



Under Water: A Mindful Coloring Book Containing Astounding Illustrations from Beneath the Waves

Georgie Woolridge

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An entire world exists beneath the waves, and now you can bring it to vibrant life with your colored pencils, markers, or even watercolor paint! *Under Water* 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 underwater creature 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 dive in!

Under Water: A Mindful Coloring Book Containing Astounding Illustrations from Beneath the Waves Details

Date : Published February 23rd 2016 by St. Martin's Griffin

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Author : Georgie Woolridge

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Jessica says

Won this thru a Goodreads giveaway.

Gave it to my mom and she absolutely LOVES it!! She has so much fun coloring these awesome pictures. I also like how each pic has a little info about the animals; fun to do and youre learning something too :)

Would definitely recommend this!!

C. Stuchl says

Beautiful cover, illustrations are wonderful, this is the best adult coloring book I have ever seen. So very happy that I won it.

Thank you Goodreads.

Rachel says

What a beautiful book! I won this from goodreads giveaways.

I love that the animals are shown in their surroundings on nice thick paper, great for coloring with pencils or markers. There is also a paragraph about each creature telling where it lives, and various other fun and educational facts. Kids and adults could learn from and enjoy coloring in this book!

Jodie says

Won off of goodreads givaways. Perfect amount of detail.
