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Serenity Nature: Left handed coloring book

GB Gier, Susan L. Harrington

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Bonus section at the end of this book provides you with extra drawings to color. Soothing, relaxing drawings help you to melt your stress away. Pick up your colored pencils, markers, or other coloring mediums and unwind as you relax as you color GB's drawings to make them your own masterpieces. Color Therapy, of which coloring is a part of, is also being used for pain management, migraines, ADHD, Alzheimer's and dementia. No talent required. For other great

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About the Author My life has been about art since I was a toddler. I drew upon every page of the books in my parent's library, and it was then that I first got lost in the magic of the pen and pencil. I ended up attending Western Carolina University, receiving my Bachelor of Fine Arts while becoming versed in realism and the exaggeration of lines to create life on a page. I work in various mediums, such as pen, pencil, watercolor, or acrylics, but I ultimately prefer the classical method of drawing by hand. Living in western North Carolina, my guiding inspiration is always the rich flora and fauna of the mountains. I believe everyone is an artist, and we all possess the power to create. I draw from the heart and want to produce art that will inspire and move those who experience it. After all, that is the whole point of art; to move the soul and take one somewhere they are inspired.