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Territorial Rights **World**

Art Therapy An Anti-Stress Colouring Book

Richard Merritt, Hannah Davies and Cindy Wilde

Keynote

Relax and unwind with this sophisticated anti-stress colouring, doodling and drawing book for adults and children.

Description

Relax and unwind with this sophisticated anti-stress colouring, doodling and drawing book for adults and children.

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 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
- Stunning new paperback cover with black and white interiors to maximize colouring opportunities

Reviews

- 'There are some great images in here and something for everybody [...] Many relaxing hours await anybody who buys this book.' - *MyShelf.com*

Author Biography

Richard Merritt (Author)

Born and bred in North London, Richard Merritt has been an illustrator for 15 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.

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