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Menopause Makes

Empowering sewing projects to relax your mind, cool your body and ignite your creativity

Jenni Smith, Kay Walsh

Key Selling Points

- **FOR ALL MENOPAUSAL WOMEN - THERE IS NO OTHER BOOK LIKE THIS:** Most menopause-inspired books are semi-biographical, self-help or science-oriented; Menopause Makes takes a more active approach, and aims to inspire women to make useful, beautiful items in which to channel their symptoms, creating positive, creative experiences.
- **10 PROJECTS TO SEW, TO HELP YOU CRAFT THROUGH MENOPAUSAL SYMPTOMS:** From hot flashes to brain fog and anxiety.
- **FULL-SIZE, FULL-COLOUR, PULL-OUT PATTERNS INCLUDED** for easy use!
- **AUTHORS ARE EXPERTS IN THEIR FIELD:** Authored by well-known sewing and quilting teachers, Jenni Smith and Kay Walsh.
- **SUITABLE FOR BEGINNER SEWISTS:** Ideal project book for women who haven't sewed in a long time, or at all, and are looking for a creative yet practical outlet.
- **MENOPAUSE IS HAVING A MOMENT:** From Davina McCall's book *Menopausal*, to Zoe and the Balance app, menopause is becoming more acknowledged in public and reclaimed by women as something to be discussed and dealt with positively, not hidden away from view.
- **PLAYFUL, CREATIVE AND FUN**, and with a love of women and a concern for their health and wellbeing as its beating heart.

Summary

Sew your way through the menopause with creativity, confidence and a joyful riot of colour! Discover 10 beginner-friendly sewing projects to create beautiful accessories and wearables for yourself, or to gift to friends.

Feel good while making the projects and feel even better using them: the act of sewing can help to curb brain fog and anxiety, while the finished pieces will keep you cool, relieve insomnia, and hopefully inspire some pampering and self-care.

This vibrant book from sewing experts Jenni Smith and Kay Walsh is here to transform how you experience this important life transition. These 10 fabulous projects will help you to rediscover joy and creativity when peri-menopause and menopause seem to take the reins.

Whether you're a sewing newbie or dusting off old skills, Jenni and Kay have crafted beginner-friendly projects that are as practical as they are beautiful. Whip up a chic potion pouch for those essential pick-me-ups, or an elegant eye mask to banish sleepless nights. Stay cool and stylish with a breezy cover-up, or find moments of calm in slow-stitching a charming log-cabin placemat.

Here's what you'll find inside:

- An introduction to the menopause, and the benefits of crafting on wellbeing, from Dr Hannah Davies (BSc MBBS MRCP), who specializes in menopause and lifestyle medicine at the world-renowned Newson Health Clinic.
- 10 unique sewing projects designed to ease the various physical and mental discomforts that come with menopause, from insomnia and memory loss to brain fog;
- Full-size pull-out patterns to make creating the garments easy;
- Inspiring photos, step-by-step instructions and easy-to-follow illustrations to guide you through each project;
- A handy chapter on essential sewing techniques for both beginners or for those needing a crash course;
- Designer spotlights, celebrating a range of female indie fabric designers whose fabrics have been used throughout the book: Sally Kelly, Karen Lewis, Rashida Coleman-Hale and Alice Caroline.

Menopause Makes is both a celebration of creativity and an invitation to self-care. Sew away the symptoms and stitch together a new chapter of confidence and craftiness!

A word from Jenni and Kay:

We're so glad you've discovered our book! Its mission is to bring colour and creativity into the lives of women experiencing peri-menopause and menopause; to build their skills and confidence in sewing, and to make projects that have the ability to positively impact their mood and daily lives.

Each project in this book provides a hand-made solution to the challenges faced during this massive hormonal shift, and is designed to be both functional and fun.

Together, we hope to make a foggy time feel clearer, and counter any feelings of loneliness and isolation by building a strong, creative community of 'Menopausal Makers' around the world. #menopausemakes #creativemenopause

Contributor Bio

Jenni Smith and **Kay Walsh** are experienced sewing and quilting teachers based in Yorkshire, UK, and they're on a mission to empower women through sewing, one stitch at a time! In writing this book, they are determined to help women navigate the menopause through stitching, inspiring confidence and creativity when both can fall on the back burner. This dynamic duo love teaching both online and in person, and they travel the globe producing online textile workshops for *Quilt Folk* magazine and produce their own patterns.

Jenni is the author of the bestselling *Quilting with Liberty Fabrics* ISBN 9781940655468.

To learn more about the authors, and to see more of their work, visit:

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WHAT IS THE MENOPAUSE?

Foreword by Dr Hannah Davies

Historically, menopause has been perceived as a negative consequence of aging and associated with not only the closure of fertility but also femininity. In the early 1900s, the menopause was pathologized and framed as a severe deficiency disease affecting women at the end of their life. For a woman, it was a signal that menopause meant a cessation of all signs of femininity and the subsequent procreancy that ensured biological and social purpose ended with menopause.

Although we accept these ideas have been made to improve our understanding of the stage in a woman's life, the menopause remains often pathologized and associated with a loss of femininity and social purpose. This means the biological and social roles of women are often framed as a deficit, and menopause is seen as a loss of femininity and social purpose.

When Hannah began GP training, she quickly started to gain huge levels of satisfaction from providing high-quality, compassionate, patient-led menopause care to her patients, which has driven her to pursue a special interest in the menopause. She has empowered women and equipped them with the necessary knowledge and tools to make their own personalized, informed decisions about managing their menopause.

The medical definitions of menopause are not only to confine this period of a woman's life to the usual function and feel into the narrative that women are defined by their reproductive and sexual systems. The World Health Organization defines the menopause as the permanent and irreversible cessation of ovulation. However, the current definitions fail to acknowledge that the significant hormonal changes that accompany the perimenopausal and menopausal impact every single organ in the body, and not just those confined to the pelvic. It results in a variety of symptoms from the physical (hot flashes, night sweats, joint pain, palpitations, dizziness, and dryness of the eyes, mouth, skin, hair and scalp) to the psychological (irritability, rage, loneliness and grief), as well as cognitive disturbance, which can be more profound than the colloquial phrase brain fog would imply to be honest.

Further still, these objective definitions fail to encompass the biological processes that most women experience during the perimenopause. There is a decrease in bone mass, muscle mass and collagen, and increase in blood pressure, which collectively place menopausal women at a greater risk of osteoporosis, type two diabetes, heart disease, dementia, cancer and stroke. These three pathologies also fail to acknowledge the perimenopausal decline in estrogen which in women's lives. An estimated 10% of women have a higher risk of stroke, 15% have reduced their working hours due to menopause symptoms, and 70% of women report the menopause playing a role in their divorce.

Symptom #5

STRESS

Mid-life brings many challenges but through menopausal transitions into the menopause, stress levels can rise significantly. This can manifest into a busy mind that can't switch off, and may also lead to overeating or loss of self-control. So how to find calm?

Numerous studies show that sewing is a mindful activity. As you focus on each stitch, you become absorbed in the moment and slow down. Once immersed in this flow of creativity, you are more likely to process stressful thoughts in an effective way.

These placemats can be constructed by hand with a needle and thread, making them very portable and therefore allowing you to find a creative respite whenever you may need it during a break at work, in the waiting room, on the train, and so on. Even 10 to 15 minutes of stitching will make your project glow and still your mind. These placemats, which feature the traditional Log Cabin design, can be used to adorn your table and bring some handmade joy into your daily life.

Once you realize how relaxing hand sewing can be, why not try a different colour palette for every session?

LOG CABIN PLACEMATS

Symptom #9

HOT FLASHES

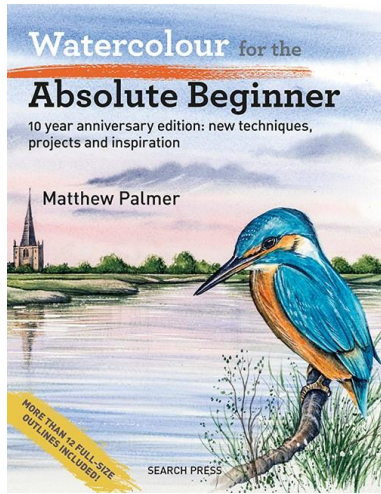
Hot flashes are the most common symptom of the menopausal transition. Experienced at any time of the day, sudden warmth is felt across the upper body, often combined with increased heart rate and perspiration. While their frequency and intensity differ among women, they do cause real discomfort and can stick around for an average of 7 to 10 years.

So, sit on your super stylish (and simple to construct) Cool-down Cover-Up, ease the discomfort of unwanted heat and fill you with pride as you feast your discomforting ability!

This loose-fitting jacket is a forgiving pattern for those new to sewing their own clothes, as there are no darts, buttons or other fastenings to contend with. It is also very forgiving for changes in body shape since it has a gentle silhouette, and the cover-up easily coordinates with numerous other items of clothing including dresses, trousers, t-shirts and even beachwear.

We have our friend, Abigail Lewis from the Liberty's Hosiery department, model this jacket on the following pages with effortless style.

COOL-DOWN COVER-UP



Watercolour for the Absolute Beginner

New techniques, projects and inspiration with full-size outlines

Matthew Palmer

Key Selling Points

- **OVER 100,000 COPIES SOLD:** An updated and expanded version of a best-selling classic.
- **PERFECT FOR COMPLETE BEGINNERS:** This is a comprehensive course in watercolour aimed at those with no experience at all.
- **IDEAL FOR HOBBY ARTISTS:** Learn in the comfort of your home.
- **REVISED AND UPDATED EDITION:** includes three brand-new projects, over a dozen new or updated exercises and techniques, over 30 brand-new finished paintings plus fresh tips that Matthew has learned over the past decade.
- **DOZENS OF TECHNIQUES:** Packed with expert advice and plenty of tips and tricks for beginners.
- **12 STEP-BY-STEP PROJECTS:** Six simple exercises to get readers going with watercolour followed by six more in-depth step-by-step projects to build skills and confidence.
- **NO DRAWING NECESSARY:** Includes 13 full-size, pull-out outlines.
- **POPULAR AUTHOR WITH A VERY HIGH PROFILE:** Matthew teaches hundreds of students per week and also appears regularly on TV. He has an accessible style, plenty of tips and tricks for beginners and his own range of brushes and colours. He has sold over 140k books, and is an expert tutor for the Society for All Artists (SAA).
- **BRAND NEUTRAL:** Great to sell alongside paints, brushes and paper; as almost any can be used.

Summary

10th Anniversary edition

'If you want to learn to paint, but don't know where to start, start here.'

Artbookreview.net

The ultimate guide to watercolour painting for the complete beginner, from expert teacher, Matthew Palmer. This is a revised and updated edition of his beloved bestseller, which has now sold more than 100,000 copies.

Best-selling artist and tutor Matthew Palmer is renowned for his beautiful, detailed paintings and his ability to teach effective painting using simple, friendly, step-by-step techniques. This revised and updated anniversary edition celebrates ten years since this best-selling book was first published.

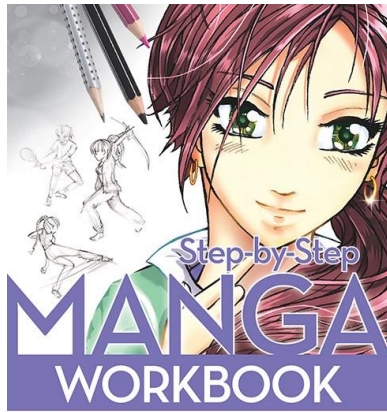
- In addition to the time-proven instruction of the original it includes three brand-new projects, over a dozen new or updated exercises and techniques, over 30 brand-new finished paintings plus fresh tips that Matthew has learned over the past decade. The book contains:
 - **Key advice for every beginner**, including a guide to paint and paper and a handy brushstroke comparison guide.
 - **Essential techniques** including drawing (from life and from photographs), composition, easy perspective, using light and shade and mixing colour.
 - **Watercolour techniques** including washes, layering, wet-into-wet, lifting out and using masking fluid, plus in-depth step-by-step projects for painting a variety of skies, trees, reflections and figures.
 - **Six simple step-by-step painting exercises**, and **six further step-by-step projects**, including a seascape, snow scene and a mountain landscape.
 - **Pull-out outline drawings** for all the step-by-step exercises and paintings (Matthew shows step by step how to transfer these onto watercolour paper)

The original edition of this book has already taught 100,000 complete beginners all the skills necessary to enjoy watercolour painting, and this revised edition includes plenty of new techniques, tips, and exercises to inspire many more.

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Step-by-Step Manga Workbook

Gecko Keck

Key Selling Points

- **PERFECT ALL-IN-ONE WORKBOOK FOR BEGINNERS:** Comprehensive and practical guidance on the basics of drawing manga plus space to draw and experiment.
- **FOR MANGA ARTISTS LOOKING TO EXPLORE DIFFERENT STYLES:** With tips and techniques for mastering the Shojo, Chibi, Bishie and Shonen styles.
- **FOR FANS OF THE ORIGINAL BOOK:** A perfect complement to the hugely popular origin title, *Step-by-Step Manga*.
- **BRING YOUR OWN MANGA CHARACTERS TO LIFE WITH CONFIDENCE:** Learn all the skills required to create your own fully formed characters.
- **ENORMOUSLY POPULAR SUBJECT:** Manga is especially hot right now, with #manga having 65 million hits on Instagram and 2.5 billion hits on Google.
- **GREAT FOR MANGA FANS:** Perfect for Gecko Keck's fanbase, as well as fans of Yishan Li.

Summary

The must-have workbook companion to the mega-selling *Step-by-Step Manga*, by celebrated manga artist Gecko Keck.

This practical workbook with drawing prompts, practical manga tips and space to draw can be used alongside *Step-by-Step Manga*, or as a standalone drawing guide, and is the perfect tool for beginners.

- **All the key drawing elements are covered:** Gecko Keck explains the techniques required to bring manga characters to life on the page, from an exploration of the essential tools and materials to creating outlines and hatching, sketching key facial features, capturing movement and perspective. Keck reveals his own secrets for conveying emotion, as well as adding depth to characters through hairstyles and fashion choices - right through to mystical or fantastical details such as animal ears - and even tails!
- **Space to draw and practise throughout:** Provided throughout are a variety of drawing prompts to get you started. This includes partial images for you to complete or add further detail to so that you can practise specific elements such as hair or clothing; simple faint outlines for you to build on; and some completely blank spaces for you to experiment with.
- **Take it further:** Discover how to create a world around your characters using considered colour choices and graphic effects. Then put all your skills into practice to plan out a graphic novel of your own!

Contributor Bio

Gecko Keck (the pen name of Gerhard Wörner) is a German artist, designer and author. He has published around 90 books since 2007, including *Step-by-Step Manga*, which has sold over 55,000 copies, and has created more than 25,000 drawings, paintings and figures.

Keck is married, and has two daughters. He spends a large part of his time on the Tuscan archipelago island of Elba, Italy.

Visit Gecko Keck online:

Facebook: @geckomanga, @GeckoKeckBuecher and @GeckoKeckGraphicArt

Instagram: @geckomanga and @gecko_keck

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Manga basics

In this chapter, you will find some exercises to get you started with drawing manga. These techniques and stylistic variations are the artistic fundamentals, comparable with practising vocabulary and grammar when learning a language.

Materials

The right materials are vital for making fast progress in drawing. Below is a list of the materials you will need for the exercises in this book.

CHECKLIST

- Pencils of various grades (hardness B2H4B)
- White paper
- Eraser
- A flat, smooth surface on which to lay drawing paper
- Black felt tip pens in various colours
- Black markers (any fine-lined felt tip pen)
- Different brushes
- A sharpener
- Coloured markers

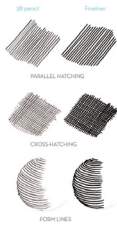


Outlines and hatching

Outlines and hatching are the basic techniques used for every drawing. On this page, you will find a few simple exercises to get you started.



Draw over the outlines on the left page. Use a ballpoint on the left and a 2B pencil on the right.



Practising the different hatching styles in this box.

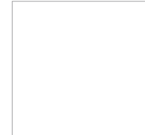
Testing your materials

It is best to test your materials straight away. You will immediately discover which pens or pencils work best and which don't.

These illustrations show a typical manga eye. One was drawn with a ballpoint and the other with a pencil (pages 58-59). Try it for yourself and see if you are more of a ballpoint or a pencil 'fighter'!



Draw an eye with a ballpoint.



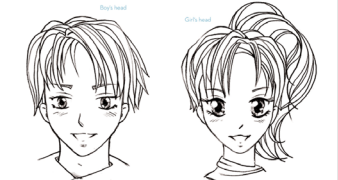
Draw an eye with a 2B pencil.

HIGHLIGHTS

Big, gleaming eyes are a typical stylistic device in manga. The effect is created by adding bright highlights to the eyes. To create these, leave white space in the shading.

Starting with the head

Test your skills! On this page you can check where you stand in terms of your existing drawing techniques and find out what you need to practice. Each drawing, from the eyes to the head shape and the hair, is presented separately on the following pages.



Draw the boy's head over the light blue structure.



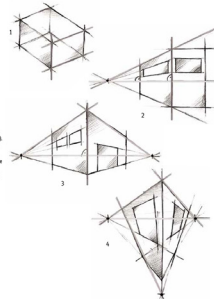
Draw the girl's head here.

Drawing essentials

Not every vital aspect of artistic development is as beautiful and accessible as fashion or emotions. It's important to realize that more challenging concepts like perspective, for example, can open up a whole new range of creative possibilities.

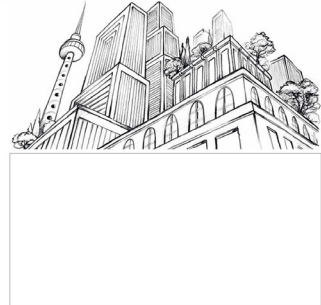
Perspective

Perspective drawing is a fundamental lesson for any artist, but for artistic drawing such as in manga, basic knowledge and the experience gained through practice are usually sufficient.



FOUR DIMENSIONAL FORMS

- Sometimes perspective, all lines that are opposite to each other are parallel (1).
- One-point perspective: all lines that converge emerge at a single point on the horizon (2).
- Two-point perspective: all lines that recede converge at two points on the horizon (3).
- Three-point perspective: all lines that recede converge at two points on the horizon. 'Vertical' lines converge at a point above or below the horizon (4).



To reproduce the structure in perspective perspective for the box and for the box.



In this box, you can practice perspective in each style.

Ballerina

In contrast to the action sports characters featured on the previous pages, when drawing a ballerina, the focus is on a more subtle form of artistic expression.



Draw the ballerina in the box and colour her in.

It's all cute

Alongside the main characters, other beings appear in manga, such as little friends and helpers who accompany the heroes on their adventures. However, there are also entire manga styles or genres that are based on cute or simplified depictions.

Chibis

The term 'chibi' refers to a specific style in which the heads of the characters are disproportionately larger than their bodies. As a result, the characters have a sweet, childlike appearance.



Draw the chibi character.

Fashion and emotions

Many countries around the world, such as Japan and the UK, have school uniforms, so it's no wonder that you find them in so many stories. School uniforms can, however, change the general mood of a story by wearing a particular outfit under their school blazer.

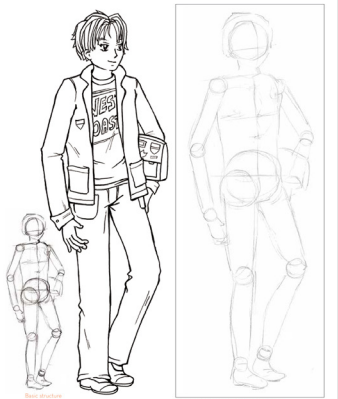
Clothing, hairstyles and accessories, combined with exciting adventures and emotions, are all the ingredients that make up a good manga story. That's why, in this chapter, you will find all kinds of exercises, starting with the classic schoolgirl elements and moving on to expressive fashions.

The school uniform

Stories in which the protagonists are schoolchildren are very common in manga, which is probably because many artists were still schoolchildren themselves at the start of their careers and developed the stories from there.



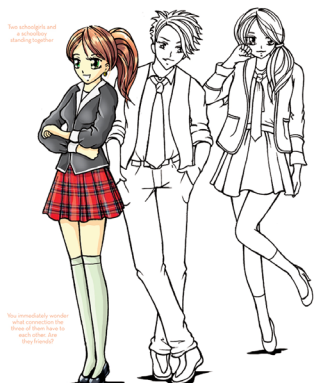
Draw the schoolgirl in the box.



Draw the equally stylish boy in the box above.

Student groups

Every now and then, it's good to challenge yourself in order to progress. While it is still relatively easy to draw a single figure, groups require more patience and drawing skills.



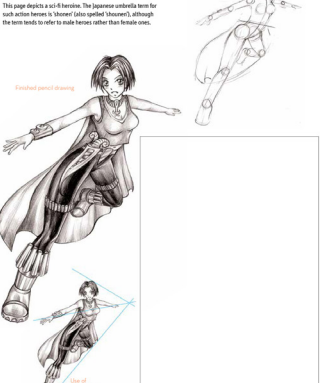
The three students are drawn in a similar style. Try to draw them in a different style.



Sketch the figures lightly in pencil and then draw them in with a ballpoint. If you feel like it, you can also colour the picture.

Sci-fi hero

This page depicts a sci-fi hero. The Japanese word for hero is 'shonen' (which means 'boy'), although the term tends to refer to male heroes rather than female ones.



Draw the action hero in this box.

Young fighter

Young fighters from the Far East who use martial arts to combat are probably one of the most common motifs in manga history. However, in illustrating such characters, it's not only about the action of the fight itself, but also about presenting the body and muscle tone.



Complete the drawing with fine outlines and hatching.



Draw Tiny

Step-by-step projects for drawing magical worlds in miniature

Licosmoss

Key Selling Points

- **SUITABLE FOR ARTISTS OF ALL SKILL LEVELS:** highly accessible and includes creative drawing activities which build skills and progress in difficulty throughout the book.
- **AN INTERACTIVE BOOK:** includes designated spaces to practise the techniques yourself, and black-and-white mandalas to complete and colour in.
- **AUTHOR HAS A SUBSTANTIAL AND ENGAGED FOLLOWING:** with nearly 300k followers on Instagram (@licosmoss) and 40.2k followers on TikTok!

Summary

Make a big impact with tiny drawings! A unique, super-accessible and highly addictive art activity book for would-be artists of all ages and abilities.

Lose yourself in the joy of detail with this unique - and addictive - drawing activity book from popular artist Licosmoss (@licosmoss).

- From tiny mushrooms, foliage and flowers, to ladybirds, bees, cats and tiny houses, the **20 whimsical doodle projects** show you how to create your own intricate, magical worlds.
- **Step-by-steps** teach you how to build up each key shape, with space to practice provided, before you create your own artworks on a partially completed template, then colour them in.
- **Hints and tips** are provided throughout to encourage you to be creative, forget the rules and have fun with art.
- **Lay-flat pages** make drawing in the book easier and **all pages are perforated** so you can pull out and keep your finished artwork.
- Black-and-white versions of all the projects are included at the end of the book as an **additional colouring activity**.

Contributor Bio

Licosmoss is a self-taught artist based in the Netherlands. Her intricate drawings, inspired by nature and childhood memories, have garnered a huge following on Instagram, where she posts videos of her drawing process. She believes that with patience and practice anyone can draw, and has written this book to encourage everyone to get creative and have fun with art. See more of her work @licosmoss on Instagram (nearly 300K followers) and TikTok.

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Mushroom Mandala

I created this Mushroom Mandala by repeating basic shapes of mushrooms, flowers, and leaves. Start by choosing two basic shapes that are easy to repeat. Draw them close to each other and use a black pen to fill in the background as you go. As you get more confident, try adding more shapes and details and drawing the mushrooms, flowers, and leaves closer and directly behind each other. When the black-and-white drawing of your mandala is complete, you can color it. I recommend choosing rich colors like red for the mushrooms, blue for the flowers, and a juicy green for the leaves. Bold colors create more contrast and give a nice depth to the drawing.

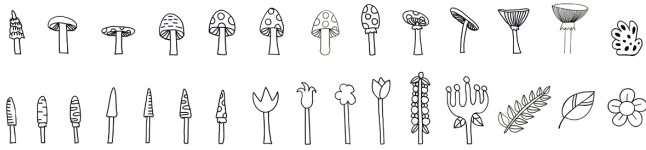
TIPS

Use good quality paper. My favorite is Fabriano 200g drawing paper. If the paper is too thin, the colors will bleed through and start to blur.

To create your own mandalas, use a pencil and draw round a small plate to get the circular outline. Or you can use a compass if you have one to hand.



Key shapes featured



Drawing practice

How to draw and color key shapes



Start by drawing the mushrooms close to each other.

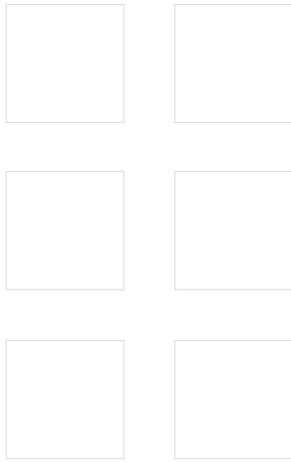


Now draw some of the mushrooms behind each other and overlapping.



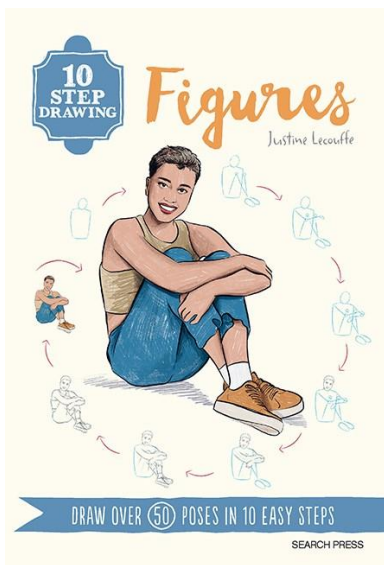
Add more shapes and details such as flowers and leaves.

Try it yourself



Draw and color the Mushroom Mandala on the opposite page. When you've finished, you can tear out the page to keep your artwork and frame it if you want to.





10 Step Drawing: Figures

Draw over 50 poses in 10 easy steps

Justine Lecouffe

Key Selling Points

- **IDEAL BEGINNER BOOK:** perfect for those who want to take their first steps towards figure drawing.
- **GREAT SOURCE BOOK FOR ILLUSTRATORS** looking for new prompts for drawing various body types or figures in-action.
- **EASY-TO-USE FOR ALL AGES**, including children, as there is minimal text and large illustrated step-by-steps to follow.
- **A HUGE RANGE TO CHOOSE FROM:** 50 figures in just 10 simple steps each.
- **SIMPLE, NEED-TO-KNOW GUIDANCE:** Key how-to information for fast, fun results.
- **TAKE IT FURTHER WITH COLOUR:** Includes colour palettes so readers can easily find the right tones for their drawing.
- **SUCCESSFUL, WELL-ESTABLISHED SERIES:** This is the 13th title in the hugely successful *10 Step Drawing* series, which has sold a million copies in 17 languages.
- **WELL-KNOWN AND POPULAR AUTHOR:** Justine's other books in the series have sold over 15k copies.

Summary

Draw an inspiring, dynamic range of 50 figures, in a range of poses, in just 10 simple steps each!

10 Step Drawing: Figures offers an easy starting point for any illustrator looking to create realistic drawings of people. All you need is a pen and paper: learning to draw has never been easier!

- Features **50 figures diverse in age, body type, skin-tone and gender** - each illustrated tutorial is fun and easy to replicate in ten simple steps.
- Practise drawing people in **natural, everyday poses** such as resting, eating, walking or playing, or choose **dynamic, mid-action poses**, from skiing and surfing to dancing.
- There are **handy drawing prompts** at every stage, and each figure comes with suggestions for a beautiful coloured finish.
- Once you've mastered the basics you can apply the techniques and **draw your own family members and friends** too!

Contributor Bio

Justine Lecouffe is an artist, illustrator and graphic designer based in London, UK. She creates digital and traditional hand drawings encompassing fashion, beauty, architecture and travel, for clients in a wide range of industries, from book publishing to branding for jewellery and fashion designers. Her work has been published in a number of books, including *Good Night Stories for Rebel Girls* and her major clients include Apple, O2, the National Trust, NHS, Red bull, Nivea and Pandora. Her book sales now total over 15k copies.

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Introduction

In this book, you will find 56 illustrated figures that have been created in just 10 simple steps. Whether you're an aspiring artist seeking to improve your skills or a seasoned illustrator looking to refine your technique, this book is designed to be your comprehensive companion on the journey to mastering the art of figure drawing.

TACKLING DIFFERENT SHAPES
From understanding basic anatomy to capturing movement and expression, this book equips you with the knowledge you need to bring your drawings to life. Whether you prefer to work with traditional media or digital tools, the principles outlined in these pages are applicable, empowering you to unleash your creativity and express yourself with confidence.

COLOURS
At the end of each finished drawing you'll find a colour palette. Use this as a guide, but feel free to experiment and use your favourite shades. Some illustrations contain a large palette of colours but you can also choose to reduce it if you prefer. I hope you will enjoy creating the images in this book as much as I did. Drawing figures has never been easier!

How to use this book

BASIC EQUIPMENT
Paper: Any paper will do, but sketch paper will give you the best results.
Pencil, eraser and pencil sharpener: Try different pencil grades and invest in a good-quality eraser.
Pen: A medium or fine ink pen is best for outlines and details. A thicker ink pen can be used to define lines. Ink is better than ballpoint because it dries quickly.
Small ruler: This is optional, but you may find it useful for drawing guidelines.
FOLLOWING THE STEPS
Use a pencil to draw the guidelines in each step and ink to add the outlines and details. When the ink is dry, erase the underlying pencil and apply colour.

Colouring
You have several options when it comes to colouring your drawings – why not explore them all?
Pencils: This is the simplest option. A good set of coloured pencils with about 24 shades is really all you need. Stay inside the lines and keep your pencils sharp so you have control in the smaller areas.
To achieve a lighter or darker shade, try layering the colour, or pressing harder with your pencil.
Paint and brush: Watercolour is probably easiest to work with for beginners, although using acrylic or oil means that you can paint over any mistakes. You'll need two or three brushes of different sizes, with at least one very fine brush.

Tip Tip
The guidelines in this book are drawn in blue. You can use a blue pencil or a blue pen to draw the guidelines. This will help you to see the lines clearly when you start to add the final details and colour.



Basic body shapes

Basic body shapes

Rectangle

A rectangular body shape has a straight up and down appearance, with the waist being almost the same width as the hips and chest.

- 1 Start by drawing a vertical oval in the upper portion to help define the head. Add a circle for the head in the top segment and an oval shape at a angle for the hair.
- 2 Add a very short line for the neck. The line should be the same length as the neck. The neck should be roughly rectangular.
- 3 Sketch the legs, adding width for hips and width for feet.
- 4 Add guidelines for the arms, using circles for elbows. There's no need to draw the hands as they will be in the artist's reference photos.
- 5 Finish on the head and sketch the facial features. Pay attention to proportions, remembering that the width of the face and the hair will be the same.

- 6 Follow the guidelines above the waist and down. Circle the neck in the back and the breast pocket with dark lines.
- 7 Continue with the trousers. Add a few lines for the belt and define the waist.
- 8 Now apply shading across the whole illustration.
- 9 Bring some colour to your drawing.
- 10 Circle the neck and draw the hair. Add a few lines for the belt and define the waist. Finally, add a few lines to the hair and the face.



Everyday actions

Everyday actions

Walking

Fluid, curving lines create a sense of movement in this figure's long skirt, along with the position of their arms, which shows they're swinging in motion.

- 1 Draw a vertical oval divided into six equal segments to help with the proportions. Sketch an oval in the top segment and a small line behind it for the hair.
- 2 Add the torso, using long, sweeping lines for the length.
- 3 Draw the legs forward, the other back with the lower section sketched. Add circles for feet and an oval for the hand feet.
- 4 Sketch the figure's left arm forward and right arm slightly back. Add circles for elbows and oval for hands.
- 5 Draw the head features. Start the head's hair around the oval of the face and use more subtle lines to define the hair. Then add the face, hair and the hair, eye and neck.

- 6 Draw the skirt, using curved lines. Pay attention to the position of the legs and the skirt, which are slightly curved.
- 7 Draw the feet and add the shoes. Use circles for the feet and add the shoes. Use circles for the feet and add the shoes.
- 8 Now draw the skirt and define the waist. Use circles for the feet and add the shoes. Use circles for the feet and add the shoes.
- 9 Bring some colour to your drawing.
- 10 Finally, add dark lines to create shading and bring more realism to your drawing. There's no need to block you to see your sense of the hair to define them.

Everyday poses

Standing

This is a relaxed standing pose. Seniors tend to stoop slightly, so be mindful of this when drawing the figure.

- 1 Sketch a vertical oval divided into six equal segments to help with the proportions. Draw an oval in the top segment and a small line behind it for the hair. Then draw a small line for the neck and shape in above for the hair.
- 2 Draw guidelines for the arms and legs. Add circles for elbows, hands and feet and oval for the feet.
- 3 Sketch around the guidelines to form the figure's outline. Draw roughly add in these final features, hair, hands, trousers and shoes.
- 4 Start to add the shading. Add the shirt, top and hair.
- 5 Continue with the trousers and feet, adding details including folds in the fabric.

- 6 Add details to the hair, face and neck, including wrinkles and shading.
- 7 Refine the arms and hands, adding lines to indicate knuckles and a ring. Draw some more lines on the skirt.
- 8 Circle the neck and define the hair. Add a few lines for the belt and define the waist.
- 9 Bring some colour to your drawing.
- 10 Add colour to the left and right trousers and more colour to the top and skirt. Apply shading across the face and the skirt, using dark lines for the hair, face, neck and the hair. Then add the hair, face and neck.

Popular activities

Skipping

The joyful energy of jumping is captured in this pose, with head tilted high, white socks, arms raised and both feet off the ground. The line perspective is challenging, but fun to draw.

- 1 Sketch the guidelines for the arms. Draw circles for elbows and oval for the hands. Add a circle for the head and neck.
- 2 Draw the head features. Start the head's hair around the oval of the face and use more subtle lines to define the hair. Then add the face, hair and the hair, eye and neck.
- 3 Sketch the guidelines for the torso. Draw circles for the feet and add the shoes. Use circles for the feet and add the shoes.
- 4 Add a shape for the feet and the hair. Add a circle for the head and neck.
- 5 Now sketch the skirt – they're not solid lines, so draw the skirt with a few lines for the hair, face and neck.
- 6 Draw the head features – you can depict a happy expression, with a wide smile and the eyes closed. Define the hair, face and neck with a few lines for the hair, face and neck.
- 7 Bring in the torso and add the hair. Add a circle for the head and neck.
- 8 Draw the figure's feet and shoes.
- 9 Continue with the trousers, top and hair.
- 10 Draw the figure's feet and shoes. Use circles for the feet and add the shoes. Use circles for the feet and add the shoes.

- 11 Draw the skirt, using curved lines. Pay attention to the position of the legs and the skirt, which are slightly curved.
- 12 Now draw the skirt and define the waist. Use circles for the feet and add the shoes. Use circles for the feet and add the shoes.
- 13 Bring some colour to your drawing.
- 14 Finally, add dark lines to create shading and bring more realism to your drawing. There's no need to block you to see your sense of the hair to define them.

10 STEP DRAWING *Botanicals*

Justine Lecouffe



DRAW OVER 50 PLANTS IN 10 EASY STEPS

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10 Step Drawing: Botanicals

Draw over 50 plants in 10 easy steps

Justine Lecouffe

Key Selling Points

- **IDEAL BEGINNER BOOK:** perfect for those who want to take their first steps towards botanical drawing.
- **GREAT SOURCE BOOK FOR ILLUSTRATORS** looking for new prompts.
- **EASY-TO-USE FOR ALL AGES**, including children, as there is minimal text and large illustrated step-by-steps to follow.
- **A HUGE RANGE TO CHOOSE FROM:** 50 botanical subjects in just 10 simple steps each.
- **SIMPLE, NEED-TO-KNOW GUIDANCE:** Key how-to information for fast, fun results.
- **TAKE IT FURTHER WITH COLOUR:** Includes colour palettes so readers can easily find the right tones for their drawing.
- **SUCCESSFUL, WELL-ESTABLISHED SERIES:** This is the 14th title in the hugely successful *10 Step Drawing* series, which has sold a million copies in 17 languages.
- **WELL-KNOWN AND POPULAR AUTHOR:** Justine's other books in the series have sold over 15k copies.

Summary

Draw a range of 50 beautiful botanical subjects, including flowers, plants and fruits, in just 10 simple steps each!

10 Step Drawing: Botanicals is the ideal starting point for any illustrator looking for visual inspiration and easy-to-follow instruction.

- Features illustrated tutorials for over **50 alluring plants** - from striking wildflowers and dramatic climbers and creepers to humble houseplants and luscious fruits.
- Every botanical subject is fun and easy to replicate in **ten simple steps** using just a pen and paper.
- There are **handy drawing prompts** at every stage, and each subject comes with suggestions for a beautiful, coloured finish.

Learning to draw has never been easier!

Contributor Bio

Justine Lecouffe is an artist, illustrator and graphic designer based in London, UK. She creates digital and traditional hand drawings encompassing fashion, beauty, architecture and travel, for clients in a wide range of industries, from book publishing to branding for jewellery and fashion designers. Her work has been published in a number of books, including *Good Night Stories for Rebel Girls* and her major clients include Apple, O2, the National Trust, NHS, Red bull, Nivea and Pandora. Her book sales now total over 15k copies.

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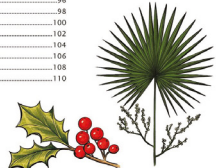
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Introduction

In this book, you will find 54 botanical illustrations that have been created in just 10 simple steps. By following the steps, you'll discover how to capture the essence of plants through art, and learn how to transform your sketches into inspiring botanical illustrations. Whether you're an aspiring artist or a seasoned illustrator, this book is your companion on the path to mastering this timeless art form. It breaks down each floral feature and plant part into simple shapes to get you started.

From understanding botanical anatomy to mastering the use of light and shadow, each chapter is filled with practical insights to help you bring plants to life on paper. Get ready to immerse yourself in the delicate world of flora, as we explore the art of drawing botanical illustrations.



COLOURS

A colour palette is provided at the end of each finished drawing. Use this as a guide, but feel free to experiment and use your favourite shades instead. Some of the illustrations contain a large palette of colours but you can also choose to reduce it if you prefer.

How to use this book

BASIC EQUIPMENT

Paper: Any paper will do, but sketch paper will give you the best result.

Pencil, eraser and pencil sharpener: Try different pencil grades and invest in a good-quality eraser and sharpener.

Pen: For inking the final outlines and details. A medium or fine ink pen is best (ink is better than ballpoint because it dries quickly and is less likely to smudge).

Small ruler: This is optional, but your sketches are the best when they are square. It may find it useful for drawing guidelines.

Following the steps: Use a soft pencil to lightly sketch the guidelines in each step. Use ink (or a darker pencil if you're not confident) for the final outlines and details. Once the ink is dry, erase the underlying pencil. Finally, apply colour as you like.

COLOURING

You have several options when it comes to colouring your drawings – why not explore them all?

Pencil: This is the simplest option. A good set of coloured pencils with about 24 shades is really all you need.

Step-by-step: Use the lines and keep your pencils sharp so you have control in the smaller areas.

To achieve a lighter or darker shade, try layering the colour, or pressing harder with your pencil.

Paint and brushes: Watercolour is probably the easiest for beginners to work with, although using acrylic or oil means that you can paint over any mistakes. You'll need two or three paintbrushes of different sizes, with at least one very fine brush.



Woodland plants & fungi

Periwinkle

The charming periwinkle has simple leaves and pink, nodding flowers. It's the ideal subject for a beginner to draw. The subtle use of shading creates a naturalistic effect.

- Start with a small, elongated shape for the flower's outline. Round it off at the top, making a slightly curved petal.
- Round off the flower, draw a curved guideline for the stem, then add a small circle for the stem's base. The top of the stem will be shaded to show depth.
- Add leaves to the stem.
- Color the petals using soft, delicate washes of pink, adding a bit more to the center.
- Shade the stem and leaves with light green, using a soft pencil or light ink.
- Finish the drawing by adding shading to the leaves and stem, using a soft pencil or light ink.

- Following the guidelines, draw the stem and leaves.
- Now draw the remaining leaves and the stem flower stalk.
- Color all the guidelines. Add color to the leaves with the same color. Then, keep your shading to the pink with light, straight lines.
- Add color with light green to the leaves and stem using the pencil. On the open flower, leave white highlights at the base of the petals and add a touch of yellow to the center. Color the stem light green to brown.
- Finish the drawing by adding shading with darker tones for depth, and give your stem a touch of brown.

Woodland plants & fungi

Horseshoe

Drawing a horseshoe plant involves capturing its distinctive, segmented and pointed structure.

- Start with a vertical, pointed line. This will represent the central part of the plant. Add a long, oval shape at the top of it.
- Sketch a thick stem around the central line to create the stem. Then, draw an oval shape at the top of the stem.
- Working your way up the stem, add a series of shapes as shown. This will create the stem's structure.
- Add light color to the end of the stem.
- Now, outline the triangle of the stem, using long, vertical lines. This will create the stem's structure.
- Finish your drawing by adding shading to the stem and leaves, using a soft pencil or light ink.

- Sketch your way up the stem, adding oval leaves as you go.
- Color the guidelines from around the stem and then color the stem, adding light, vertical lines to create the stem's structure.
- Add color to the stem, using light and dark green. Then, use the pencil to create the stem's structure.
- Finish your drawing by adding shading to the stem and leaves, using a soft pencil or light ink.

Climbers & creepers

Rose

The layers of petals that make up the classic rose are formed from curving lines. They are connected with the sharp, pointed lines of the stem and the serrated edges of the leaves.

- Round off the top of your paper, draw a half-circle at the top, as shown. Round it off at the top, making a slightly curved petal. This will be the top of the stem.
- On the right-hand side of the stem, add more detail to the stem, making it look like a stem.
- Draw the stem with petals, using a soft pencil or light ink. Add shading to the stem and leaves, using a soft pencil or light ink.
- Color the petals using soft, delicate washes of pink, adding a bit more to the center.
- Shade the stem and leaves with light green, using a soft pencil or light ink.
- Finish the drawing by adding shading to the stem and leaves, using a soft pencil or light ink.

- Keep adding petals until the flower is a nice size. Color the petals using soft, delicate washes of pink, adding a bit more to the center.
- Color the stem and leaves with light green, using a soft pencil or light ink.
- Finish the drawing by adding shading to the stem and leaves, using a soft pencil or light ink.

Fruits

Grapes

Grapes ripening on the vine are a reminder of the hot summer days of summer. This is a good exercise in using light and shadow to capture the full, juicy appearance of the fruit.

- Draw a diamond shape for the grape's outline. Add a small circle for the stem's base. The top of the stem will be shaded to show depth.
- Following the guidelines, draw the stem and leaves.
- Color all the guidelines. Add color to the leaves with the same color. Then, keep your shading to the pink with light, straight lines.
- Add color with light green to the leaves and stem using the pencil. On the open flower, leave white highlights at the base of the petals and add a touch of yellow to the center. Color the stem light green to brown.
- Finish the drawing by adding shading with darker tones for depth, and give your stem a touch of brown.

- Start drawing the grape. Color the outline by adding darker lines to the stem and leaves. Then, draw an oval shape at the top of the stem.
- Apply shading to the stem and leaves, using a soft pencil or light ink.
- Color the stem and leaves with light green, using a soft pencil or light ink.
- Finish your drawing by adding shading to the stem and leaves, using a soft pencil or light ink.

Trees & shrubs

Golden larch

The branches of this tree look intricate because of their many diameters of needles, but the shapes are simple to draw.

- Start by drawing a detailed guideline for the main branch. Then, add a series of short, curved lines to the main branch.
- Add a leafy shape at the top of the main branch, as shown. This will be the top of the stem.
- Along the main branch, sketch several small circles for the stem's base.
- Add a few more to the stem, making it look like a stem.
- Following the guidelines, draw the stem and leaves.

- Color the stem and leaves with light green, using a soft pencil or light ink.
- Finish the drawing by adding shading to the stem and leaves, using a soft pencil or light ink.

Houseplants

Bunny ears cactus

This cactus has the most unique shape you can get from a combination of a cactus's ribs. The center allows you to practice capturing the perspective of a pointed plant.

- Start with three overlapping ovals.
- At the top of each oval, draw a small circle for the stem's base. The top of the stem will be shaded to show depth.
- If you want to plant your cactus in a pot, draw a simple outline of the pot at the base.
- Add in the pot at the top of the stem.

- Sketch the overall shape of the cactus, using light pencil lines.
- Draw the stem, using a soft pencil or light ink.
- Use shading to create texture and depth on the cactus and pot.
- Add color to the cactus, using light and dark green. Then, use the pencil to create the stem's structure.
- Finish your drawing by adding shading to the stem and leaves, using a soft pencil or light ink.