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## Color Yourself to Calmness: And Reduce Stress with These Animal Motifs (Hardback)

By -

Ryland, Peters Small Ltd, United Kingdom, 2015. Hardback. Condition: New. US edition. Language: English . Brand New Book. Colour your way to inner peace and calm with these beautiful images from the animal kingdom, hand drawn by artist, Sue Coccia. Colouring in these stunning images of bears, wolves, birds and dolphins will reduce your stress levels and bring you inner calm. Sue s fascinating images reveal her deep connection to the animal kingdom that surrounds her in Washington State, USA. Animal Spirits are inspired drawings in pen and ink. The drawings depict animal images, or totems, from around the world. Animal totems represent a deep spirituality and by beginning to understand animals qualities and traits, we can learn from them. Look for the ladybird in every image: she represents good luck, happiness and prosperity!.

### Reviews

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