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Anti Stress Dot To Dot

Anti-Stress Dot-To-Dot. If you read my previous post, you will know I have been feeling a little stressed lately. One of my stress reducing ideas was to have

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regular breaks from studying and go do
something different. So that is exactly
what I have done this week.

Anti-Stress Dot-To-Dot - Hello Bexa

Emily Wallis' Anti-Stress Dot-to-Dot is quite individual. Adult colouring books have been around for a long time, and dot-to-dot books are just coming into

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fashion - but this is fantastic. It's all done in one line, unlike others, and I love the gradual realisation of what it is you're creating (unlike some books where you can cheat and look at the back!).

Anti-Stress Dot-to-Dot: Beautiful, Calming Pictures to ...

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Take some time for yourself to calm and de-stress with these loveable feline dot-to-dot portraits. With over 10,000 dots to join, this is the perfect way to unwind. Christina Rose is the creator of a number of best-selling anti-stress colouring books.

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pictures and scenes which once
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wish.

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Emily Wallis is an illustrator who uses traditional hand-drawn techniques to create dot-to-dot books including Anti-

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Stress Dot-to-Dot and A Sea Voyage.

Having completed her MA in Sequential Design and Illustration at the University of Brighton she now lives in Dorset and shares a studio with her husband who is a Graphic Designer.

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Anti-Stress Dot-to-Dot by Emily Wallis is full of sophisticated dot-to-dot illustrations for you to complete yourself. Featuring majestic animals, elegant buildings and gorgeous scenes from nature, this book is a window to a few minutes of peace and calm.

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Emily Wallis is full of sophisticated dot-to-dot illustrations for you to complete yourself. Featuring majestic animals, elegant buildings and gorgeous scenes from nature, this book is a window to a few minutes of peace and calm. .

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