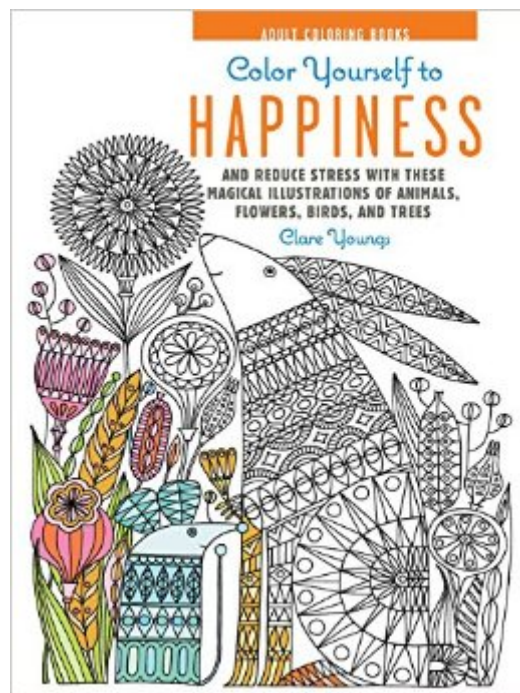


The book was found

# 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 stars [See all reviews](#) (10 customer reviews)

Best Sellers Rank: #95,493 in Books (See Top 100 in Books) #76 in [Books > Arts & Photography > Drawing > Coloring Books for Grown-Ups > Flowers & Landscapes](#) #172 in [Books > Arts & Photography > Drawing > Coloring Books for Grown-Ups > Animals](#) #2442 in [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 "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 designs  
Printed on both sides of the page  
Paper is heavy weight, white, smooth, and non-perforated  
Designs do not spread across two pages  
Quite a few of the designs merge into the binding area  
Sewn binding so you can remove pages a few at a time by snipping the binding threads without loss of design  
Alcohol-based markers bleed through the page  
Water-based markers, gel pens, and India ink pens did not bleed through the page  
Coloring 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.

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Nature Designs: Amazing Natural Flowers and Women Patterns to Relax and Reduce Stress (nature designs, 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)  
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