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ISBN-13 **9781782432227**

Binding **Hardback**

Format **297mm x 210mm**

Depth **13mm**

Extent **128 pages**

Word Count

Series **Art Therapy Series**

Territorial Rights **World**

In-House Editor **Jonny Marx**

## The Art Therapy Colouring Book

**Richard Merritt, Hannah Davies & Cindy Wilde (Illustrated By Richard Merritt, Hannah Davies & Cindy Wilde, Edited By Jonny Marx)**

### Description

Readers can start to relax with this sophisticated anti-stress colouring, doodling and drawing book. From creating free-flowing lines and swirls to shading in intricate patterns, every illustration in this book has been carefully crafted so that even amateur artists can enjoy the satisfaction of creating something of exceptional beauty. Everyone will benefit from the stress-relieving effect that increased focus and creativity can provide. 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

- Relax and unwind with this sophisticated anti-stress colouring and drawing book for grown-ups
- From creating free-flowing lines and swirls to intricate patterns, every illustration in this book has been carefully crafted so that even amateur artists can be inspired and enjoy creating something of exceptional beauty
- Everyone will benefit from the stress-relieving effect that increased focus and creativity can provide
- A beautiful hardback format that can be cherished forever
- A perfect follow-on book for fans of the popular *Creative Colouring Book for Grown-ups* (over 85,000 copies sold to date)

### Reviews

- 'An adult colouring book like no other with gorgeous, detailed patterns and drawings, designs and doodles. The perfect distraction to remove stress or just enjoy' - *Western Morning News*
- 'Beautiful... just oozes appeal as soon as you pick it up' - *Let Them Be Small blog*
- 'I would recommend this book to anyone who has a creative flair and suffers from stress - five stars' - *Whats Good To Do blog*
- 'The latest craze to promote mindfulness is adult colouring books...at HFM HQ we're relishing their calming influence...pass the felt tips!' - *Hello! Fashion Monthly*

### Author Biography

#### 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.

#### Hannah Davies (Author)

Hannah Davies is an award-winning Welsh based freelance designer and illustrator. She is a fine-detail Surface Pattern Design specialist who draws on her love of nature for inspiration, producing intricate work rich in texture and colour. Combining illustrations and pattern design, 'I use my imaginative and detailed hand-drawing as a starting point. I then develop this using my own vibrant watercolours and collage techniques creating quirky stories and inspiring patterns'.

Hannah has worked with many design companies from all ends of the spectrum contributing in design, publishing and advertising.

#### 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.

Michael O'Mara.

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