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Color Yourself to Inner Peace: And Reduce Stress with Your Winged Animal Spirits (Hardback)

By Sue Coccia

Ryland, Peters Small Ltd, United Kingdom, 2016. Hardback. Condition: New. US edition. Language: English . Brand New Book. Discover beautiful artworks of birds and other winged animals from artist Sue Coccia in this anti-stress adult coloring book. In the follow-up to Color Yourself to Calmness, Sue Coccia presents a collection of original artworks that feature winged animals from around the world. Coloring in these stunning images will soothe and relax you, bringing you inner peace and calm. Coloring has become a form of art therapy, as well as a way to help you explore your creativity. From waterfowl to birds to prey, as well as insects such as dragonflies, Sue's fascinating images reveal her deep connection to the animal kingdom that surrounds her at home in Washington State, USA. The drawings depict animal totems, which have deep spiritual meaning; by beginning to understand animals qualities and traits, we can learn from them. Most people already have a favorite animal that they identify with, even if they cannot always express why. Each artwork is drawn by hand: Sue chooses which animal to draw and plans the outline only in her mind, then begins drawing. She starts in the middle and...



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Reviews

Merely no words to describe. I have got study and i am confident that i am going to planning to go through yet again once again in the foreseeable future. You will like just how the writer compose this publication.

-- **Devante Schmitt**

Complete guideline! Its this sort of excellent read. I could comprehended every little thing out of this written e publication. Its been designed in an remarkably easy way and it is only right after i finished reading this publication by which really transformed me, affect the way i think.

-- **Prof. Shanie Schinner Sr.**