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Art Therapy: Enchanted Forest

By Marthe Mulkey

Hardback. Book Condition: New. Not Signed; Enter the magical world of the Dark Forest: small animals, fairies and elves, magic plants and trees come together to create poetic wisdom that invites to dream. Unleash your creativity by filling these amazing illustrations with the shades you like the most. Colouring-in is not something that only children can enjoy. Adults are rediscovering the pleasure and benefits to be derived from this activity. It's a wonderful way to let your creative side express itself, and also a highly relaxing process, as your attention is drawn away from the stresses and distractions of everyday life. Meditative and rewarding, colouring-in is increasingly recognized as an art form in its own right. Marthe Mulkey has created 100 charming and magical designs that will provide a moment of calm and quiet in the hustle and bustle of everyday life and will give you the chance to explore your imagination. book.



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