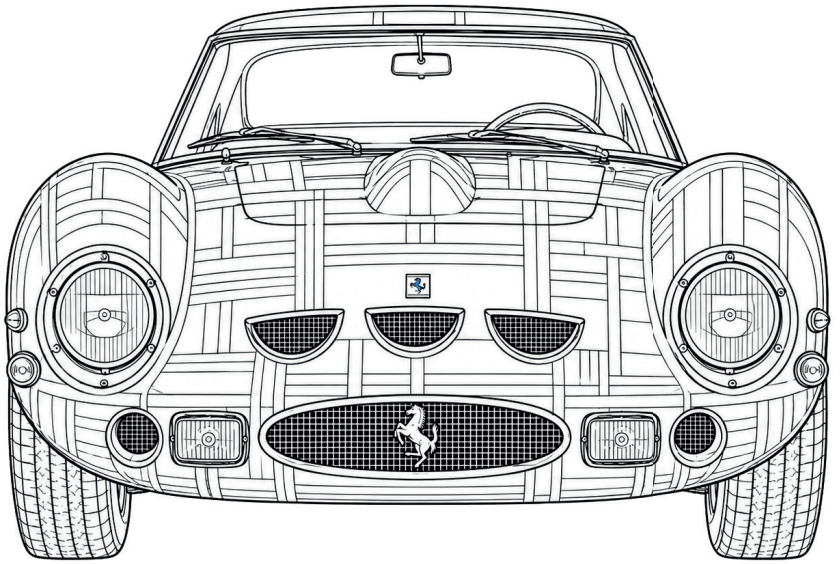
Marco Turinetto . Silvia Festa

AUTOARTHERAPY

Italian Cars to colour



intra



Collana Visio



Serie ICONICAR



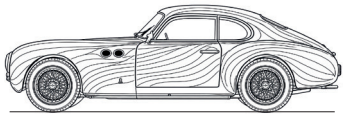
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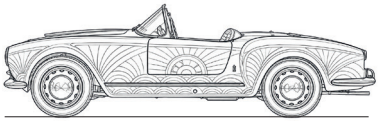
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The Collection



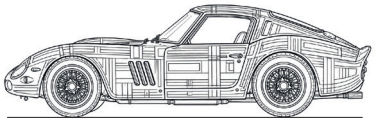
1947 - CISITALIA 202



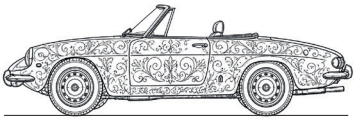
1955 - LANCIA AURELIA B24 “America”



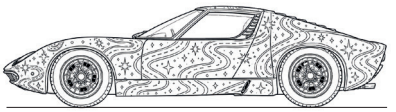
1957 - FIAT NUOVA 500



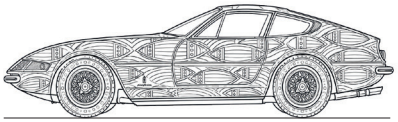
1962 - FERRARI 250 GTO



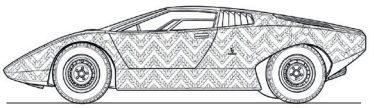
1966 - ALFA ROMEO SPIDER “Duetto”



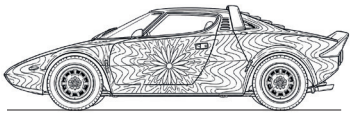
1966 - LAMBORGHINI MIURA P400



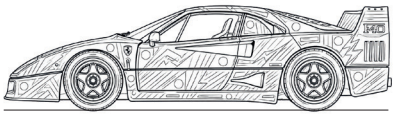
1968 - FERRARI 365 GTB/4 “Daytona”



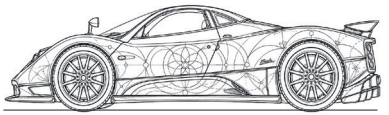
1971 - LAMBORGHINI COUNTACH



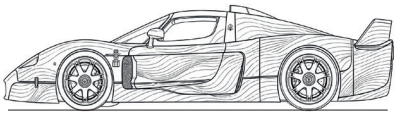
1973 - LANCIA STRATOS HF



1987 - FERRARI F40



1999 - PAGANI ZONDA C12



2005 - MASERATI MC12



Styling has become a defining element in the public eye, even in fields far removed from the automotive world. Style and design are thus key tools for shaping and expressing the aesthetic innovation of a car body. Often it is a single, carefully developed detail — a strongly recognisable visual signature — that makes the most immediate and lasting impression.

AutoArTherapy

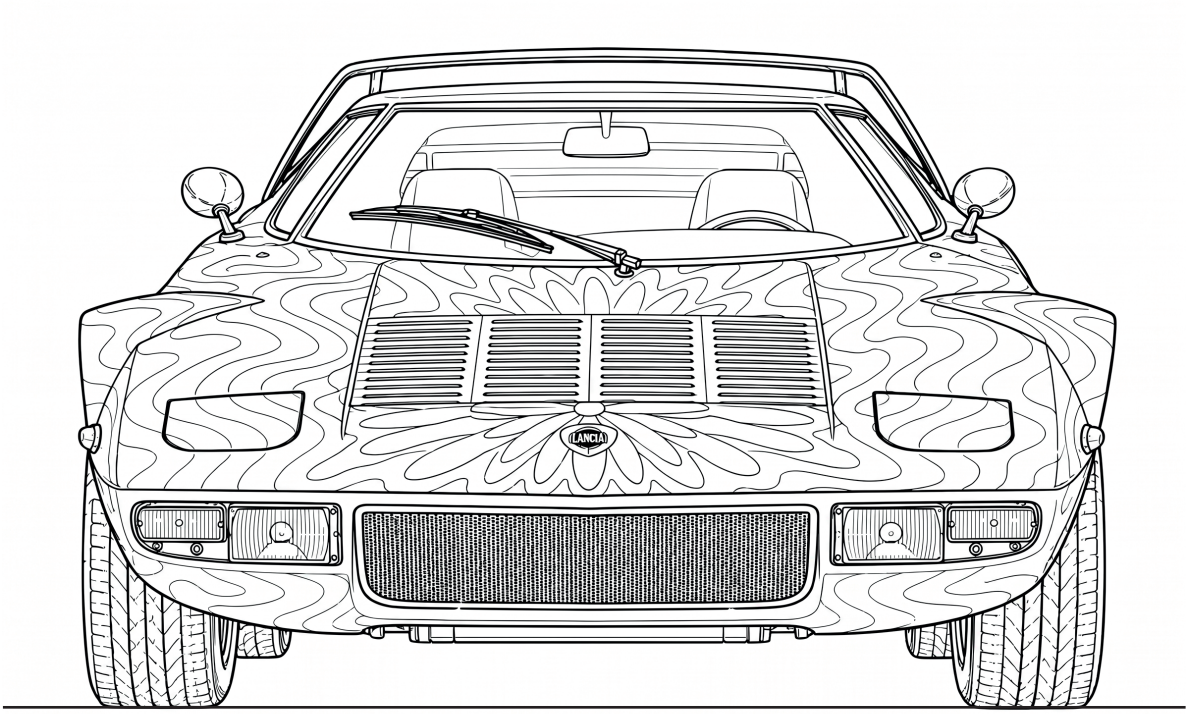
There are days when everything seems to demand our attention: commitments, notifications, expectations, and all the small difficulties that gradually pile up. We move from one thing to the next, often realising only at the end of the day that we have not taken even a moment for ourselves. This book was created to offer you a simple space to pause, take a breath and rediscover the pleasure of doing something without rushing. **AutoArTherapy** brings together the concept of art therapy and the idea of self-care. The prefix "auto-" (self) points to the possibility of starting with yourself: noticing how you feel, recognising what you need and allowing yourself a pause. Colouring becomes a small act of personal care, accessible even when words are difficult to find. In art therapy, the creative process provides a space in which emotions and experiences can be explored through images, shapes and colours. Within these pages, that inspiration becomes an everyday invitation: to let your hands move and allow your attention, for a few minutes, to rest on what you are doing. Choosing a shade, following a line or filling a space can help you slow down and shift your focus away from your worries towards something tangible and immediate, here and now. You do not need to know how to draw, nor do you need to understand the rules of colour. Choose the shades you love, experiment with unexpected combinations or change your mind halfway through a page. You can stay within the lines or go beyond them. Every choice is an opportunity to follow your curiosity and notice what feels right for you in that moment. The value of this time lies in the experience itself: in the freedom to explore, experiment and simply enjoy the process of colouring. The pressures of everyday life can leave us feeling as though we are constantly running behind, even when it comes to our own needs. Setting aside time for a creative activity also makes room for rest, play and discovery. A page can accompany a break after work, a quiet afternoon or those ten minutes between one commitment and the next. There is no need to finish it: stop whenever you like and return to it when you are ready, following your own pace.

As you colour, try noticing how you hold your pencil, how much pressure you apply and which colours draw your attention.
If you feel like it, ask yourself: ***"How do I feel today? What do I need?"***
You can let the answer emerge slowly, or simply enjoy the movement of your hand and watch the colour take shape.

This book is an invitation to carve out a moment for yourself within your day.
Open it wherever you like, choose a colour and begin there.

One line at a time, you can make space for yourself.

Italian Car Design



Italian automotive design established its international reputation largely through the work of independent coachbuilders: companies that designed and built bodies for chassis supplied by car manufacturers. Some of the earliest and most influential firms, including Touring, Zagato and Castagna, were founded in Milan, which — together with Turin — would go on to become the heart of Italian automotive design.

It was during the 1950s and 1960s, however, that Italian design truly gained worldwide recognition. Pininfarina created landmark designs for Ferrari, Lancia, Alfa Romeo, Cisitalia and many others. Bertone produced some of the period's most innovative forms, including the Alfa Romeo Giulietta Sprint and the Lamborghini Miura, often regarded as the first modern supercar. Zagato developed a distinctive approach based on lightweight construction and aerodynamic forms, particularly for competition cars.

Finally, in 1968 Giorgetto Giugiaro founded Italdesign, going on to become one of the most internationally recognised figures in Italian automotive design.