



Hidden Garden Creatures: A Whimsical Coloring Book for Adults

Amy Gramour

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On the pages of this coloring book are 52 organic drawings of whimsical animals in small surreal gardens. As you bring color to its imaginative and sometimes funny pictures, let it take you away to a place of relaxation, meditation, and calming beauty where you can express your creativity through color. These stream of consciousness pictures are from the artist's art card diary. With an art card drawn organically every day beginning in 2009, the collection consists of over 2000 cards and counting. This process is in keeping with Carl Jung's recommendation to draw spontaneously every day. Spontaneous coloring has the same benefit. All that aside, it is just fun.

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