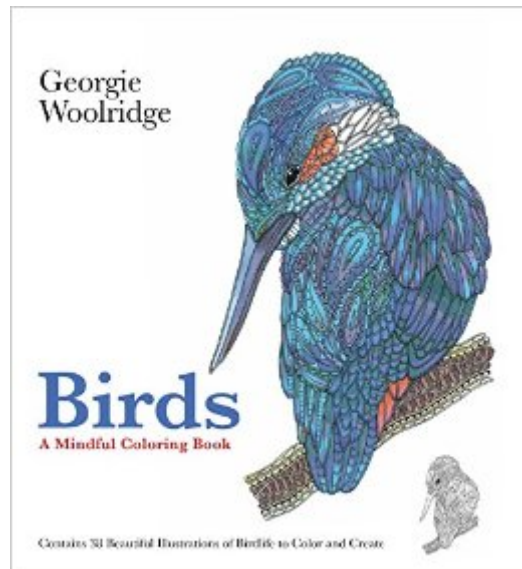


The book was found

# Birds: A Mindful Coloring Book



## Synopsis

Birds are the aesthetic masterpieces of nature. Now you can bring some to life with your colored pencils, markers, or even watercolor paint! Birds presents a new kind of mindful coloring book, containing over 35 astounding drawings inspired by illustrator Georgie Woolridge's travels in India and around the world. Each stunningly intricate drawing incorporates swirling paisley patterns and other local designs inspired by the styles in Thailand, Vietnam, Singapore, Australia, and New Zealand. By easing you out of your thoughts and into another world, coloring these beautiful images becomes a practical exercise in mindfulness that anyone can adopt, regardless of skill level. Each stunning illustration is accompanied by a brief paragraph about the bird and its habitat, in addition to a helpful introduction with hints and tips about drawing, coloring, and the various effects that you can achieve by using different coloring tools. Go ahead and ruffle some feathers!

## Book Information

Paperback: 80 pages

Publisher: St. Martin's Griffin; Csm edition (October 27, 2015)

Language: English

ISBN-10: 1250095026

ISBN-13: 978-1250095022

Product Dimensions: 10.3 x 0.4 x 11.3 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.9 out of 5 stars [See all reviews](#) (40 customer reviews)

Best Sellers Rank: #76,742 in Books (See Top 100 in Books) #65 in [Books > Science & Math > Biological Sciences > Animals > Birds & Birdwatching > Field Guides](#) #86 in [Books > Science & Math > Nature & Ecology > Field Guides](#) #143 in [Books > Arts & Photography > Drawing > Coloring Books for Grown-Ups > Animals](#)

## Customer Reviews

This is a really beautiful adult coloring book of 38 birds designs (including the title page.) I will list the types of birds included at the bottom of this review for anyone interested in reviewing the whole list. The bird designs are really beautifully drawn. I have never seen artist Georgie Woolridge's work before but I am very impressed. She provides some background information in the first few pages of the book which were very interesting to read. The designs include a great level of detail â " some of it intricate but not so much so that it will be difficult to color. I love that the artist has woven flower elements into some of the birds to make it more fun for me to color. I did some exploring and

discovered she has artwork for other animals, so I am hopeful that we will see some future coloring books with more of these lovely designs. The book is beautifully made. The cover is gorgeous with a deep blue and purple aurora borealis type foil accented bird on the front and with two colored birds on the interior front and back flaps. While the cover folds out, the publisher lost an opportunity to provide extra coloring as they used a simple orange tone on the interior rather than designs to color. I believe that this is the first adult coloring book that I have which was published by St. Martin's Griffin. I hope that they publish more in the future with the same quality as this one. The designs are printed on a good heavyweight white paper that is not perforated. The actual larger design for coloring is printed on the front side of each page. On the opposite side (behind the prior page) is a listing of information about the bird you are coloring which might background, size, coloring, etc.

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