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Binding **Hardback**

Format **297mm x 210mm**

Depth **17mm**

Extent **128 pages**

Word Count

Series **Creative Colouring for Grown-ups**

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Colour Therapy An Anti-Stress Colouring Book

**Cindy Wilde, Laura-Kate Chapman, Richard Merritt
(Illustrated By Cindy Wilde, Laura-Kate Chapman, Richard Merritt)**

Description

Readers can relax and unwind with this sophisticated colouring, doodling and drawing book. Everyone will benefit from the stress-relieving effect that increased focus and creativity can provide. Each section focuses on a particular colour palette, from intense reds and oranges to serene blues and calming pastels, so readers can colour to suit their mood. There are no rules or complicated step-by-step instructions in these pages and no need for expensive art and craft supplies. Readers can simply scribble, scrawl and shade to their hearts' content.

Sales Points

- The latest addition to the best-selling 'Art Therapy' series
- A perfect way to de-stress, this book is split into seven sections that each highlight a different colour
- Creatively designed patterns and scenes on every page that anyone and everyone can enjoy completing
- Colour is powerful. It can affect mood and evoke strong feelings. Completing each page relaxes and calms a busy mind

Reviews

- 'A lovely thing to look at' - *The Guardian*
- 'An instant pick-me-up... pass the crayons' - *Vantage Magazine*

Author Biography

Cindy Wilde (Author)

Cindy Wilde makes simple, joyful, quirky designs using bold graphic shapes and blocks of flat colour combined with areas of intricate pattern. All the elements within her work are made by hand using acrylic paint, indian ink and simple print techniques. They are then cut and reassembled to create the final piece.

Laura-Kate Chapman (Author)

Laura-Kate Chapman is an illustrator currently living in Liverpool, having graduated from Liverpool John Moores University in 2008 with a first class degree in Graphic Arts.

She likes to weave intricate patterns into her work as she feels that it is attention to the little details that can be most captivating. More than anything she is trying to create a visual world that gives the mundane a more magical feel and above all else she wants her illustrations to make people smile.

She is interested in a number of creative areas and how illustration can work across them. For example designing tattoos, wallpaper patterns, illustrations to go on to clothing garments, as well as more traditional areas such as book covers, CD covers, editorial and advertising. She is eager to get involved in a variety of projects and hopefully do something different and exciting with illustration.

Richard Merritt (Author)

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.