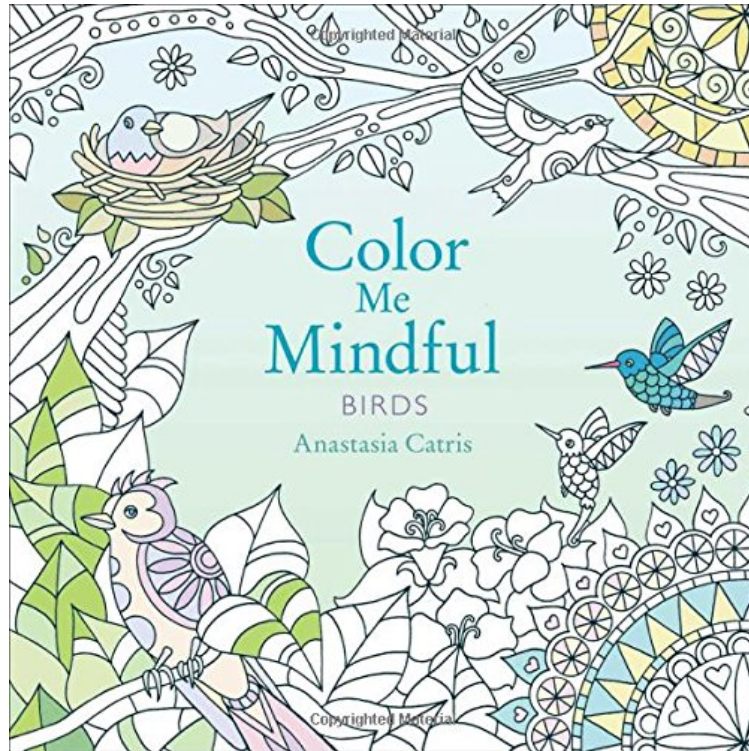


Color Me Mindful: Birds

Anastasia Catris

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#488414 in Books Gallery Books 2015-08-25 2015-08-25Original language:EnglishPDF # 1 8.87 x .30 x 8.87l, .40 #File Name: 150113088964 pagesGallery Books | File size: 31.Mb

Anastasia Catris : Color Me Mindful: Birds before purchasing it in order to gage whether or not it would be worth my time, and all praised Color Me Mindful: Birds:

42 of 42 people found the following review helpful. Gorgeous bird designs on non-perforated paper which is printed on both sidesBy iiiireader[[VIDEOID:fb26198fe83f25ed2b92edf17180185a]]Attached is my silent and quick flip through video of the entire book of designs. I hope it is of assistance to you.This is a beautiful book of designs by Anastasia Catris that focuses on birds in a variety of settings and scenes. There are fifty designs in the book and each of them are quite lovely. The artist has worked as a freelance illustrator for various groups, including HarperCollins, Fox, DC, and Marvel.There are so many lovely types of birds in this book, including: lovebirds, peacocks, owls, parrots, hummingbird, flamingos, eagle, penguins, puffins, ostrich, chickens, ducks, and so many more. They are shown at rest, in their nest, and even in flight. There are so many, chances are good that your favorite will be included.The paper quality is good but not terribly thick and the designs are printed on both sides of the page. I am thinking that I will use pencils or end up purchasing a second copy of the book. Some of the designs span across both pages and the designs go right up to the bound edge. The binding doesn't seem too tough, so removing the pages should be fairly easy but they are not perforated.I sometimes have the opportunity to sit and watch birds through my window but usually my life is so hectic that I can't simply sit and relax and enjoy watching them. This book gives me the same sort of feeling as watching birds. I can relax and color them.8 of 8 people found the following review helpful. Beautiful birds, but short!By melodysbookshelfThis is a fun little coloring book by a talented artist. The pages have a

nice variety of intricacy and are visually interesting. I love the size. It's not quite travel-size, but it is a good size for portable coloring around the house without taking up much space. Some of the coloring books can be quite wide and require a lot of space. I wouldn't call this a lap coloring book unless you have a lapboard, because the back isn't firm, though a TV tray is great for this size. The paper is good quality. I can't speak to bleed through with pens and markers because I use pencils. If you enjoy bird watching, this is a fun book to have when you can't get to a window (or it's dark outside). The only thing that keeps me from giving this 5 stars is it's too short! 3 of 3 people found the following review helpful. Nice coloring book By Mary H. If you are looking for an adult coloring book with fairly detailed pictures of birds look no further. This is a great book. I did think the price at just over \$10 was a little steep, but I decided to keep it because I love all of the pictures.

These intricate and beautifully detailed line drawings of the world of birds are ready for you to bring to life. Relieve stress, practice your mindfulness, and discover your creative side as you unplug and slow down by filling these exquisite pages with color. No matter our age, useful mindfulness techniques can help re-center us amidst a world of noisy stimuli constantly vying for our attention. Coloring can act like a tranquil meditation—relax and unwind with this calming coloring book for adults featuring beautifully detailed line drawings and designs of birds and their idyllic environments. Make your mark—inside or outside the lines—with these fifty beautiful black and white illustrations of birds soaring through the sky, nesting comfortably, and resting serenely amidst the tree foliage, just waiting for your gentle touch to bring them vibrantly to life. Don't miss the other adult coloring books in the Color Me Mindful series: Color Me Mindful: Underwater, and Color Me Mindful: Tropical, Color Me Mindful: Seasons; Color Me Mindful: Enchanted Creatures, and Color Me Mindful: Butterflies. Join the coloring craze!

“Take a deep breath and plunge underwater with these dreamy designs. With bigger pieces like... the undersea scene[s] and smaller focused sketches (like a friendly starfish), this book will help you chill out big-time.” (Buzzfeed) “Every page has something new to discover... Simple yet enjoyable, colouring is the perfect hobby to put a little happiness into your life.” (Mommy Mummy Mum) “Many adult colouring books only offer flowers and/or patterns to colour in – although this is changing! – and that gets a little boring after a while, but the Color Me Mindful books provide an abundance of birds, sea life, plants and animals to get creative with.” (The Pretty Books) “Mindfulness is focusing your awareness on the here and now, although with these books it is very easy to get ‘lost’ in the moment and what you are trying to create. These bookish delights are absolutely fabulous for those with anxiety, stress and depression, although everyone who finds a little time for some R R will benefit.” (Tracy Shephard, Postcard s) About the Author Anastasia Catris is a freelance illustrator and writer from Wales.