



# Coloring Book For Seniors: Anti-Stress Designs Vol 4 (Volume 4)

*Art Therapy Coloring*

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## **Coloring Book For Seniors Anti-Stress Designs Vol 4**

This Coloring Book For Seniors Anti-Stress Designs Vol 4 by *Art Therapy Coloring* is filled with adult coloring pages that are perfect for any senior who likes to color! It has over 30 stress relieving adult coloring sheets, featuring many different designs that include geometric patterns, zendoodle, animals, and more. You can color to your heart's content with this Volume 4 of our Coloring Book For Seniors Series!

### **Why Should You Buy Art Therapy's Anti-Stress Coloring Books?**

- **Lots of Adult Coloring Pages** (Over 30 Designs to color)
- **Reduces Stress and Increases Focus**
- **Variety of designs** (mandalas, geometric, zendoodle, flora and fauna, etc)
- **Works great with all types of art medium** (Colored pencil, gel pens, fine tip pens, etc)
- **Designs don't go into the spine** (you can color the whole design)
- **No newspaper Print!** (we use quality white paper, so your designs pop)
- **Not too intricate, not too easy** (A good variety of amazing designs that are fit for most people's tastes)
- **100% Money Back Guarantee**
- **We give 10% to support pancreatic cancer charities**

Here at Art Therapy Coloring, we have created this stress relieving coloring book with an assortment of adult coloring pages. With a variety of styles and designs from several talented artists, you are sure to find many adult coloring sheets that will suit your mood. In our Coloring Book For Seniors Anti-Stress Designs Vol 4, we have included a variety of designs specifically for seniors.

### **An Anti-Stress Coloring Book?**

At Art Therapy Coloring, we have created several Anti Stress Coloring Books that allow you to relax and enjoy the simple pleasure of coloring. Anti-Stress Coloring books for adults are amazing stress reducers because they have a relaxing effect on the adult mind. They let you feel like a kid again!

Adults all over the world have rediscovered the joy of coloring with anti stress coloring books for adults. Not only is it incredibly fun to sit down and color your favorite adult coloring sheet, it is believed to be good for your health as well. We all know about the negative effect that stress has on our health and well-being. In fact, many scientists believe that stress is just as bad for our health as a poor diet. Art Therapy Adult Coloring Books are here to help!

Coloring may actually help to reduce our normal day-to-day stress. When adults begin to color adult coloring books, the amygdala is able to relax. The amygdala is the fear center of the brain and gets activated with normal stress. When we color, the amygdala relaxes. This is not just a temporary benefit; stress is reduced after you've finished coloring your anti stress coloring book. That's why psychiatrists like Carl Jung and

many others have recommended coloring to their patients - adult coloring has so many benefits to it:

### **Benefits of Anti Stress Coloring Books**

Anti stress coloring books provide many benefits, such as:

- **Reduces stress**
- **Great social activity**
- **Increases focus**
- **Meditative**
- **Therapeutic**

This Coloring Book For Seniors Anti-Stress Designs Vol 4 makes a perfect gift for birthdays, Christmas, or any occasion! Get a copy for yourself or someone special today!

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#### **Elizabeth Rodrigues:**

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#### **Noah Gardner:**

A lot of people always spent all their free time to vacation or maybe go to the outside with them family or their friend. Do you know? Many a lot of people spent they free time just watching TV, as well as playing video games all day long. If you want to try to find a new activity honestly, that is look different you can read a book. It is really fun for yourself. If you enjoy the book which you read you can spent the entire day to reading a e-book. The book Coloring Book For Seniors: Anti-Stress Designs Vol 4 (Volume 4) it is rather good to read. There are a lot of people who recommended this book. They were enjoying reading this book. When you did not have enough space bringing this book you can buy the actual e-book. You can m0ore effortlessly to read this book from the smart phone. The price is not too costly but this book offers high quality.

#### **Tracy Cluck:**

Playing with family within a park, coming to see the ocean world or hanging out with friends is thing that usually you will have done when you have spare time, then why you don't try factor that really opposite from that. One particular activity that make you not sensation tired but still relaxing, trilling like on roller coaster you already been ride on and with addition details. Even you love Coloring Book For Seniors: Anti-Stress Designs Vol 4 (Volume 4), you may enjoy both. It is very good combination right, you still want to miss it? What kind of hang-out type is it? Oh can happen its mind hangout folks. What? Still don't have it, oh come on its known as reading friends.

#### **Heather Delph:**

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