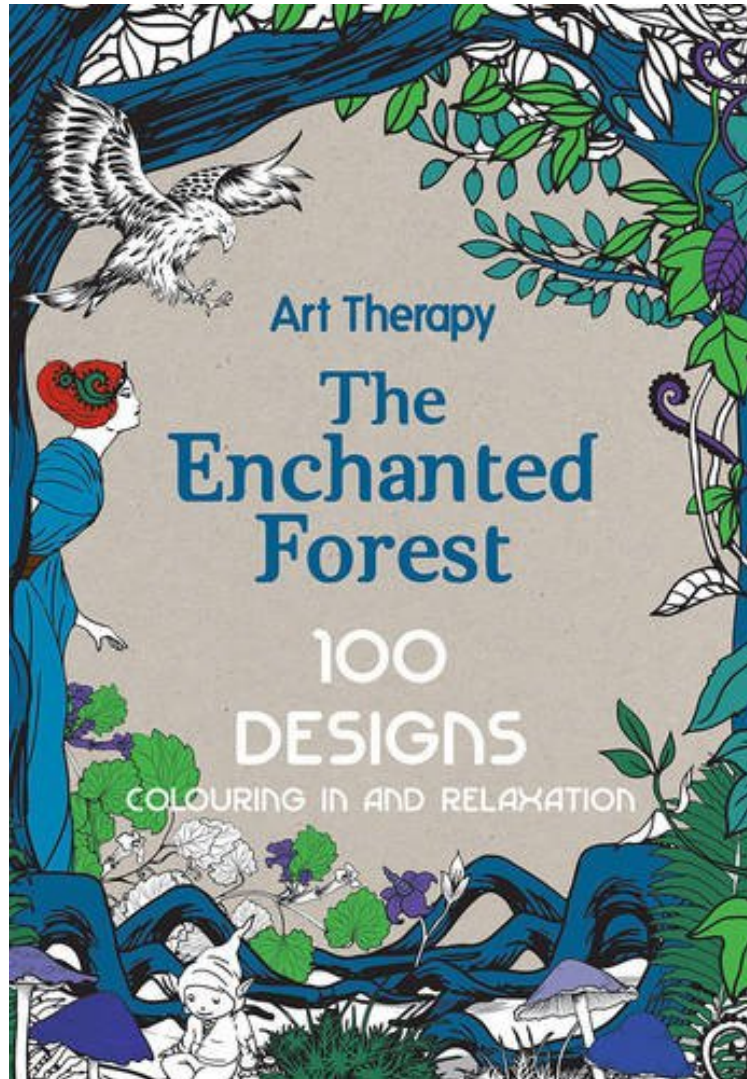


## Art Therapy: Enchanted Forest

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**From *imusti* : Art Therapy: Enchanted Forest** before purchasing it in order to gage whether or not it would be worth my time, and all praised Art Therapy: Enchanted Forest:

1 of 1 people found the following review helpful. Beautiful and therapeuticBy MoMoBeautiful and therapeutic! Would recommend for adults older children/children with more interest in detail and longer projects. I love whipping this out after a stressful day at work and it's also a huge hit at gatherings with my gal pals (we're all in our 20's, it's fine).1 of 1 people found the following review helpful. Five StarsBy Sue BrownLove the hard cover1 of 2 people found the following review helpful. Five StarsBy R. EliasNice book!

Enter the magical world of the Dark Forest: small animals, fairies and elves, magic plants and trees come together to create poetic wisdom that invites to dream. Unleash your creativity by filling these amazing illustrations with the shades you like the most. Colouring-in is not something that only children can enjoy. Adults are rediscovering the pleasure and benefits to be derived from this activity. It's a wonderful way to let your creative side express itself, and also a highly relaxing process, as your attention is drawn away from the stresses and distractions of everyday life. Meditative and rewarding, colouring-in is increasingly recognized as an art form in its own right. Marthe Mulkey has created 100 charming and magical designs that will provide a moment of calm and quiet in the hustle and bustle of everyday life and will give you the chance to explore your imagination.

About the Author MARTHE MULKEY is an illustrator for the Muséum d'Histoire Naturelle and Le Jardin des Plantes in Paris. She specialises in the drawing and painting of small and large animals.