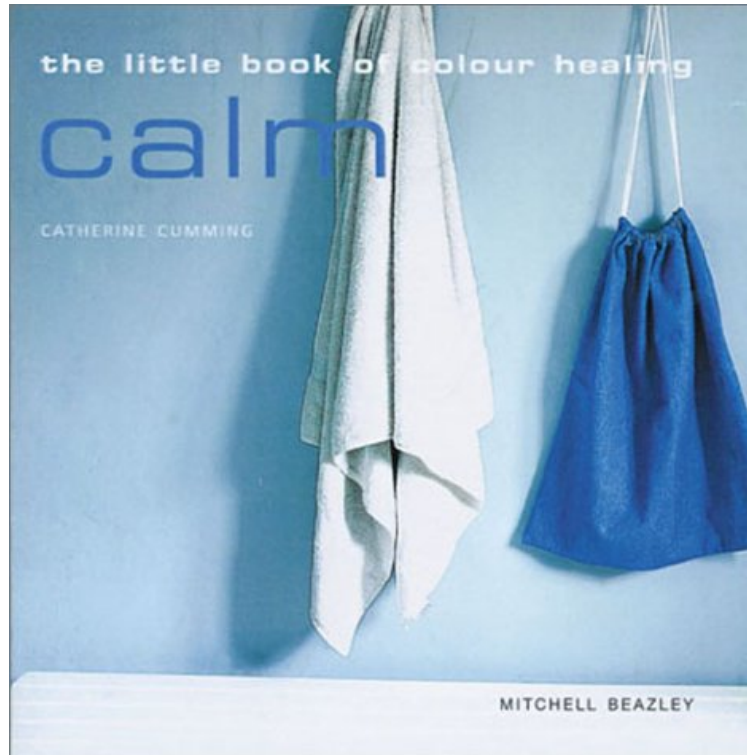


(Download free ebook) The Little Book of Color Healing Calm

The Little Book of Color Healing Calm

Catherine Cumming

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Catherine Cumming : The Little Book of Color Healing Calm before purchasing it in order to gauge whether or not it would be worth my time, and all praised *The Little Book of Color Healing Calm*:

Calm down colorfully! Blue is expansive: like the sky, it draws you into space and opens you up to peace. It also slows the heartbeat, drops blood pressure, and encourages deep breathing that relaxes the muscles and the mind. Take full advantage of the color's therapeutic effect by introducing more of its "vibrations" into your world. Replace plain glass with stained-glass panels that filter light. Bring blue linens and decor into the bedroom to enhance restfulness. One by one, find out more about all the variants of blue, their individual traits, where they should go, and what colors to mix them with: clear, clean, and bright electric blue for small alcoves and cabinets; cornflower, so ideal for the bathroom where we can absorb it through our bare skin; regal ultramarine, best combined with white; and many more.

About the Author Catherine Cumming is an interior decorator specializing in decorative painting whose interest lies in the healing qualities of color and their practical application in the home. A regular contributor to lifestyle magazines, Catherine has written three previous books, including *Color Healing Home* for Mitchell Beazley. Deborah Italiano runs a series of workshops at her London-based school of MantraColour Healing. She often appears as a color consultant on television, radio, and the internet.