



Finding Your Colors: Fine Art Adult Coloring Book (Volume 1)

By Hertz Nazaire

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Finding Your Colors is a series of fine art adult coloring books created by Haitian born artist Hertz Nazaire. This project was taken on with the goal of addressing a need in the Sickle Cell Community to have a coloring book that is relatable to those in this community. The artist has used his own experience living with the pain of Sickle Cell Anemia and Depression to create an effective art therapy tool for stress and anxiety relief. *Finding Your Colors* is a solace for the mind away from pain and depression.

No matter what difficulties you are facing in life, Nazaire believes Art can help you find your focus. If you are seeking some stress relief taking a quiet moment to add color to the pages in this book can go a long way towards helping you endure the hardships of your day. Be mindful of the changes in your mood as you find your colors.

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Finding Your Colors: Fine Art Adult Coloring Book (Volume 1) By Hertz Nazaire Bibliography

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Editorial Review

From the Back Cover

Haitian born artist Hertz Nazaire works out of his studio space at Read's Artspace in the quiet downtown of Bridgeport, Connecticut.

This book was created during a time of deep depression for the artist, who has been fighting a life long battle against the pain of Sickle Cell Anemia.

Art has allowed Nazaire to cope with chronic pain and depression for many years and his hope is that the images in this book series can provide that same outlet for others going through similar dark moments in life.

This volume contains:

- Over 50 beautiful Art compositions to color
- Some Beautiful Grayscale Art to show the artist's deep admiration for Women of Color.
- Mandalas are used in the compositions as Floral Patterns to create powerful impactful images

This is Volume one of the Fine Art Adult Coloring Book series from Indigo Book, LLC.

About the Author

Hertz Nazaire was born in Port-Au-Prince, Haiti and has been painting and sharing his love for art in Bridgeport, Connecticut for over 20 years. Working mostly with colorful oil pastels on board often depicting subjects influenced by Haitian Culture, History, and Life.

Nazaire was born with Sickle Cell Anemia a very painful illness which has motivated him to paint about pain and to strongly question a human's ability to learn compassion and feel empathy which he explores and hopes to inspire in his art.

His award winning Sickle Cell Awareness series has been published around the world in medical books and magazines promoting education and awareness of the disease.

Nazaire has lost part of his eyesight due to complications of Sickle Cell Disease but has pushed himself over the years to continue to draw and paint with limited vision affecting how he sees the world and how he creates a new composition.

Today he continues to seek new ways to express his art and continues to advocate and speak publicly for the much needed awareness of Sickle Cell Disease and Science education in his community.

His hope for his new coloring book series, "*Finding Your Colors*," is to be able to afford to send 50 coloring books and 50 coloring pencil sets to local Sickle Cell community based organizations around the world. so they can be gifted to a warrior fighting the pain on a hospital bed. And he hopes to challenge others to do the same, so that we all can learn to find our colors through fine art coloring books.

Users Review

From reader reviews:

Marcus Casale:

What do you with regards to book? It is not important along? Or just adding material when you want something to explain what the ones you have problem? How about your time? Or are you busy man or woman? If you don't have spare time to try and do others business, it is make one feel bored faster. And you have free time? What did you do? Every individual has many questions above. The doctor has to answer that question due to the fact just their can do which. It said that about e-book. Book is familiar in each person. Yes, it is right. Because start from on jardín de infancia until university need this particular Finding Your Colors: Fine Art Adult Coloring Book (Volume 1) to read.

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David Rutherford:

Spent a free the perfect time to be fun activity to complete! A lot of people spent their leisure time with their family, or their particular friends. Usually they doing activity like watching television, planning to beach, or picnic inside park. They actually doing same task every week. Do you feel it? Will you something different to fill your own personal free time/ holiday? Can be reading a book could be option to fill your free of charge time/ holiday. The first thing you will ask may be what kinds of guide that you should read. If you want to test look for book, may be the guide untitled Finding Your Colors: Fine Art Adult Coloring Book (Volume 1) can be good book to read. May be it might be best activity to you.

Julio Canfield:

The book untitled Finding Your Colors: Fine Art Adult Coloring Book (Volume 1) contain a lot of information on it. The writer explains her idea with easy means. The language is very easy to understand all

the people, so do definitely not worry, you can easy to read the item. The book was published by famous author. The author gives you in the new age of literary works. It is possible to read this book because you can keep reading your smart phone, or program, so you can read the book in anywhere and anytime. If you want to buy the e-book, you can start their official web-site along with order it. Have a nice examine.

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