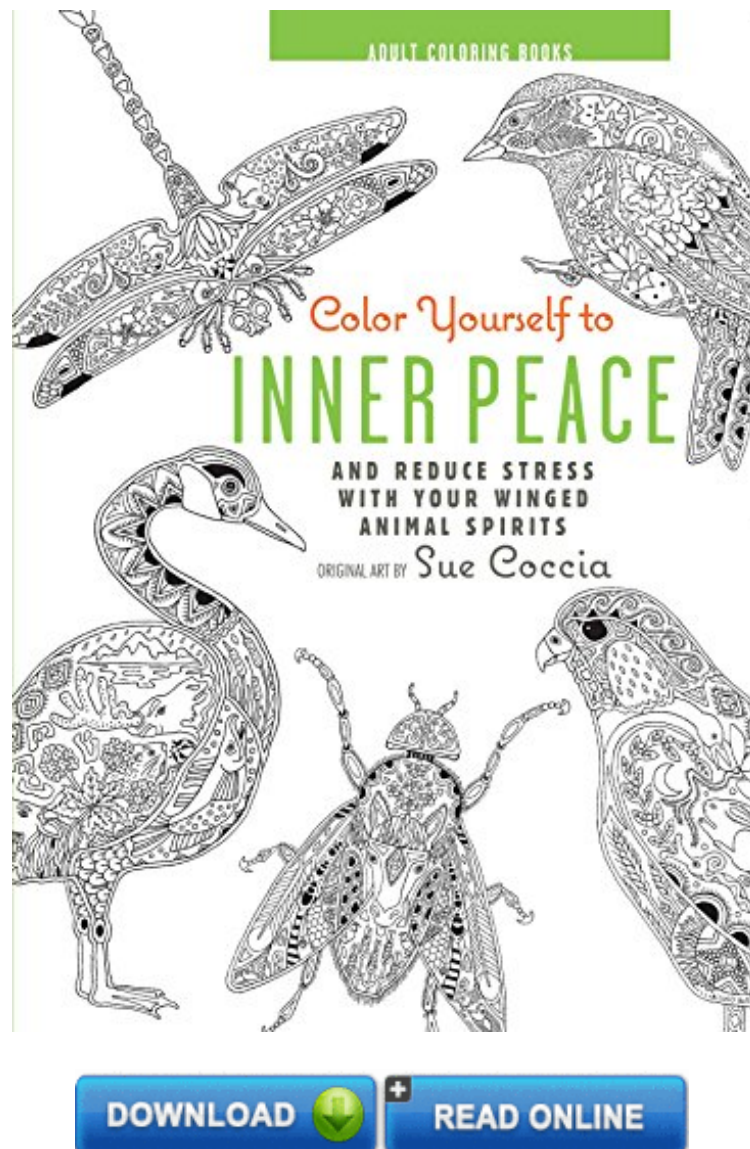


[E-BOOK] Color Yourself to Inner Peace: And reduce stress with your winged animal spirits

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

*Sue Coccia*

DOC | \*audiobook | ebooks | Download PDF | ePub



#987824 in Books Ryland Peters Small 2016-11-15 2016-11-15 Original language: English 10.85 x .60 x 8.20l, 1.43 #File Name: 178249371996 pagesCIC-937199781782493716 Brand New Item / Unopened Product Ryland Peters Small | File size: 19.Mb

**Sue Coccia : Color Yourself to Inner Peace: And reduce stress with your winged animal spirits** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Color Yourself to Inner Peace: And reduce stress with your winged animal spirits:

2 of 2 people found the following review helpful. Nice book to add to my collection By Marie L. Really nice book! Love the drawings, nice paper and the book being a hardcover is a plus. As an added bonus, the book was on sale at a great price!

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!

About the Author Award-winning artist Sue Coccia is from Edmonds, Washington, in the northwest of the USA. Her grandmother's grandmother was Native American, and that tiny bit of heritage has had a large influence on her art. Indigenous art, and its relationship with the animal worlds, has also influenced Sue's unique style. A deep love of all animals was instilled at a very young age and Sue has dedicated her life's work to them. She is the author and artist of *Color Yourself to Calmness*.