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The Art Therapy Colouring Book Paperback – January 1, 1642 by Richard Merritt;Hannah Davies,Cindy Wilde (Author) 4.5 out of 5 stars 739 ratings

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The Art Therapy Colouring Book by Hannah Davies

Amazon.com: The Mindfulness Coloring Book: Anti-Stress Art Therapy (9781615192823): Farrarons, Emma: Books

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When coloring your Art Therapy coloring book, you can use whatever art supplies you may already have around. However, we recommend colored pencils, fine tip pens, or gel pens. These seem to work best on the intricate details that are common to adult coloring pages.

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The Real Art Therapists of New York Coloring Book: The ...

Coloring book myth #1 – Doing a coloring book is " art therapy. " Art therapy requires the presence and support of a trained art therapist. The relationship and guidance of the therapist differentiates art for self-care or self-expression from " art therapy. "

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