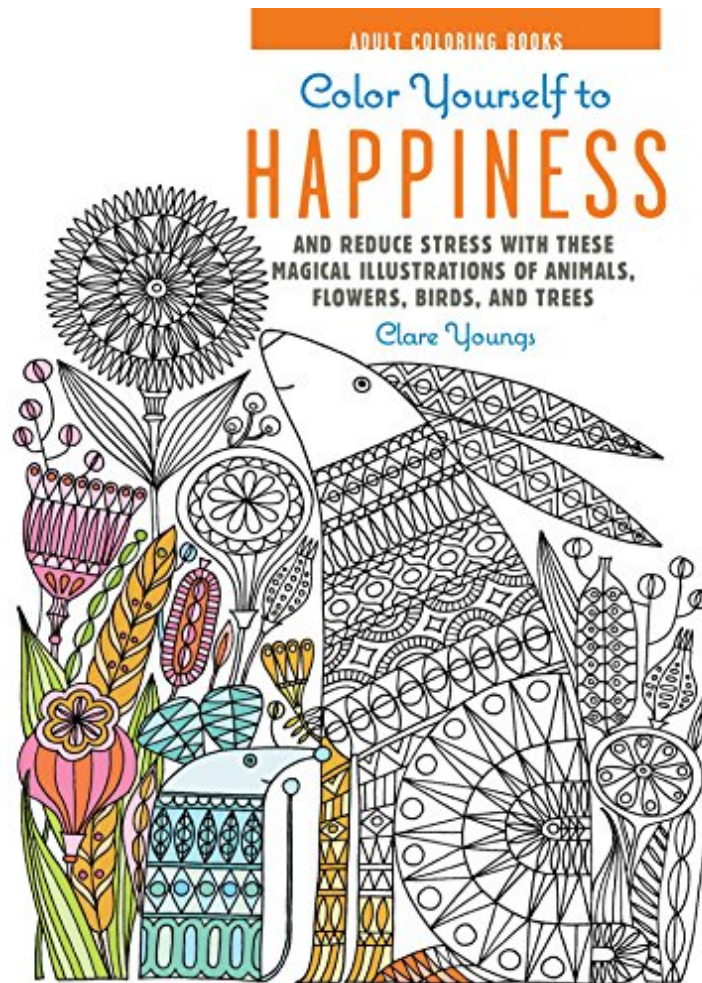


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## Color Yourself to Happiness: And reduce stress with these magical illustrations of animals, flowers, birds, and trees

Clare Youngs

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#1407051 in Books Ryland Peters Small 2016-03-24 2016-03-24Original language:EnglishPDF # 1 10.85 x .3 x 8.20l, 1.41 #File Name: 178249355796 pagesCico Books-Color Yourself To Happiness | File size: 76.Mb

**Clare Youngs : Color Yourself to Happiness: And reduce stress with these magical illustrations of animals, flowers, birds, and trees** before purchasing it in order to gage whether or not it would be worth my time, and all praised Color Yourself to Happiness: And reduce stress with these magical illustrations of animals, flowers, birds, and trees:

3 of 3 people found the following review helpful. 92 Pages of Animals and Plants printed on both sides of the pageBy iiiireader[[VIDEOID:f9415a6752793dee136caf72a7b8d61c]]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 in 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 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. Hard lead pencils worked well with good color and did not dent the back of the page. I wasn't too troubled by the blending issue. There are so many details on these designs that I was not planning on attempting blending. I liked that I could still layer the colors. 1 of 1 people found the following review helpful. When stressed it is helpful to focus my attention to something that I can complete, it puts everything else into perspective. By Christina This adult coloring book is the perfect gift for just about anyone! The page designs are fun and different. I like that there is a similar theme and expression seen throughout the book but it still has variety based on your mood or interest. The book is hardcover and made of nice material. The pages are thick and would not rip easily which is nice when you spend so much time on something. Coloring is said to help reduce stress and anxiety. Sometimes I overwhelm myself so much and then I do not know where to start but coloring helps me focus my attention to something tangible that I can complete and it helps put everything else into perspective. I am not sure yet if I am going to give this as a gift or keep it for myself but the price was so good I could not pass it up either way. Adding a box of colored pencils (or even better some gel pens) would easily make this a simple yet great gift for someone you care about. To go bigger put it in a basket with the coloring tool of your choice and some other relaxing and calming items such as tea, a CD, chocolate, bubble bath, etc. Oh the possibilities! 1 of 1 people found the following review helpful. You can Color Yourself to Happiness! By Karen Adult coloring is a way of just absolutely losing yourself and to let go of the days worries and stress. Coloring is also a form of therapy. This coloring book has Magical illustrations of Animals, Flowers, Birds and Trees. The pages are truly Magical. It was hard for me to decide where to start first. The one thing I would change about this book is: not having the pictures back to back. The reason being is when you use gel pens they sometimes bleed through. This book comes in a hard Cover - Fabulous! So pick out what to get started coloring on - owls, kangaroo, monkey, turtles, bears, strawberries, etc. So much to choose from! I received this product at a discount in exchange for my honest and unbiased opinion. All opinions are based on my personal experience with the product.

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.

About the Author Clare Youngs studied graphic design and worked in packaging design, illustration, and book jacket design, before deciding to turn her attentions to craft full-time. Clares other books include Book Art, which has sold over 13,000 copies, Wall Art, Mobile Art, A Year in Crafts, Letter Art, Make Your Own Woodland Creatures, Folk Art Needlecraft and Scandinavian Needlecraft (all published by CICO Books). She is based in Kent, UK.