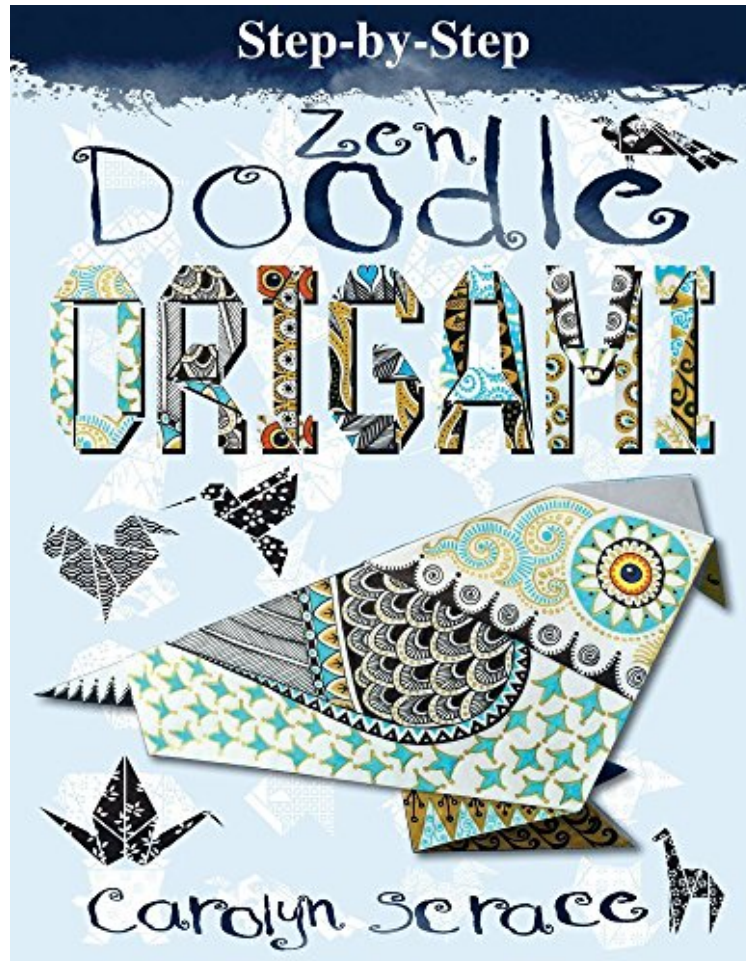


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About the Author Carolyn Scrace graduated from Brighton College of Art in England before working in animation, advertising, and as an illustrator of children's books. Carolyn is passionate about the powerful effects of doodling on relaxation, mindfulness and meditation, and as inspiration for artists of all levels.