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Calming Art Therapy Doodle and Colour Your Stress Away

**Richard Merritt, Hannah Davies and Cindy Wilde
(Illustrated By Richard Merritt, Hannah Davies and Cindy Wilde)**

Description

Readers can colour themselves calm with this beautiful and therapeutic colouring book. Focusing on completing detailed patterns and adding colour creatively has a relaxing, stress-busting effect and the soothing colour palettes will enhance the artist's mood. There are no rules or complicated step-by-step instructions in these pages and no need for expensive art and craft supplies. Readers are free to doodle, draw, colour and shade to their hearts' content.

Sales Points

- Explore the creative recesses of your mind and let your worries float away as you colour and embellish the gorgeous pages of this book
- Featuring a mix of animal patterns and natural scenes, these pages are the perfect inspiration for craft projects and in a beautiful hardback format, they make the perfect gift for any fans of art and design
- The latest addition to the best-selling Art Therapy series from Michael O'Mara Books (over 40,000 copies sold across the series)

Reviews

- 'Join the new craze for adults and colour yourself calm' - *Prima Magazine*

Author Biography

Born and bred in North London, Richard Merritt has been an illustrator for over 10 years after graduating from Central Saint Martin's college of Art and Kingston University.

Richard has worked with many book and editorial publishing houses, design groups, advertising agencies and more, on lots of varied projects, from children's books and packaging to magazines and costume illustration for film. His intricately detailed illustrations have become a staple of the best-selling *Art Therapy* and *Menagerie* series, and has led to television appearances.