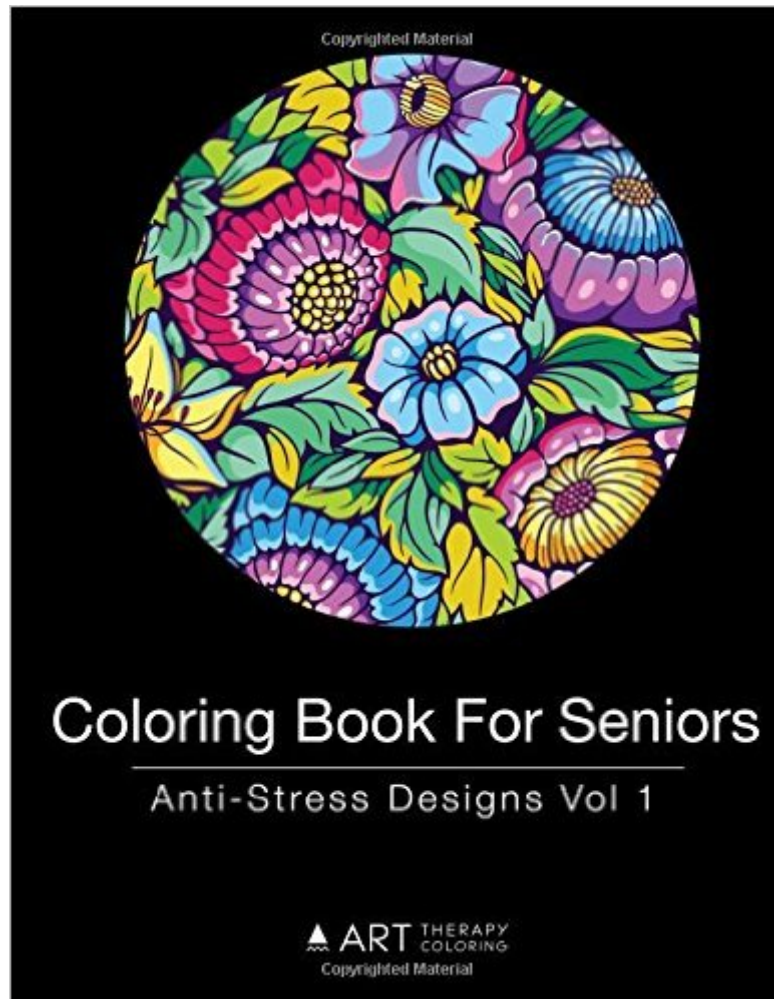


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# Coloring Book For Seniors: Anti-Stress Designs Vol 1 (Volume 1)



## Synopsis

Coloring Book For Seniors: Anti-Stress Designs Vol 1 Our Coloring Book For Seniors: Anti-Stress Designs Vol 1 by Art Therapy Coloring has been created to enable senior citizens to experience the joy of coloring! This anti-stress coloring book has the same quality of artwork that you find in our other anti-stress coloring books with an essential adjustment; the designs are zoomed in so that they are easier to see and color. Coloring Book For Seniors: Anti-Stress Designs Vol 1 is full of adult coloring pages that are customized for senior citizen color enthusiasts! Filled with 35 stress relieving adult coloring pages that feature a variety of designs, such as zendoodle, geometric patterns, mandalas, and flora and fauna, this adult coloring book will be sure to please any senior who loves to color. As we age, our bodies may fail to keep up with our aspirations. Our hands get arthritis and our eyesight worsens. Simple tasks become more difficult, but that is no reason to stop doing the things you love! The golden years could be the best years of your life! Aging shouldn't be about the years, they should be about how young at heart you are. Art Therapy Coloring is here to help you feel like a kid again! You can delight in coloring floral patterns, animal illustrations, mandalas, and geometric patterns. With a huge assortment of charming and delightful adult coloring pages, you can be certain that you won't get tired of coloring the same kind of coloring pages again and again! Art Therapy Anti-Stress Coloring Books A great way to increase focus and reduce stress 35 anti-stress adult coloring pages An assortment of beautiful designs Designs are on one side of the paper with no design on the back Only quality white paper is used 10% of proceeds support pancreatic cancer charities Anti-Stress Coloring Books Art Therapy Coloring has created this anti-stress coloring book for seniors with a medley of adult coloring pages. With a variety of designs from several talented artists, you are sure to find coloring pages that will suit your mood with our Coloring Book For Seniors: Anti-Stress Designs Vol 1. Our designs are geared specifically for seniors. Coloring imparts many of the same benefits as a mindfulness practice. Studies have shown that a mindfulness practice has many benefits for brain health. Mindfulness meditation has been shown to increase the amount of gray matter and neural connections in the brain. Studies have shown that coloring has many of the same effects on the brain as meditation. Coloring is a fun endeavor which may help your brain to be healthy and young! Coloring is great for socializing with friends. When the attention is focused on coloring, the conversation flows freely. If you want to encourage new friendships, take your adult coloring books and a box of colored pencils to a table and you'll be sure to draw a crowd! When everyone is having fun in a relaxed environment, they are undoubtedly having a great time! Our anti-stress coloring books have designs on one side of each adult coloring page so the ink doesn't bleed through and spoil the design on

the back. If you are using gel pens or fine-tip markers, you may want to put an extra sheet of paper under the coloring page you are working on so that the ink does not bleed through onto the next page. Art Therapy Coloring has published several anti-stress coloring books that are relaxing and fun to color. Now you can revel in the benefits that anti-stress coloring books have on your health and well-being with our coloring books for seniors. Feel like a kid again and order your copy of Coloring Book For Seniors: Anti-Stress Designs Vol 1 today!

## Book Information

Series: Coloring Book For Seniors

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Product Dimensions: 8.5 x 0.2 x 11 inches

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Average Customer Review: 5.0 out of 5 stars [See all reviews](#) (4 customer reviews)

Best Sellers Rank: #202,296 in Books (See Top 100 in Books) #204 in [Books > Self-Help > Art Therapy & Relaxation](#) #539 in [Books > Health, Fitness & Dieting > Aging](#) #1716 in [Books > Arts & Photography > Drawing > Coloring Books for Grown-Ups](#)

## Customer Reviews

Definitely a great coloring book for seniors and anyone with limited eye sight. The outlines are clearly defined and the pictures are interesting, amusing, fun to do. I have finished the book and am keeping it and look through it from time to time to enjoy my accomplishment.

Bought for my 89 year old mother who have mild Dementia, at first she did not want to try and color but now she have started coloring the pictures and she loves it.

bought for my mother-in-law....she loves it

got it for my mom and she likes it

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inner peace, calm, and focus (100 ... and stress-relief while writing.) (Volume 11) Urantia Coloring Book: Epochal Revelation and Anti-Stress Adult Coloring Book

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