

New Coloring Book for Adults Offers Stress Relief Through Fine Art Therapy

Art Therapy for Stress Relief and Art Making Just for Fun

HILTON HEAD ISLAND, SC, USA, June 10, 2015 /EINPresswire.com/ -- COWCATCHER Publications announces the release of a new coloring book, [Color Your Own Candace Lovely](#) Paintings – A Coloring Book for All Ages. The coloring book features 17 original [Candace Lovely](#) paintings and showcase four popular locations—Kennebunkport, Boston, Nantucket, and Hilton Head Island. Coloring enthusiasts can create their own version of Candace Lovely's captivating landscapes and graceful figures by following the highlights and shadows shown in the sketch created by the artist.

Candace is an award winning, Boston School painter and Copley Master recognized in the world of fine art for her landscapes of treasured locales and people at play in idyllic settings. Her romantic vision and technical ability combine to voice a pleasing Impressionistic view of contemporary American life. When she is not outdoors painting in plein air, she works in her north light studio located in her home on Hilton Head Island, South Carolina. Candace Lovely is also known for her portraits, the most recognized and distinguished of which was painted at the White House in 1991 of Barbara Bush, who turned 90 on June 8, 2015.



coloring book for adults, art therapy, candace lovely, coloring book, activity book,

Available until July 9, 2015, readers can get a FREE 14-page PDF of Candace Lovely's Coloring Book Art Lessons, a remarkably simply resource that reduces the craft of painting down to three steps using three primary colors. Candace explains how and why when painting she starts by going back to the basics. Also included, a short narrative of what to look for in each of the 17 paintings featured in her coloring book (Volume 1) as well as commentary about how art and art making brings healing into our lives.

Here are quick three tips for coloring. For more insights from the artist, watch this [SHORT VIDEO](#).

TIP # 1: Color on a smooth surface in good lighting.

TIP # 2: Remember NOT to color over the areas that are to remain white.

TIP # 3: Color lightly at first. You can always add more color. Combine colors to achieve proper hue and intensity.

For interviews, or to schedule an author event, please email JODIE RANDISI, or call (843) 816-7883.

Press release courtesy of Online PR Media: <http://bit.ly/1IFWZxp>

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This press release can be viewed online at: <http://www.einpresswire.com>

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