

# ABSTRACT No. 1

The ten 11" x 17" designs in this set are not bound as are typical coloring books but are individual panels. They can be hung like a poster or framed without having to remove pages from a book. Panels can be shared with friends so that more than one person can color at a time. The carrying bag allows you to take art supplies.

The designs are complete in an 8" x 10" rectangle sectioned in the center of the panel. The design spills into the area outside of this 8" x 10" section, where artist notes are left, details aren't completed, and room is left for you to be creative! Some lines are intentionally faint to minimize outlining in the finished coloring.

It is strongly advised you study the design you intend to color before beginning! The designs are multi-leveled 3-D and busy with detail with opportunity to add your own artistic flair!



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## Art Therapy/About the Artist

I have had chronic pain for years. For many of those years I leaned on narcotics for relief. I became addicted, have since quit and had to find options for pain control that didn't involve drugs. I found something that works for me.

Distraction. It could be anything, but for me it's art. The creation of art distracts from my pain. When I immerse in my art I do not acknowledge my pain. I have found a drug-free means to deal with chronic pain that works very well for me. If you have this need I hope it works for you too!

"May your thoughts be of love, your words those of compassion,  
and your steps ordered by good Mother Earth"

-DGH

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