



Color Yourself to Inner Peace: And reduce stress with your winged animal spirits

Sue Coccia

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Discover beautiful artworks of birds and other winged animals from artist Sue Coccia in this anti-stress adult coloring book.

In the follow-up to *Color Yourself to Calmness*, Sue Coccia presents a collection of original artworks that feature winged animals from around the world. Coloring in these stunning images will soothe and relax you, bringing you inner peace and calm. Coloring has become a form of art therapy, as well as a way to help you explore your creativity.

From waterfowl to birds to prey, as well as insects such as dragonflies, Sue's fascinating images reveal her deep connection to the animal kingdom that surrounds her at home in Washington State, USA. The drawings depict animal totems, which have deep spiritual meaning; by beginning to understand animals' qualities and traits, we can learn from them. Most people already have a favorite animal that they identify with, even if they cannot always express why.

Each artwork is drawn by hand: Sue chooses which animal to draw and plans the outline only in her mind, then begins drawing. She starts in the middle and works outwards, incorporating intricate imagery of other animals and nature, which are all connected to each other and to the main animal. Finally, she adds the outline, creating a spectacular, meaningful artwork.

As always, there is a ladybug hidden in every image: she represents good luck, happiness and prosperity!

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From reader reviews:

Donna Macdonald:

A lot of people always spent their free time to vacation or maybe go to the outside with them family members or their friend. Were you aware? Many a lot of people spent that they free time just watching TV, or even playing video games all day long. In order to try to find a new activity that is look different you can read a new book. It is really fun for yourself. If you enjoy the book you read you can spent 24 hours a day to reading a guide. The book Color Yourself to Inner Peace: And reduce stress with your winged animal spirits it is very good to read. There are a lot of individuals who recommended this book. These people were enjoying reading this book. If you did not have enough space to bring this book you can buy the actual e-book. You can m0ore effortlessly to read this book from the smart phone. The price is not too costly but this book offers high quality.

Brian Faber:

Your reading sixth sense will not betray anyone, why because this Color Yourself to Inner Peace: And reduce stress with your winged animal spirits book written by well-known writer we are excited for well how to make book that can be understand by anyone who all read the book. Written inside good manner for you, still dripping wet every ideas and creating skill only for eliminate your current hunger then you still skepticism Color Yourself to Inner Peace: And reduce stress with your winged animal spirits as good book not merely by the cover but also by content. This is one publication that can break don't judge book by its handle, so do you still needing one more sixth sense to pick this!? Oh come on your looking at sixth sense already told you so why you have to listening to another sixth sense.

Gary Clark:

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