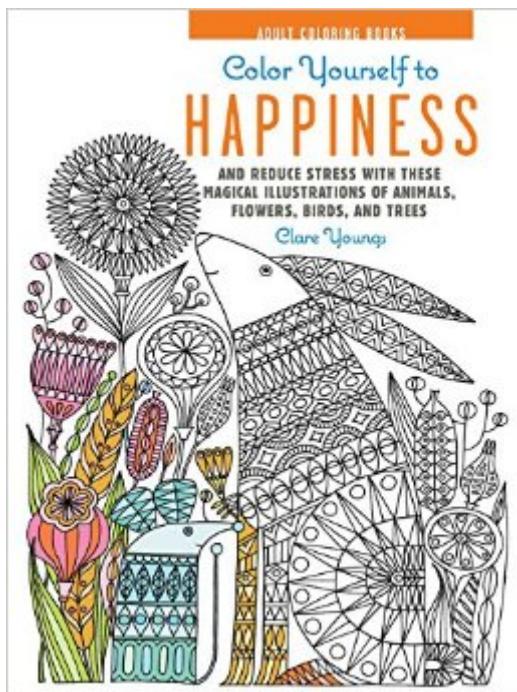


The book was found

# Color Yourself To Happiness: And Reduce Stress With These Magical Illustrations Of Animals, Flowers, Birds, And Trees



## Synopsis

Color your way to a happy state of mind with this anti-stress adult coloring book of gorgeously detailed illustrations hand-drawn by designer and author Clare Youngs. Enter an enchanting world, inspired by nature, through coloring in these stunning artworks by Clare Youngs. Intricately detailed, each one is drawn by hand, featuring animals big and small that sit among larger-than-life flowers and grasses. Coloring is a form of art therapy: when you focus on every detail, from choosing colors to coloring in each area with care, it allows you to relax and become oblivious to the stresses and strains of everyday living. Plus, completing each page brings a great sense of achievement and joy.

## Book Information

Hardcover: 96 pages

Publisher: CICO Books; US edition edition (March 24, 2016)

Language: English

ISBN-10: 1782493557

ISBN-13: 978-1782493556

Product Dimensions: 8.2 x 10.8 inches

Shipping Weight: 1.8 pounds (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 starsÂ  See all reviewsÂ  (10 customer reviews)

Best Sellers Rank: #95,493 in Books (See Top 100 in Books) #76 inÂ  Books > Arts & Photography > Drawing > Coloring Books for Grown-Ups > Flowers & Landscapes #172 inÂ  Books > Arts & Photography > Drawing > Coloring Books for Grown-Ups > Animals #2442 inÂ  Books > Crafts, Hobbies & Home > Crafts & Hobbies

## Customer Reviews

This is a fun to color book of designs of animals, birds, flowers and other plants and trees. The designs are all hand-drawn and have quite a bit of a doodle design within them. The style is kind of a mash-up of folk art and doodle and as I really enjoy folk art designs, it is a great book for me to color. In addition to simply coloring, there are activity pages where you are instructed to do something (such as give the ladybugs their spots, etc.) Generally, that type of activity does not appeal to me but I liked a few of the activities in this book and will take a shot at completing them. The book is printed on heavy weight paper and the cover of the book is hard cardboard (front and back) that gives a sturdy surface for using below the pages I am coloring. I utilized it as when I did my first coloring project of a squirrel with which I used coloring pencils. Here is what I found in

going through this coloring book:92 pages of hand-drawn nature designsPrinted on both sides of the pagePaper is heavy weight, white, smooth, and non-perforatedDesigns do not spread across two pagesQuite a few of the designs merge into the binding areaSewn binding so you can remove pages a few at a time by snipping the binding threads without loss of designAlcohol-based markers bleed through the pageWater-based markers, gel pens, and India ink pens did not bleed through the pageColoring pencils were mixed. All soft lead pencils laid down good color with deep pigment and I could layer fairly well. Blending did not work well â€“ waxed base left too much color in the center and when I attempted to blend the oil-based, the color more color came off on the blending pencil than remained on the page.

[Download to continue reading...](#)

Color Yourself to Happiness: And reduce stress with these magical illustrations of animals, flowers, birds, and trees Birds: An Adult Coloring Book: Over 30 Fun Stress Relieving Illustrations of Birds, #1 Book For Your Inner Artist, mindful meditation coloring book, bird guide natural world coloring book Birds: An Adult Coloring Book: Travel Edition Size, Over 30 Fun Stress Relieving Illustrations of Birds, #1 Book For Your Inner Artist, mindful ... book, bird guide natural world coloring book Nature Designs: Amazing Natural Flowers and Women Patterns to Relax and Reduce Stress (nature sesigns, beautiful woman, natural patterns) Anxiety - 220 Stress Free Cures: 120 Simple Ways to Reduce Stress in Your Life & 100 Powerful Quotes Adult Coloring Book of Love: 55 Pictures to Color on the Theme of Love (Hearts, Animals, Flowers, Trees, Valentine's Day and More Cute Designs) Plants: 2,400 Royalty-Free Illustrations of Flowers, Trees, Fruits and Vegetables (Dover Pictorial Archive) Magical Animals Coloring Book: Magical Designs (Doodle Art Alley Books) (Volume 4) Just Add Color: Mid-Century Modern Animals: 30 Original Illustrations To Color, Customize, and Hang Verses for Men: Color The Bible: Adult Coloring Books Stress Relieving Patterns & Mens Coloring Books Best Sellers Coloring Books & Adult Coloring ... Sets Animals Flowers Creativity Tranquility) Whittling Twigs & Branches, 2nd Edition: Unique Birds, Flowers, Trees & More from Easy-to-Find Wood Just Add Color: Flora and Fauna: 30 Original Illustrations to Color, Customize, and Hang - Bonus Plus 4 Full-Color Images by Lisa Congdon Ready to Display! Vive Le Color! Flowers (Adult Coloring Book): Color In; De-stress (72 Tear-out Pages) Animals: 1,419 Copyright-Free Illustrations of Mammals, Birds, Fish, Insects, etc (Dover Pictorial Archive) Animals: 1,419 Copyright-Free Illustrations of Mammals, Birds, Fish, Insects, etc by Jim Harter (Oct 1 1979) Flowers, Floral Arrangements, Wreaths: Calm Coloring Books to Relieve Stress; Adult Coloring Books Floral in All D; Adult Coloring Books Flowers in ... Coloring Books for Teens Girls in all Dep Flowers: An Adult Coloring Book: Over 30 Fun Stress Relieving Flowers #1 Book For Your

Inner Artist Adult Coloring Books: Awesome Animal Designs and Stress Relieving Mandala Patterns for Adult Relaxation, Meditation, and Happiness (Awesome Animals) (Volume 1) Adult Coloring Book: Cats Birds Flowers and Butterflies : Stress Relieving Patterns (Volume 12) The Wild Game Birds Manual: A Guide To Raising, Feeding, Care, Diseases And Breeding Game Birds (Pet Birds) (Volume 4)

[Dmca](#)