quality and works for gel pens, non-bleeding markers and pencils. Test any coloring material you are not sure about on a back page before running your pictures. This is professionally published by Chronicle books so the binding paper and quality are all excellent.

This book captures the silly little things that I thought bugged only me, from crawling around blind looking for a contact to dislodging the perfect fruit pyramid at the store. Perfect therapy for a blue day.

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