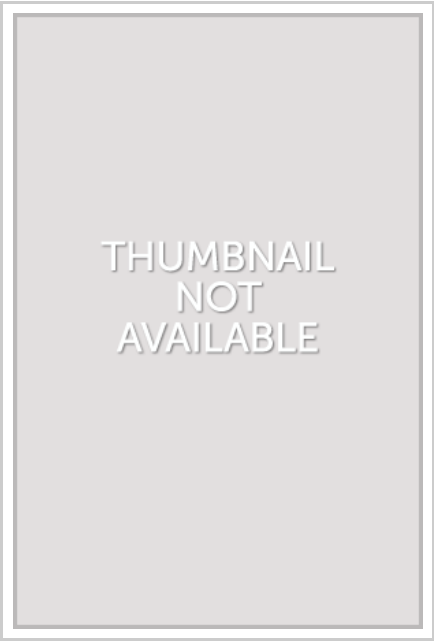


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Alberta Hutchinson s Instant Zen Designs (Paperback)

By Alberta Hutchinson

Skyhorse Publishing, United States, 2016. Paperback. Book Condition: New. 277 x 216 mm. Language: English . Brand New Book. Bestselling adult coloring book author Alberta Hutchinson helps you find your center with a beautiful array of relaxing Zen designs for you to color! The Zen tradition has been described as a mindset in which one is entirely relaxed, throwing one s worries into the wind. It s a way of thinking that centers primarily around meditation, where one carefully observes the breath and the mind to obtain complete and total focus. Zen has emerged as a recent trend in adult coloring and art therapy, providing many colorists with an aesthetic version of this stress-reducing practice through its soothing patterns, intricate designs, and easy access to mindfulness. Bestselling author and adult coloring book pioneer Alberta Hutchinson exemplifies this calming art form through her hand-drawn illustrations. Featured in this lush selection are forty-nine elegant new drawings that mimic ornate rug and floor tile designs, which will relax you while you express your inner creativity. You ll feel your troubles slipping away as you immerse yourself in coloring these images. This book includes perforated pages that are printed on one side, allowing colorists...

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