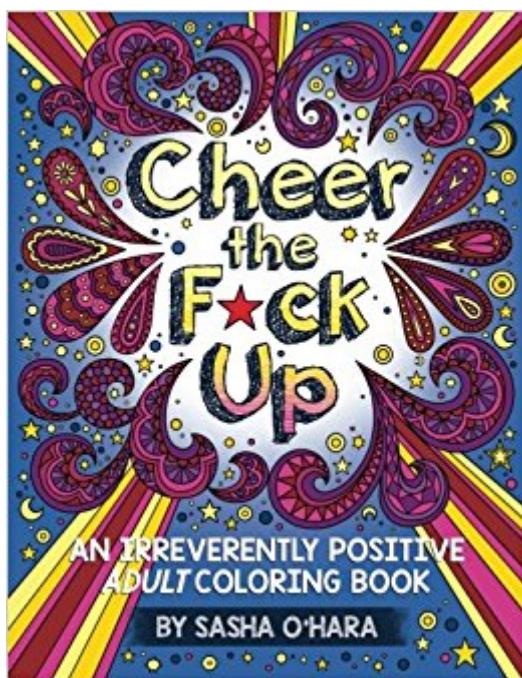


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# **Cheer The F\*ck Up: An Irreverently Positive Adult Coloring Book (Irreverent Book Series) (Volume 3)**



## **Synopsis**

From the creator of the Bestseller Calm the F\*ck Down Did anyone ever tell you it's not good to brag? Well f\*ck that! Give yourself a pat on the back. Own your own badass-ness. Tell the one you love how much you f\*cking love them, with a little sugar and snark. This irreverently positive coloring book will not only help you relax and unwind, it will leave you with a sense of *Yeah!* after the world has tried to have its way with you. *Cheer the F\*ck Up* is perfect for you if you like your self-help with a bit of sass, and your affirmations with a little piss and vinegar. It's an inappropriately awesome way to color and express the things you can't say. Enjoy 37 beautiful and fun to color illustrations, ranging from simple to detailed in complexity. Images include mermaids, fairies, animals and abstract designs. Sayings include "Do No Harm. Take No Shit", "Bite the Ass of Life", "Let's Get Weird", "Peace and Quiet. I like that shit.", "Don't Damage My Calm", and many more. For updates and free coloring page downloads visit [www.Sashaohara.com](http://www.Sashaohara.com)

## **Book Information**

Series: Irreverent Book Series

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Best Sellers Rank: #5,904 in Books (See Top 100 in Books) #12 in Books > Self-Help > Art Therapy & Relaxation #31 in Books > Self-Help > Stress Management #60 in Books > Arts & Photography > Drawing > Coloring Books for Grown-Ups

## **Customer Reviews**

Sasha O'Hara is a long time lover of art and humor. As a kid she played the cello and was a constant doodler. In college she was a theater lighting and set designer who also enjoyed printmaking and oil painting. After college she created a bumpersticker and t-shirt company called The Cunning Linguist Bumperlickers and such. Now her love of art and humor have found a home

in sassy and fun coloring books and creations. Sasha O'Hara is the pen name for a pain and stress relief therapist in Portland, Oregon who loves helping people de-stress with art and laughter. Find out more by visiting [Sashaohara.com](http://Sashaohara.com)

I believe that Sasha O'hara has outdone herself in her newest book. Each design is carefully drawn and are in gorgeous patterns. Though there are a few swear words please believe me when I say that they are not vulgar in nature like many books tend to be. I fell in love with each page as I saw the final outcome of such hard work. This book contains pictures anywhere from an intricate mandala to a care free frog with beautiful designs as well as a beautiful mermaid who will be sure to cheer you right up. If you suffer from anxiety, depression or even insomnia like I do Sasha's newest book will bring some very much needed relief in calming your mind and spirit. This beautiful artist truly wants the love and cheer to flow through each and every one of you.

Not what I expected. Some of the pictures are great, but then you turn the page to something basic that doesn't really grab you. I also expected better "sayings" but some just me think "what the heck?" Pages aren't that thick, and some of the designs are free flowing with no closures, do if your OCD like me it will drive you crazy that you can't color that area because there's no stopping point.

Really great pages to color. Love the designs and hilarious phrases. Pages are a bit thin and if you use markers it will bleed.

This was bought as a joke gift, and is okay for that. Some of the sayings in it struck a funny bone as they related to our family (like: I'm not a control freak; I'm a control enthusiast). However, the paper and pictures are not really pretty, interesting, or enticing. Also the paper used for the book is not very good quality (okay) and there are not a lot of pictures; but the price was not that high either in comparison to other adult coloring books. So... if it is just as a joke, you might find some of the sayings funny. If it is for a serious adult-coloring-book gift, I would not choose this one. The pictures are all on individual pages which is important for these kind of books so the coloring does not bleed through to the next picture and / or "words of wisdom."

Sasha O'Hara is back with another installment in her sassy, snarky coloring book series. Cheer is filled with more irreverent phrases paired with beautiful and intricate designs to color. If you need a stress reliever, start coloring and check out this book!\*\*note: I did receive this book in exchange for

an honest review.

The images aren't complicated but are complex enough to keep your mind interested and thinking! I love picking color combinations to use ... this is my first adult coloring book and it makes me smile every time I pick it up

Love it! I love Sasha's sarcastic way of thinking. Right up my alley. Sasha never disappoints. This book does include adult language so if you are offended by the use of these words I recommend you not buy. Other than that I highly recommend it

Just got this today and the pages are fabulous! I can't wait to get started, and this being a holiday weekend I may get more than 1 paged colored. I love how the art is different on all the pages, some have lots of space, others are cram packed. It's a nice mix to choose from depending on your mood. Yes, it's a sweary book, but sometimes you just have to express your real feelings! Coloring is a stress reducer for me, and the colorful language helps make the page mean something as I work on it.

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