

[PDF] Animals: A Mini Mindful Coloring Book

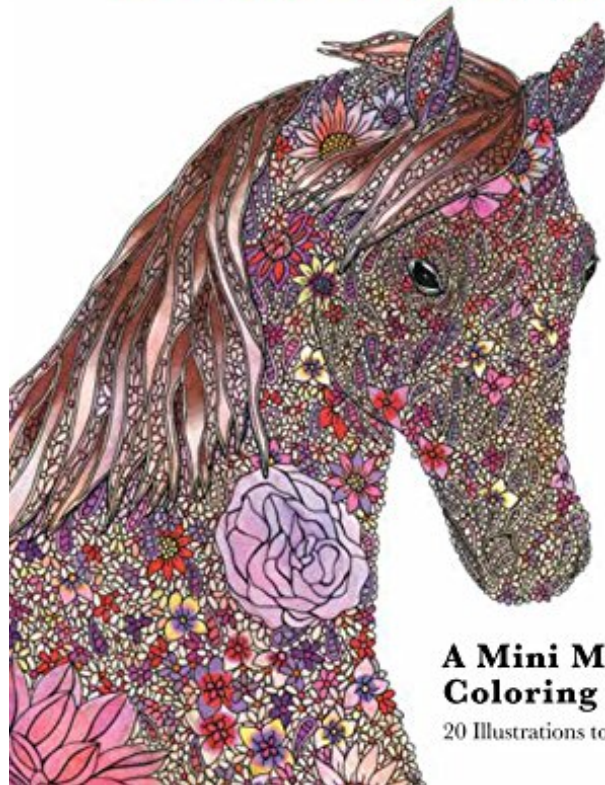
Animals: A Mini Mindful Coloring Book

Georgie Woolridge

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Georgie Woolridge

Animals



**A Mini Mindful
Coloring Book**

20 Illustrations to Color

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#665942 in Books Woolridge Georgie 2016-10-25 2016-10-25Original language:EnglishPDF # 1 6.52 x .41 x 4.82l, .0 #File Name: 125011721640 pagesAnimals A Mini Mindful Coloring Book | File size: 77.Mb

Georgie Woolridge : Animals: A Mini Mindful Coloring Book before purchasing it in order to gage whether or not it would be worth my time, and all praised Animals: A Mini Mindful Coloring Book:

In this follow-up to the acclaimed first and second books in the series, *Animals* beautifully captures the stunning and fascinating creatures that inhabit the world's wilder terrains, now in pocket size! Containing 20 pull-out pages of astounding drawings inspired by illustrator Georgie Woolridge's travels in India and around the world, each intricate drawing incorporates swirling paisley patterns and other local designs inspired by the styles in Thailand, Vietnam, Singapore, Australia, and New Zealand. By easing you out of your thoughts and into another world, coloring these beautiful images becomes a practical exercise in mindfulness that anyone can adopt, regardless of skill level.Each

stunning illustration is accompanied by a brief paragraph about the animal and its habitat, in addition to a helpful introduction with hints and tips about drawing, coloring, and the various effects that you can achieve by using different coloring tools. Escape the pressures of everyday life and find peace and relaxation coloring these wonderful beasts of the wild!

About the Author GEORGIE WOOLRIDGE is an artist who studied Art Foundation and Woven Textiles, graduating from Loughborough University in 2010. She most identifies with art that captures color and movement, especially intricate patterns. She is the author of *Birds*, *Waterlife*, and *Animals*. She lives in the UK.