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The Art Therapy Colouring Book Paperback – January 1, 1642 by Richard Merritt; Hannah Davies; Cindy Wilde (Author) 4.5 out of 5 stars 739 ratings

The Art Therapy Colouring Book: Richard Merritt; Hannah ...

The Art Therapy Colouring Book. by. Hannah Davies, Richard Merritt. , Cindy Wilde. 4.15 · Rating details · 198 ratings · 4 reviews. Readers can start to relax with this sophisticated anti-stress colouring, doodling and drawing book. 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.

The Art Therapy Colouring Book by Hannah Davies

Amazon.com: The Mindfulness Coloring Book: Anti-Stress Art Therapy (9781615192823): Farrarons, Emma: Books

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When coloring your Art Therapy coloring book, you can use whatever art supplies you may already have around. However, we recommend colored pencils, fine tip pens, or gel pens. These seem to work best on the intricate details that are common to adult coloring pages.

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The Real Art Therapists of New York Coloring Book: The ...

Coloring book myth #1 – Doing a coloring book is “ art therapy. ” Art therapy requires the presence and support of a trained art therapist. The relationship and guidance of the therapist differentiates art for self-care or self-expression from “ art therapy. ”

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