



Finding Your Colors: Fine Art Adult Coloring Book (Paperback)

By Hertz Nazaire

INDIGO BOOK, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Finding Your Colors is a series of fine art adult coloring books created by Haitian born artist Hertz Nazaire. This project was taken on with the goal of addressing a need in the Sickle Cell Community to have a coloring book that is relatable to those in this community. The artist has used his own experience living with the pain of Sickle Cell Anemia and Depression to create an effective art therapy tool for stress and anxiety relief. Finding Your Colors is a solace for the mind away from pain and depression. No matter what difficulties your are facing in life, Nazaire believes Art can help you find your focus. If you are seeking some stress relief taking a quiet moment to add color to the pages in this book can go a long way towards helping you endure the hardships of your day. Be mindful of the changes in your mood as you find your colors.



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Reviews

This publication is amazing. It is definitely basic but shocks in the fifty percent of your publication. You wont feel monotony at anytime of your own time (that's what catalogues are for concerning if you question me).

-- Prof. Kirk Cruickshank DDS

This kind of book is every little thing and taught me to looking ahead of time and a lot more. I am quite late in start reading this one, but better then never. I found out this book from my dad and i encouraged this pdf to find out.

-- Justus Hettinger