



Art Therapy An Inspiration Notebook

Sam Loman

Description

This beautifully illustrated journal is the perfect gift for creative people everywhere, people who like to use colouring and drawing as a means to focus the mind and de-stress. The eye-catching pages contain illustrations that can be completed to induce a calming sense of mindfulness. There's a lovely balance of 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 'inspiration book' is sure to stimulate readers and help them flex their creative muscles.

Sales Points

- This beautifully illustrated journal is the perfect gift to inspire creativity and stimulate readers
- Keep track of all those important notes and reminders, whilst using colouring and drawing to focus the mind and de-stress
- Includes illustrations to be completed, space to doodle, and places to jot down thoughts
- Featuring meditations on calm from poets, artists and authors
- From the publishers of bestselling *Art Therapy* (over 36,000 sold)

Publication date **Thursday, October 08, 2015**

Price **£9.99**

ISBN-13 **9781782434375**

Binding **Paperback**

Format **Other**

Extent **128 pages**

Word Count

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