



# Follow Your Bliss Coloring Book (Coloring Activity Book)

*Thaneeya McArdle*

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# Follow Your Bliss Coloring Book (Coloring Activity Book)

*Thaneeya McArdle*

## **Follow Your Bliss Coloring Book (Coloring Activity Book)** Thaneeya McArdle

Enter a world of creative self-expression with this relaxing coloring book for grownups. Inside you'll find 30 amazing art activities that will take you on a satisfying journey of patterning, shading, and coloring. These whimsical images offer an easy way to de-stress and unleash your inner artist. Thaneeya McArdle's transcendental art explores the visual language of shape, form, line, and color. Each vibrantly detailed illustration is designed to exercise your creativity. Beautifully colored finished examples are provided, along with a handy guide to basic art techniques, from patterning and combinations to shading and color theory. This therapeutic coloring book is perfect for decorating with markers, colored pencils, gel pens, or watercolors. Printed on high-quality, extra-thick paper that won't bleed through, all of the pages are pre-perforated for easy removal and display. "



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