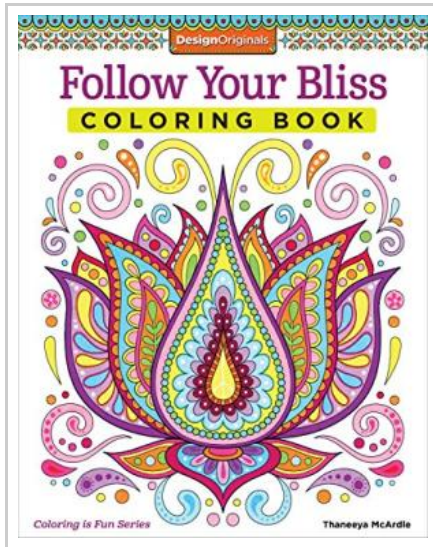




Follow Your Bliss Coloring Book

By Thaneeya McArdle

Fox Chapel Publishing. Paperback. Book Condition: new. BRAND NEW, Follow Your Bliss Coloring Book, Thaneeya McArdle, Blissful Spirit is a colouring book for adults that contains 30 amazing art activities involving patterning, shading and colouring. Each vibrantly detailed illustration offers an easy way to de-stress, while allowing you to unleash the artist within. Thaneeya McArdle's transcendental art explores a visual language of shape, form, line and colour, and can be easily personalised with felt- tips, coloured pencils, crayons, gel pens or watercolours. Beautifully coloured finished examples are provided, along with a handy guide to basic art techniques, from patterning and combinations to shading and colour theory. This therapeutic colouring book is printed on high-quality, extra-thick paper that won't bleed through, and all of the pages are perforated for easy removal and display.



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