



Birds: A Mindful Coloring Book

Georgie Woolridge

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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!

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