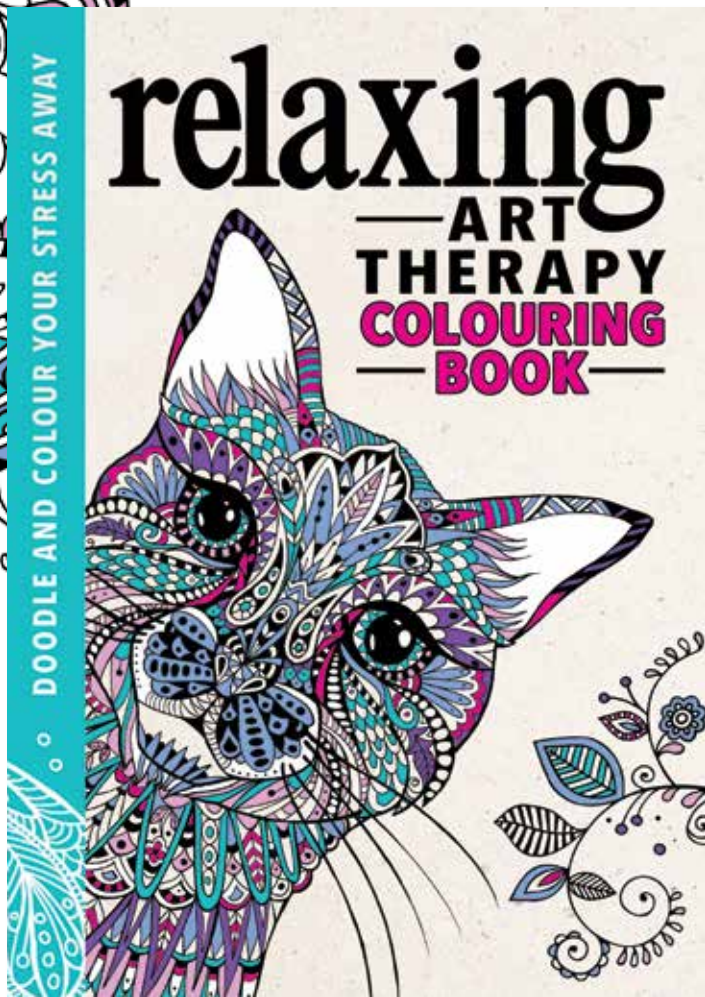




relaxing

—ART THERAPY COLOURING BOOK—



Published on 7 April
Hardback, Michael O'Mara Books
£12.99

This sophisticated colouring, doodling and drawing book features beautifully intricate illustrations to colour that are designed to inspire a state of calm.

Colour yourself calm with the latest addition to the best-selling Art Therapy series from Michael O'Mara Books. With over half a million copies sold across the series, readers can now doodle away their worries with this beautiful and therapeutic colouring book.

There are no rules or complicated step-by-step instructions in these pages and no need for expensive art and craft supplies.

Michael O'Mara first started publishing art therapy adult colouring books in 2012. Sales were good and steady, but at the beginning of 2015, as people sought to find even more weapons for anxiety and stress, the colouring book market started to take off. In 2016 we have sold over half a million copies of our therapy titles worldwide, and Michael O'Mara has become a key publisher at the forefront of the gift-related product, craft and colouring market.



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