



Adult Coloring Book: Color Yourself to Calmness: And Reduce Stress with Your Animal Spirits

By Sue Coccia

Ryland, Peters & Small Ltd. Hardback. Book Condition: new. BRAND NEW, Adult Coloring Book: Color Yourself to Calmness: And Reduce Stress with Your Animal Spirits, Sue Coccia, Color your way to inner peace and calm with this anti-stress adult coloring book of 100 beautiful images from the animal kingdom, hand-drawn by artist Sue Coccia. Coloring in these stunning images of bears, wolves, birds, dolphins, and many other creatures will soothe and relax you. Coloring has become a form of art therapy, as well as a way to help you explore your creativity. Sue Coccia's fascinating images reveal her deep connection to the animal kingdom that surrounds her in Washington State, USA. The drawings depict animal images, or totems, from around the world. Animal totems represent a deep spirituality and 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 works outward, incorporating intricate imagery of other animals and nature, which...



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Reviews

A whole new eBook with a new point of view. It can be rally fascinating through studying period of time. I am delighted to explain how this is actually the finest book i have read through during my very own life and could be he best publication for at any time.

-- **Scarlett Stracke**

Completely essential read publication. It is really basic but excitement in the fifty percent of the book. You will not really feel monotony at anytime of your respective time (that's what catalogues are for about in the event you ask me).

-- **Lexie Paucek PhD**