



Wallpaper Art Beautiful Patterns to Color and Enjoy: Stress Therapy (Paperback)

By Bella Stitt

Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Large Print. Language: English . Brand New Book ***** Print on Demand *****. Bella Stitt is a certified cognitive therapist who works with clients struggling with depression, anxiety and many issues related to self esteem and self worth. She has developed her coloring books as a coping tool to release negative feelings, thoughts or stress for those wanting an outlet or an activity to take the edge off and have a little fun. With the pictures provided in this book, varying from easy to super complex, you will express your creativity with colors and discover the emotions that those colors and images will bring about. There is no right or wrong way to color or any rules to follow. You can proceed at your own pace and let yourself go by tapping into your imagination, and encouraging your self-expression and self-awareness while creating a unique work of art.

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