



Art Therapy: Stained Glass (Hardback)

By Sophie LeBlanc

JACQUI SMALL, United Kingdom, 2014. Hardback. Condition: New. Language: English . Brand New Book. Since the middle ages, stained glass has been used to create beautiful and elegant works of art, loved and admired around the world. Stained Glass is a collection of stunning patterns inspired by stained-glass designs from medieval art to Art Nouveau. Colouring-in is not something that only children can enjoy. Adults are rediscovering the pleasure and benefits to be derived from this activity. It s a wonderful way to let your creative side express itself, and also a highly relaxing process, as your attention is drawn away from the stresses and distractions of everyday life. Meditative and rewarding, colouring-in is increasingly recognized as an art form in its own right. Sophie Leblanc has created 100 charming stained-glass designs, both traditional and contemporary, through which you can find your own personal haven.



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