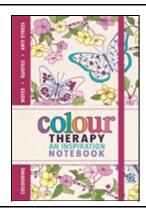


MICHAEL O'MARA

TITLE INFORMATION

MICHAEL O'MARA





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Colour Therapy Notebook Sam Loman (Illustrated By Sam Loman)

Keynote

With meditations on calm and musings from well–known poets, artists and authors, the *Colour Therapy Notebook* is sure to stimulate readers and help them exercise their creative muscles.

Description

This beautifully illustrated notebook is the perfect gift for creative people everywhere.

There's a lovely balance of pictures to colour and pictures to complete, blank pages and lined pages, space to doodle repeating patterns or draw a still-life, and space for readers to jot down their thoughts, favourite poems, quotes and even to-do lists and appointment times.

With meditations on calm and musings from well–known poets, artists and authors, this notebook is sure to stimulate readers and help them exercise their creative muscles.

Sales Points

- This beautifully illustrated notebook is the perfect gift for creative people everywhere
- There's a lovely balance of pictures to colour and pictures to complete, blank pages and lined pages, space to doodle repeating patterns or draw a still-life, and space for readers to jot down their thoughts, favourite poems, quotes and even to-do lists and appointment times
- With meditations on calm and musings from well-known poets, artists and authors, this notebook is sure to stimulate readers and help them exercise their creative muscles
- The notebook is flexibound with flaps and an elastic closure
- RRP ex.VAT £8.32/inc.VAT £9.99

Author Biography

Sam Loman studied Illustration at the Willem de Kooning Academy in Rotterdam and received her Bachelor of Design in 2005.

A year before graduating, she started her own design business.

Sam's talents are spread across a range of disciplines, having worked extensively with graphic design, photography, product design and writing children and non-fiction books. Her interest in subjects such as medicine, fashion, art & design and food maker her work diverse and interesting.

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