

# Bibliotekarstudentens nettleksikon om litteratur og medier

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Om leksikonet: [https://www.litteraturogmedieleksikon.no/gallery/om\\_leksikonet.pdf](https://www.litteraturogmedieleksikon.no/gallery/om_leksikonet.pdf)

## Fargeleggingsbok

(\_sjanger) En bok med svart-hvitt-tegninger eller -bilder som barn eller voksne skal fargelegge. Også kalt malebok.

“There was a piece in the New York Times that said coloring books allowed people to attain the peaceful brain state that artistic endeavor allows them, but without the risk of worrying whether or not the artwork is going to turn out. It’s creativity without risk. It’s non-language, and people can talk while they do it. You can hold a conversation while you do this. So in a way, it’s like knitting, it’s like so many things that are manual and physical.” (den amerikanske forfatteren Chuck Palahniuk i <https://mashable.com/article/palahniuk-coloring-interview>; lesedato 29.10.21)

”Den eldste norske maleboka eg har sett omtala, blei utgitt (i kommisjon) av Damm: Eivind Nielsen: ”Kolorerbog for Børn. Billeder af Christiania og Omegn”, Chra. 1889. Året før gav Damm ut ei 18 sider stor malebok i kvartformat kalla Kolorerbog, men sidan eg ikkje har sett denne, lar det seg ikkje fastslå om den er norsk eller importert. Ifølgje forlagsbibliografien bak i festskriften til firmaets 100-årsjubileum, N.W. Damm & Søn 1843-1943, Oslo 1947, har den same Nielsen også laga ei anna malebok for Damm, Norsk Kolorerbog for Børn, ein gong i 1890-åra.” (Einar Økland, sitert fra *Dagbladet* 7. juli 2008 s. 39)

Einar Øklands *Norske malebøker: Læremiddel, kunstformidling, tidtrøyte og lokkemiddel* (2012) er en monografi om slike bøker. ”Malebøker er eit hefte med strekteikningar som barn skal fargelegge. Undertittelen ”Læremiddel, kunstformidling, tidtrøyte og lokkemiddel” fortel om motiva for utgjeving og bruken av bøkene. ”Lokkemiddel” peikar på at malebøkene også var nyttige i kommersiell marknadskommunikasjon når det galdt å skape lojalitet til varer og produkt. ”Dei tre maktene” er nemninga Økland nytta på dei kreftene som påverka utgjevinga av malebøkene. Slåande summerer han desse slik: ”Utgjevarane prøver å få fram ei populær forbruksvare som lover underhaldning og tidtrøyte. (Unyttig, men godt.) Skulen ønskjer eit produkt som kombinerer kunnskap med sjølvutvikling. (Nyttig og godt). Kunstnaren ønskjer eit produkt med kunstnarleg kvalitet som stimulerer kunstsans og estetisk glede ved form og farge – og eigen kreativitet. (Unyttig, men verdfullt og godt)”. [...] Eit eige kapittel har han kalla

“1921 – eit gløymt merkeår”. Det handlar om foreininga “Barnets Vel” som vart skipa året før og som i 1921 presenterte ei rekkje mønsterprodukt innan mellom anna klede, møblar, prydting og leiker. Framståande kunstnarar deltok som designarar og arkitektar og det vart gjeve ut tre malebøker: Ei av malaren Finn Krafft, “Farvebok for barn”, ei av den mangsidige kunstmalaren og illustratøren Per Krohg (“Malebog”), og ei “ABC”, teikna av Hélène Perdriat, ei ung, modernistisk fransk malerinne. [...] ‘Norske malebøker’ [er] av stor verdi, ikkje minst listene over malebøker som kom ut under krigen, mellom dei Thorbjørn Egner sine Klattiklatt-bøker, som inkluderer “Malermester Klattiklatt i Hjemmefronten” frå 1945. [...] “malebøker er nærast eit slag “sjølvdestruerande” bøker.” [...] kolofonane er jamt mangelfulle, og sjeldan er det opplyst kven som er forfattar og teiknar.” (*Klassekampens* bokmagasin 8. desember 2012 s. 22-23)

“The 1960s are widely considered the “golden age” of coloring books; virtually thousands of subjects appeared in them. There were even coloring books for products such as Planters Peanuts, Cracker Jack, Hoover Sweepers (!), and Campbell Soup. But it was TV programs, from kids’ cartoons to popular evening primetime comedies and dramas, that provided the overwhelming majority of coloring book themes. Nearly every major show had at least one (Beeny and Cecil, Julia, Daniel Boone, The Flintstones, Green Acres, The Addams Family, were just a few, among many others). Comic book characters were also still popular; [...] a “Beatles” coloring book can go for \$299.95! Vintage coloring books are no longer for kids anymore, are they? The vast majority of these books were produced from just a few publishing firms, starting with the McLoughlin Brothers. [...] The McLoughlins carried on with the Little Orphan Annie Crayon and Coloring Book (1933), and later the Popeye Paint Book.” (Pat Jacobs i [http://www.loti.com/then\\_now/Coloring\\_Books.htm](http://www.loti.com/then_now/Coloring_Books.htm); lesedato 18.04.16)

“To take the average animated Disney film, for instance, before release, the film has usually been preceded by an army of plush toys, coloring books, watches, bedspreads, and action figures.” (Gray 2010 s. 38) Fargeleggingsbøker basert på litteratur og filmer kan oppfattes som en type adaptasjoner.

“Whitman Publishing was founded in the early 1900s; they marketed the Dick Tracey Paint Book and a Peter Rabbit series in the late 1930s. [...] Coloring books would expand in the 20th century beyond comic strip characters and heroes to feature cartoons, radio and television, Disney, cowboys, historical themes, movies, advertising, and even ice skating (Sonja Henie had her own coloring books in 1939 and in 1940). Movie stars were a big attraction of coloring books during the 1940s – Judy Garland, Betty Grable, Rita Hayworth, and Margaret O’ Brien had one or a series (Even the Dionne Quints were featured). Western film heroes such as Roy Rogers and Dale Evans (A coloring book of theirs can go for \$249.95!) and Gene Autry were also popular.” (Pat Jacobs i [http://www.loti.com/then\\_now/Coloring\\_Books.htm](http://www.loti.com/then_now/Coloring_Books.htm); lesedato 18.04.16)

“En bok med tegninger til å fargelegge skaper konflikt i USA. Forlaget Really Big Coloring Books har utgitt *We Shall Never Forget 9/11: The Kids' Book of Freedom*, der barn er ment å lære om terrorisme gjennom å fargelegge de brennende tvillingtårnene og drapet på Osama bin Laden. Muslimske organisasjoner i USA har reagert med avsky og mener boken bidrar til å spre frykt og stempe muslimer som potensielle terrorister. Det samme forlaget ga i fjor ut en fargeleggingsbok om Tea Party-bevegelsen.” (*Morgenbladet* 2.–8. september 2011 s. 37)

“[W]hether “childish,” art therapy or “Zen,” adult coloring books meet a need millions of grown-ups have to soothe their jangled nerves, and it seems almost cruel to mock people so anxiety-ridden they’ve returned to kindergarten remedies. Then again, it’s worth noting, as *Smithsonian* did recently, “the adult coloring concept is not exactly new.” It dates back to the 1960s, when “bookstores exploded” with coloring books geared exclusively toward adults. The difference between then and now lies in the fact that those books were adult in content as well as form – “satirical and subversive,” offering “a mocking look at American society.” The first of these, *The Executive Coloring Book*, arrived in 1961, followed by *The John Birch Society Coloring Book* and many similar titles “satirizing conformism, John F. Kennedy and the Soviet Union,” among other targets. And yet, “Unlike the adult coloring books flying off the shelves today,” *Smithsonian* writes, “these books were not created with the intention to be colored in.” ” (Josh Jones i <http://www.openculture.com/2015/12/the-first-adult-coloring-book.html>; lesedato 20.01.16)

“Med tegneboken *Den hemmelige hagen*, av Johanna Basford, kan du virkelig drømme deg bort, la tankene dine vandre og hverdagsstresset seile sin egen sjø, og samtidig skape noe vakkert. *Den hemmelige hagen* er fylt med detaljerte og fortryllende motiver som bare venter på at du skal finne frem fargeblyantene og slippe løs kunstneren i deg. Mor deg også med å lete frem alle skapningene som har gjemt seg innimellom på sidene. Dette er en tegnebok som er beregnet på både voksne og store barn som elsker å tegne, og er dessuten den ideelle gave til en du ønsker å oppmuntre til å ta et pusterom i hverdagen. [...] Johanna Basford er illustratør og tegneromantiker. Hun får inspirasjon til sine vakre og detaljerte illustrasjoner blant planter og dyr hun omgir seg med på sitt hjemsted på den skotske landsbygda.” (<http://tusenideer.no/boktilbud-den-hemmelige-hagen-en-tegnebok-som-passer-voksne/>; lesedato 11.09.15)

“The No. 1 and No. 2 best-selling books on Amazon right now are coloring books for adults. Let that sink in for a few minutes. And it’s not just a fluke – there are several other coloring books for adults now hitting the bestseller lists around the world. In fact, in the UK, five of the top 10 titles are now adult coloring books. What’s going on here? The best theory offered to date is that best-selling adult coloring books such as “Secret Garden” and “Enchanted Forest” are all about easing stress and calming one’s inner child. From this perspective, coloring is all

about regaining mindfulness and getting a digital detox. And, indeed, the best-selling Scottish illustrator and “ink evangelist” behind these books, Johanna Basford, recently told The Guardian: “I think it is really relaxing, to do something analogue, to unplug … Coloring books are also an easy way to flex our creative muscles in a way we likely haven’t since our good old paste-eating elementary school days.” [...] However, explaining the phenomenal success of coloring books for adults in such a way can’t also explain the strange evolution in reading tastes around the world, which has seen an explosion in the popularity of certain genres that might have been considered “childish” just a generation ago. After all, it’s not just coloring books that are hot – it’s graphic novels, comic books and especially, young adult titles such as “Harry Potter” and “Hunger Games.” ” (Dominic Basulto i <https://www.washingtonpost.com/news/innovations/wp/2015/04/07/the-strange-rise-of-childrens-books-for-adults-decoded/>; lesedato 20.01.16)

“The year 2015 would perhaps be best regarded as the year adults got back to coloring, and the popularity of adult coloring books has yet to die down as the New Year ushered in. Plenty of upcoming titles are slated to be released this year, and they are predicted to also become bestsellers. [...] Neuroscientists claim that working on adult coloring books, as opposed to drawing or making one’s own art, helps with “decision fatigue,” New York Magazine noted. It’s a similar point Basford raised during an interview. [...] You don’t have to sit down with a blank sheet of paper or, you know, have that scary moment of thinking, what can I draw? The outlines are already there for you. Neuroscientists also explain that some people get into the hobby for the sake of enjoyment and not exactly creativity. “As we get older, we lose our playful side,” psychologist Scott Barry Kaufman said. “I think anything that resembles our childhood play can get us back into that frame of mind as an adult.” ” (Rachel Cruz i i <http://www.hngn.com/articles/169864/20160115/adult-coloring-books-hobby-foreseen-continue-trending-growups-2016.htm>; lesedato 05.02.16)

“I 2015 gjorde fargeleggingsbøker for voksne, som hos forlag og bokhandel også går inn under sakprosa-paraplyen, det stort på bokmarkedet.” (*Morgenbladet* 7.–13. desember 2018 s. 48)

“Coloring books are no longer just for the kids. In fact, adult coloring books are all the rage right now. And while researchers and art therapists alike have touted the calming benefits for over a decade, it’s childhood favorite Crayola that’s gotten adult coloring books some serious grown-up attention. The famous crayon makers just launched a set of markers, colored pencils and a collection of adult coloring books, *Coloring Escapes*, last month. And though the first commercially successful adult coloring books were published in 2012 and 2013, the once-niche hobby has now grown into a full-on trend, with everyone from researchers at Johns Hopkins University to the editors of *Yoga Journal* suggesting coloring as an alternative to meditation. [...] However, it is important to note that using an adult coloring book is not exactly the same as completing an art therapy session. “Coloring itself cannot

be called art therapy because art therapy relies on the relationship between the client and the therapist,” says Marygrace Berberian, a certified art therapist and the Clinical Assistant Professor and Program Coordinator for the Graduate Art Therapy Program at NYU. And while art therapy was first practiced in the 1940s, the first research on using coloring as therapy is generally believed to have only begun as recently the mid 90s, according to Art Therapy: Journal of the American Art Therapy Association.” (Kelly Fitzpatrick i <http://edition.cnn.com/2016/01/06/health/adult-coloring-books-popularity-mental-health/>; lesedato 23.08.16)

“The Health Benefits of Adult Coloring Books [...] “Coloring definitely has therapeutic potential to reduce anxiety, create focus or bring about more mindfulness,” says [Marygrace] Berberian. Groundbreaking research in 2005 proved anxiety levels dropped when subjects colored mandalas, which are round frames with geometric patterns inside. Simply doodling, though, had no effect in reducing the other subjects’ stress levels. Just like meditation, coloring also allows us to switch off our brains from other thoughts and focus only on the moment, helping to alleviate free-floating anxiety. It can be particularly effective for people who aren’t comfortable with more creatively expressive forms of art, says Berberian, “My experience has been that those participants who are more guarded find a lot of tranquility in coloring an image. It feels safer and it creates containment around their process,” she adds. [...] Keep in mind, if you’re dealing with significant mental or emotional issues, art therapy is going to be more effective than coloring solo. But for those who just need a hobby to help them chill out, these books could be the ticket. As Berberian puts it, “I truly believe that people should be engaging in activities that make them feel restored.”” (Kelly Fitzpatrick i <http://edition.cnn.com/2016/01/06/health/adult-coloring-books-popularity-mental-health/>; lesedato 23.08.16)

Å bruke fargeleggingsbøker har blitt framstilt som mindfulness. Mindfulness er en slags meditasjonsmåte for å oppnå oppmerksomt nærvær. Emma Farrarons ga i 2015 ut *The Mindfulness Colouring Book: Anti-stress Art Therapy for Busy People*, som ble presentert slik av forlaget: “Working with your hands is one of the best ways to soothe anxiety and eliminate stress. This stunning, pocket-sized colouring book offers a practical exercise in mindfulness that draws on your creativity and hones your focus. Beautifully illustrated by Emma Farrarons, The Mindfulness Colouring Book is filled with templates for exquisite scenes and intricate, sophisticated patterns, prompting you to meditate on your artwork as you mindfully and creatively fill these pages with colour. Take a few minutes out of your day, wherever you are, and colour your way to peace and calm.” (<https://www.panmacmillan.com/authors/emma-farrarons/the-mindfulness-moments-colouring-book/9781529064223>; lesedato 08.02.25) På fransk kom boka *Fargelegging for voksne; mindfulness (Coloriage pour adultes; mindfulness)* på markedet 2019, der forlaget skriver at det å fargelegge svært detaljert har en beroligende, til og med meditativ, virkning, og at du tømmer hodet gjennom å konsentrere deg fullt og helt på

illustasjonene (<https://halldulivre.com/livre/9782803459346-coloriage-pour-adultes-mindfulness-collectif/>; lesedato 08.02.25).

De to nevrologene og psykologene Michail Mantzios og Kyriaki Giannou publiserte i 2018 artikkelen “When Did Coloring Books Become Mindful? Exploring the Effectiveness of a Novel Method of Mindfulness-Guided Instructions for Coloring Books to Increase Mindfulness and Decrease Anxiety”. De skriver: “In two studies, we attempted to identify whether mindfulness is increased, and whether there is a need for ongoing guidance while coloring, similar to mindfulness meditation. [...] Results indicated that the mindfulness-guided mandala coloring group performed better in decreasing anxiety, but no change was observed in mindfulness. [...] Mindfulness is a new element incorporated in coloring books, with their popularity among book publishers and consumers rapidly increasing (Halzack, 2016). Kabat-Zinn (1990) described mindfulness as an awareness that emerges through purposefully paying attention in the present moment, non-judgmentally. Similarly, Bishop et al. (2004) described mindfulness as the self-regulation of attention in an effort to achieve a non-elaborative awareness of the current experience. [...] In fact, mindfulness cannot be practiced without general instructions and ongoing guidance when people do not have any prior experience, while coloring books appear to have minimal to no instructions and/or guidance. Many coloring books are proclaimed as “mindful” without the usual guidance that is observed in mindfulness practices” (<https://www.frontiersin.org/journals/psychology/articles/10.3389/fpsyg.2018.00056/full>; lesedato 08.02.25).

Ifølge Mantzios og Giannou er det “great variation in coloring books that are suggested to increase mindfulness. Some of those mindfulness coloring books have rectangular shapes to color in, while other books include circular shapes. We also noted that a minority of coloring books come with relaxation sounds (e.g., nature sounds), while other books are not accompanied by complementary audio files. Furthermore, some books come with generic instructions of what the book does and not how to color (e.g., this mindfulness coloring book will help you relax), which may well introduce the possibility of priming or of a placebo effect, while other books are not accompanied by any instructions. Considering the popularity of coloring books, there are clear implications for people who are willing to incorporate mindfulness into their lives with the alternative mean of coloring books (instead of meditation), and demands research of directing public health and well-being.” (<https://www.frontiersin.org/journals/psychology/articles/10.3389/fpsyg.2018.00056/full>; lesedato 08.02.25)

“Coloring books and the use of mandalas (i.e., circular art shapes) have been held as a method of alleviating stress and anxiety, improving mood and physiological changes in past and contemporary art therapy literature. For example, DeLue (1999) investigated the effect of coloring mandalas on relaxation by recording physiological changes, such as heart rate. The study found a decrease in heart rate, and provided some preliminary results on the effect of coloring mandalas and

physiological health. [...] Curry and Kasser (2005) were the first authors to suggest an association between mindfulness and coloring books [...] In summary, findings indicate that the use of coloring books assists in reducing anxiety and in improving mood (Curry and Kasser, 2005; Babouchkina and Robbins, 2015), but other results suggest such findings to be unclear (van der Vennet and Serice, 2012; Carsley et al., 2015) (Michail Mantzios og Kyriaki Giannou i <https://www.frontiersin.org/journals/psychology/articles/10.3389/fpsyg.2018.00056/full>; lesedato 08.02.25).

Lacy Mucklows *Farg deg til ro: 100 fargeleggingsmotiver for meditasjon og avslapning* (på norsk 2015) ble presentert og kommentert på en blogg (av Kamilla Haaland) i mars 2016: “I dag kastet jeg meg på trenden og kjøpte meg en fargeleggingsbok og fargeblyanter. Meditasjon i form av buddastilling og hele den pakka, er ikke noe for meg. Jeg har hverken tålmodighet eller evne til å få roen på den måten, så da prøver jeg denne boken. “Farg deg til ro – 100 fargeleggings-motiver for meditasjon og avslapping.” [...] Fargeleggingsbøker er så avslappende og koselig! Tar av og til frem min når jeg trenger 100% avkobling fra alt av internett og sosiale medier [...] Må ha sånn bok når jeg flyr til USA, så greit med noe tidsfordriv på en 11 timers flytur [...] Har perioder jeg er helt avhengig. Det er jo veldig avslappende!” (<http://nouw.com/kamillahaaland/spread-a-little-color-23932977>; lesedato 19.05.16)

“Vandre gjennom en hvilken som helst norsk småby midt i fellesferien, og du kan banne på at du vil se minst en, gjerne tre personer, som oftest kvinner, lent over kafébordet i dyp konsentrasjon, med fargeblyant i hånd og en halvfargelagt side med romantiske, blomstrende sorthvitt-mønstre foran seg. Fargelegging for voksne, det vil si tegning for oss som ikke kan tegne, har det siste året overgått selv lettebøkene i popularitet, og er hovedgrunnen til at det går bra med papirboken for tiden. [...] *Color me Happy, Color me Calm, Color me Good* (fargeleggingsbøker hvor motivene utelukkende består av hjerteknuserne Ryan Gosling og Benedict Cumberbatch): Fargelegging skal ha en uslælig effekt, både på hjerne og hjerte. Å fylle inn kriker og kroker med ulike farger er både stressreduserende og kreativitetsstimulerende – som å gni sjelen inn i den fineste olivenolje. Når vi fargelegger, kommer vi inn i en egen “sone”, vi glemmer å sjekke mobilen [...] “Ta deg en kopp herlig avslappende og velgjørende te og sett deg ned med fargeskrinet” er oppfordringen i den finske fargeleggingsboken *Villiinny, väritä, voimaannu*, eller *Läs-o-måla växtbok*, som den heter i vår svenske oversettelse. Fargelegging kan nemlig tas i bruk på sjablanger fra naturens spiskammer” (Ellen Sofie Lauritzen i *Morgenbladet* 22.–28. juli 2016 s. 46).

*The Steven Avery Coloring Book: Making a Murderer Adult Coloring Book* (2016) er basert på en dokumentarfilm-krimserie, *Making a Murderer* (2015, regissert av Laura Ricciardi m.fl.). “This is a coloring book that is different from the run of the mill coloring nonsense you’ll see on your bookstore shelves, or in the annals of Amazon. This is the book that allows you to voice your opinion by using your markers! Is Steven Avery guilty? Did he do the first murder? How about the second

one? Was he illegally prosecuted the first time? Did the “system” collude to have him incarcerated ... forever? We will not attempt to answer these questions because you will do so by the work of your markers and pens and pencils and crayons! We have gathered a smattering of sketches, designs, impressions and cartoons that you can make your own. As you go through the coloring book, look for clues that might be hidden in the images. When you color a particularly interesting image, take a picture of it with your phone (or screencapture) and post it to instagram with (#StevenAveryColoringBook) and we will pick interesting pics and artists to receive free books and other neat stuff! Now, this book is not meant to lean one way or the other. We believe that Steven Avery deserves a non-biased look at the evidence from parties that are not in any way related to the original cases. It’s clear there were dubious individuals responsible for his original arrest, conviction, incarceration, etc. Only you can make a decision on how you feel. This book has been a collaborative effort between artists, designers, and psychologists. This book not only soothes you, but also increases mental stimulation. The pictures and designs may seem random at first glance, but they’re anything but. [...] To help you bring your full art and color to life, we’ve left the outlines slightly gray instead of harsh black. Your ideas and the beauty you create are more important than the original designs. This is for you!” (K. G. Lightfoot i [Den amerikanske outsider-forfatteren Henry Darger ble etter sin død i 1973 kjent for det som kan være verdens lengste roman, \*The Story of the Vivian Girls, in What Is Known as the Realms of the Unreal, of the Glandeco-Angelinian War Storm, Caused by the Child Slave Rebellion\*. Til denne boka lagde han hundrevis av illustrasjoner, mange av dem skapt ved hjelp av fargeleggingsbøker for barn. Når han fant slike bøker i de søppelkassene han lette igjennom i hjembyen Chicago, tok han dem med hjem, fargela bilder og brukte dem i kollasjer.](https://www.etsy.com/no-en/listing/265843305/the-steven-avery-coloring-book-making-a?ga_order=; lesedato 04.02.16)</a></p></div><div data-bbox=)

Med Koichi Satos *Optical Illusions Coloring Book* (1994) kan alle – ifølge en annonse for boka – “enter a realm of dazzlingly deceptive designs that offer wonderful opportunities for imaginative and inventive coloring. You’ll find a host of ingeniously contrived constructions, strange, interlocking shapes and mind-boggling arrangements that defy reality and challenge the imagination to grasp their form and structure. Optical illusions are always fun to look at; coloring these masterly mind-bending illusions will add an extra dimension of enjoyment and foster a new appreciation of mysterious pictorial puzzles that make us wonder if seeing is truly believing.” (<http://store.doverpublications.com/0486283305.html; lesedato 14.06.16>) Wil Stegengas *3-D Designs* (1998, i serien *Dover Design Coloring Books*) inneholder en “intriguing assortment of 30 complex 3-dimensional designs, this volume will appeal to colorists of all ages. Patterns range from closely interwoven squares, stars, and rectangles with sharp, angular forms, to flowing interlacements of circles, ovals, hearts, and other rounded shapes. The hypnotic

images, some of which feature optical illusions, are absolutely fascinating.” ([http://www.goodreads.com/book/show/1038263.3\\_D\\_Designs](http://www.goodreads.com/book/show/1038263.3_D_Designs); lesedato 31.07.16)

*Beowulf* er et engelsk middelalderespos (fra 700-tallet eller senere). John Greens *Beowulf* (2007; i serien Dover Coloring Book) “contains 30 full-page illustrations. It opens with a young Beowulf and his battles against sea monsters, proceeds through the Heorot episodes (Grendel and his mother are tall and human-like, with pointed ears and tattered clothes), and ends with Beowulf’s funeral. Fight scenes are plentiful, but unlike many other children’s retellings, this book avoids graphically violent images.” ([https://www.library.rochester.edu/robbins/beowulf\\_iana](https://www.library.rochester.edu/robbins/beowulf_iana); lesedato 13.04.19)

Den amerikanske journalisten og forfatteren Chuck Palahniuk ga i 1996 ut romanen *Fight Club*, som senere ble filmatisert. “Why the author of ‘Fight Club’ is writing a coloring book for adults [...] Palahniuk is writing a disturbing coloring book for adults, who seem to love coloring these days. [...] this looks to be one of the most insane coloring books on the market. [...] We would suggest things that neither of us would have the nerve to ask for upfront. And in doing so, we would ultimately make the finished drawing edgy and challenging to both of us.” (<https://mashable.com/article/palahniuk-coloring-interview>; lesedato 29.10.21)

Marty Nobles *Paisley Designs Coloring Book* (2008) er inspirert av både gammelt kunsthåndverk og av naturen: “Crafted from exotic motifs inspired by the elements of nature, paisley patterns have decorated textiles and handicrafts for centuries. The illustrations in this gorgeous gallery of designs – each bearing the essentials of genuine paisley technique – exhibit lush arrangements inspired by trees, leaves, flowers, buds, animals, and birds. An absorbing and fascinating coloring experience, this treasury presents artists of all ages with page after page of unique and highly creative designs!” (<http://store.doverpublications.com/0486456420.html>; lesedato 20.06.16) Marty Noble har også gitt ut *Dover Creative Haven Art Nouveau Animal Designs Coloring Book* (2013), inspirert av art nouveau-kunst (jugendstil): “Inspired by the works of M. P. Verneuil, Alphonse Mucha, and other Art Nouveau masters, 31 elegant designs celebrate the sensuous Art Nouveau style. The imaginative illustrations feature patterns of graceful swans, peacocks, butterflies, and other creatures, as well as intertwined vines, flowers, and other plant life. Pages are perforated and printed on one side only for easy removal and display. Specially designed for experienced colorists, Art Nouveau Animal Designs and other Creative Haven coloring books offer an escape to a world of inspiration and artistic fulfillment.” (<http://store.doverpublications.com/0486493105.html>; lesedato 22.06.16)

Natalie Hughes’ *Kart – fargeleggingsbok: En verden å fargelegge* ble utgitt på norsk i 2016 (med geografiske navn på norsk). “Fargelegg deg gjennom alle verdens land, deres ulike severdigheter og kjennetegn. En lærerik og morsom

fargeleggingsbok! Når du er ferdig kan du enkelt ta sidene ut av boken og vise frem kunstverkene!” (<http://www.norli.no/>; lesedato 26.05.16)

*Norske mesterverk: Fargeleggingsbok* (2016) har som omslagsbilde “Tidemand og Gude sitt ikoniske maleri “Brudeferd i Hardanger” (1848) [...] Kjenner du din Tidemand og Gude ser du at noe er annerledes med bildet på forsiden. Detaljering og fargevalør er sterkt forenklet i forhold til originalen. Fine, nesten usynlige penselstrøk og små fargeflater er byttet ut med større fargevolum. Der hvor originalen gir illusjon av dybde og romfølelse, gir den digitalt fargebehandlende forsideversjonen av maleriet et tydelig flatt uttrykk med assosiasjoner til glatt silketrykk à la Andy Warhol. Illustrasjonen viser at bildet også endrer karakter når farger og former endres, et pedagogisk grep for enkelt å vise at dette er en bok hvor bilder bearbeides og ikles nye farger. [...] en invitasjon til, gjennom å fargelegge bilder som “Brudeferd i Hardanger”, å gjenskape noen av våre mest kjente malerier. [...] inneholder 29 tegninger. Enkle strek tegninger utformet med tynn, svart kontur i en tørr og nøktern gjengivelse av malerier opprinnelig utført av 19 kunstnere: 16 menn og to kvinner. [...] Et bokdesign med en tegning pr. oppslag og rivekant slik at en enkelt kan fjerne tegningen. En bok klar for fargelegging og for opphenging av eget “mesterverk”. [...] I motsetning til andre bokutgivelser under konseptet “fargelegg kjente verk fra kunsthistorien” inneholder ikke denne boken referanser til eller fotogjengivelser av originalbildene, ei heller info om hvor en kan se bildene i virkeligheten eller på internett [...] Det er ikke bare bokbransjen selv som har latt seg forbløffe over den enorme interessen for igjen å finne tilbake til sin barndoms syssel – å sirlig fargelegge innenfor streken. Å gi farger til Andres design i forsøket på å mestre en stødig hånd, flid og konsentrasjon. (Om du da ikke tilhørte den gruppen av mer uvørne barn som så seg såre fornøyd med et resultat hvor fargeblyanten fritt fikk bevege seg både innenfor og utenfor streken). Men fargeleggingsbøkene som nå tar verden med storm er [...] en innadvendt utforskning hvor målet er å senke tempoet og fordype seg i fargeleggingsøvelsen. [...] muligheten er jo alltid der – en trenger ikke kun å fargelegge, en kan også tegne, og dermed tilføre og endre.” (Annette Marandon i <http://www.barnebokkritikk.no/hva-er-feil-med-dette-bildet/#.V8Vq8U3r1aQ>; lesedato 09.09.16)

Høsten 2015 ble det i USA utgitt fargeleggingsbøker tilknyttet det kommande presidentvalget i 2016. Blant disse bøkene var: *The Trump Coloring Book* (av M. G. Anthony, 2015); *The Hillary Clinton Coloring Book: The Ultimate Tribute to the Next President of the United States* (av Tim Foley, 2016), *The Bernie Sanders Coloring Book: Bernie Sanders, The Campaign Trail, The Presidency & The 2016 Presidential Race* (anonym, 2016); og den parodiske *2016 Presidential Campaign Coloring Book: The Adult Coloring Book with Clinton, Trump, Sanders, Rubio & even more idiots* (av Ploppie McCrapperson m.fl., 2015).

Cynthia van Edward, James Alexander m.fl.s *Release Your Anger: An Adult Coloring Book with 40 Swear Words to Color and Relax* (2016) “is filled with incredible artwork that pops off of the pages by using various shading techniques

that is set in White and Black backgrounds to enhance your creativity and allow you to draw clouds or whatever other dumb shit you come up with. With vivid 3D designs you can not only relax while you color, but create some incredible pieces of art. The sayings are vulgar, the artwork is incredible. It's a good mix. Sure, it's absolutely full of bad words, swear words and loads of nasty sayings and other shit that will make most people turn away, repulsed and frustrated. [...] Show your support or contempt with your pens, pencils, crayons, markers, or lipstick! The main idea with this book was to provide the colorist with brilliant and stunning images to color, but then to really shake things up by splicing in dirty quotes, swear words, clever but vulgar sayings [...] This book has been a collaborative effort between artists, designers, and psychologists. This book not only soothes you, but also increases mental stimulation. [...] PLEASE: Take pictures of your finished coloring designs and post them to Cynthia van Edward's Facebook page. Also, if you post them in a review we will send you a free copy of any of the other books Cynthia (or our other artists) have designed. So check us out and let's see what you're made of!" (<https://www.etsy.com/no-en/listing/294657483/color-to-release-your-anger-black-white?ref=related-4>; lesedato 29.08.16)

Clara Doupovecs *Fred, frihet, fargelegging* (2016) er politisk. "Med tegningene i denne boka kan du lage din egen framstilling av dagsaktuelle politiske temaer. Sett farge på alt fra miljøkamp og skjønnhetstyranni til velferdsprofitører og økonomisk ulikhet." ([http://www.manifest.no/clara\\_doupovec\\_fred-frihet-fargelegging](http://www.manifest.no/clara_doupovec_fred-frihet-fargelegging); lesedato 11.06.16)

Forlaget HarperCollins Publishers står bak *Fantastic Beasts and Where to Find Them: A Book of 20 Postcards to Color* (2016), basert på en film fra 2016 og med ark som enkelt kan rives ut. "[T]his collection of 20 postcards is filled with intricate illustrations and dazzling designs from the film. This book of fantastic postcards, officially licensed by Warner Bros. Consumer Products, features a heavy card stock cover and enchanting black-and-white line art printed on heavy white paper with excellent opacity, ideal for coloring with markers, pencils, crayons, or paints, allowing readers to tap into their creative spirits for hours of entertainment and fun." (<https://www.harpercollins.com/9780062571366/fantastic-beasts-and-where-to-find-them-a-book-of-20-postcards-to-color>; lesedato 24.01.17)

Litteraturliste (for hele leksikonet): <https://www.litteraturogmedieleksikon.no/gallery/litteraturliste.pdf>

Alle artiklene i leksikonet er tilgjengelig på <https://www.litteraturogmedieleksikon.no>