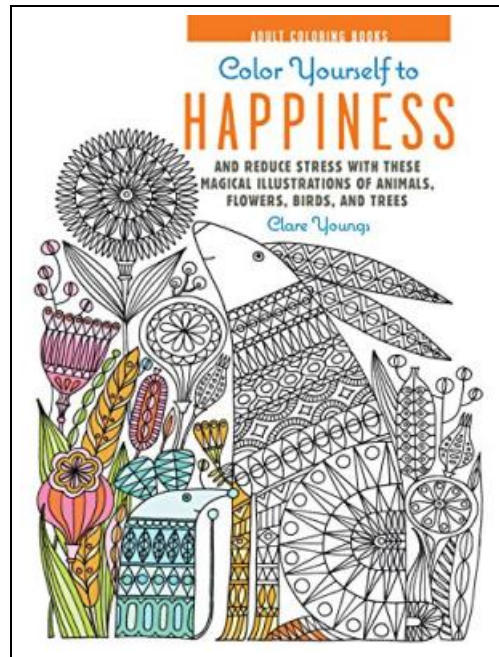# Color Yourself to Happiness: And Reduce Stress with These Magical Illustrations of Animals, Flowers, Birds, and Trees (Hardback)



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## Reviews

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Ryland, Peters Small Ltd, United Kingdom, 2016. Hardback. Book Condition: New. US edition. 276 x 208 mm. Language: English . Brand New Book. Color your way to a happy state of mind with this anti-stress adult coloring book of gorgeously detailed illustrations hand-drawn by designer and author Clare Youngs. Enter a whimsical world, inspired by nature, through coloring in these stunning artworks by Clare Youngs. Intricately detailed, each one is drawn by hand, featuring exquisite drawings of leaves, flowers, birds, insects, and woodland creatures, such as owls, bears, mice, and deer. Coloring is a form of art therapy: when you focus on every detail, from choosing colors to coloring in each area with care, it allows you to relax and become oblivious to the stresses and strains of everyday living. Plus, completing each page brings a great sense of achievement and joy.


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