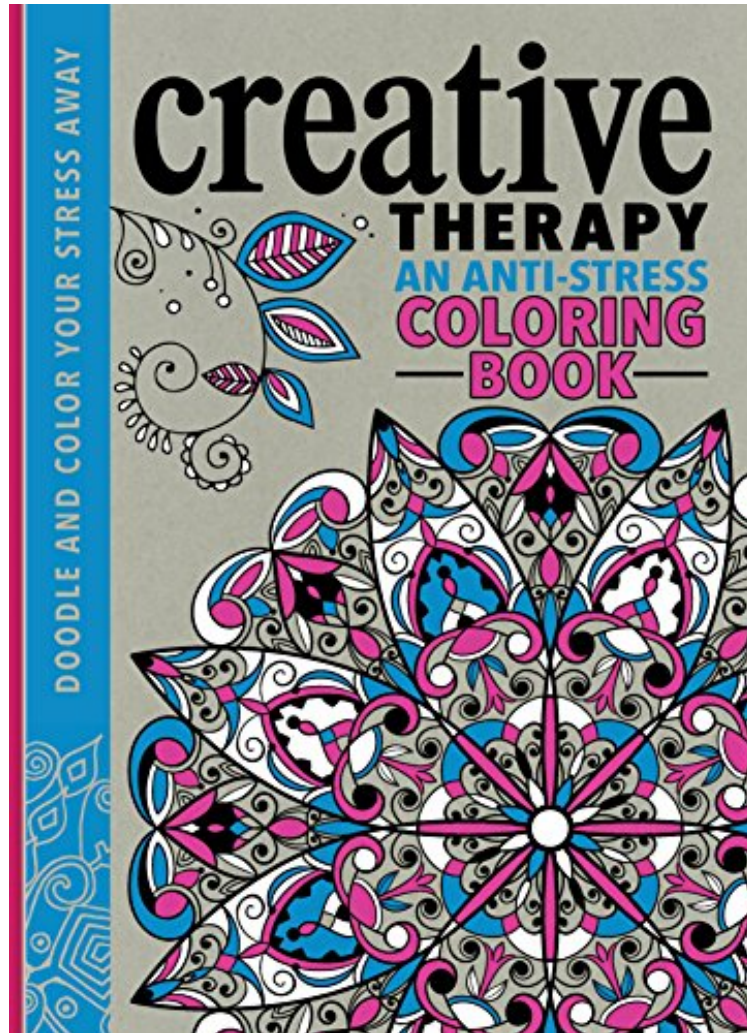


Creative Therapy: An Anti-Stress Coloring Book

Hannah Davies, Richard Merritt, Jo Taylor
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#160514 in Books Davies Hannah 2015-05-26 2015-05-26Original language:EnglishPDF # 1 11.75 x .75 x 8.25l, .0 #File Name: 076245881X128 pagesCreative Therapy An Anti Stress Coloring Book | File size: 30.Mb

Hannah Davies, Richard Merritt, Jo Taylor : Creative Therapy: An Anti-Stress Coloring Book before purchasing it in order to gage whether or not it would be worth my time, and all praised Creative Therapy: An Anti-Stress Coloring Book:

44 of 44 people found the following review helpful. Beautiful book! I love it!By lizzebra 08I just received this coloring book today and I absolutely love it. I love the hard cover and the really strong paper it's made out of. When I was reading reviews before there were a couple that talked about how the pages were already colored in and that made me nervous but that's actually deceiving. The part that you color is not colored in already by another customer, it's just background and outlining. Personally I don't mind it but others might not like that feature. I've added a few photos just

to show that some of the backgrounds are already colored and some are not. The third photo is just showing all of the pages as you would see it on the side. 61 of 63 people found the following review helpful. A beautiful, unique coloring book full of captivating Illustrations. Printed Front and Back of each page. By Jackie Cooper This is an amazing, unique coloring and doodling book. The book is beautiful, the images artistic, flowing and a bit mysterious. With 61 captivating, very detailed illustrations to color with pens or colored pencils and another 32 simply detailed illustrations waiting for you to complete with your own doodling designs. 1. 124 pages to color on 62 pages with illustrations printed front and back of each page. Printed on heavy weight paper, bright white paper that has most of the backgrounds colored. 2. 61 amazing, artistic Illustrations to color, with the backgrounds already colored. 3. 32 Illustrations simply detailed for you to complete with your own doodling. 4. Gel pens and colored pencils work well with this book, I tested Fiskars Gel Pens and Irma Gel Pens and neither leaked through the pages. 5. I tested markers and Bic Mark-it, Sharpie, and Pentel, leaked through the page enough to ruin the picture on the backside of the page I tested. Staedtler Fine liners leaker through the least with only a couple dots of black actually going through the page so I am going to color a picture with these. The Staedtler Fibre tips some colors did leak through especially the very dark colors blue, green, black and other colors did not leak through at all. 6. This is a beautiful book, the cover is thick heavy weight cardboard, the book is 11 inches by 8 inches and it is of an inch thick. 7. The background colors make this book special, some are solid, some are not solid giving the background a rustic look, some are made up of multiple colors, a couple have lines in the back ground color my least favorite. 8. The coloring pages are very detailed, the doodling pages simply detailed so you can add your own doodles and create your own unique illustrations .UPDATE; After looking at the pictures shown in the open book which are the first pages in the book I realized that there are no pictures of the doodling pages for you see examples and with so many pictures in the book I decided to add some of my favorite coloring pages for you to see. The last four are from the doodling section of the book. Cons: 1. Two of the pictures had a few spots in the background color that look like drops of the ink landed on the page. 10 of 10 people found the following review helpful. Perfect By Jessica R. I can't stress enough how much I love this coloring book. I have purchased quite a few coloring books to help de-stress at the end of long days and have found myself even more frustrated and stressed from the intricacies of those books. This one provides just enough fun intricate designs without being overwhelming. There's many with repetitive designs/patterns and plenty unique images. I tend to put on music and zone out to coloring. An hour or so seems to be long enough to clear my mind. I noticed that quite a few pages do have colored backgrounds or some coloring already done but this doesn't bother me since I rarely have a color scheme in mind when I first start. I do understand why this could be frustrating to others, though. The hardback is perfect for flat surfaces so you're not fighting to keep pages open while you color. I used both bullet point animation markers and Crayola markers to color and have not experienced any bleed-throughs at all. I would recommend this and the others by Hannah Davies.

From the Bestselling international coloring book series. Creating stunning artworks, filled with intricate beauty, can be a stress-relieving activity. Complete the detailed pieces in this gorgeous book to lift your mood and focus your mind. You don't need to be an expert artist and there is no need for expensive equipment. Just start coloring and doodling to benefit from this relaxing and therapeutic experience.

About the Author Hannah Davies, Richard Merritt, and Jo Taylor are artists living in the UK.