



Color Your Butterflies Away: Dealing with Anxiety Through Adult Coloring Books (How to Treat Anxiety and Stress Books)

Penelope Pewter

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Reduce Anxiety Through Coloring

A simple, low cost tool for managing anxiety is a tool most adults have abandoned when they left the third grade. You ask what is this mystery tool? It's coloring books. Psychologist and therapist have their patients use them as anti-anxiety and anti-stress mechanisms. You can help calm the butterflies in your stomach by simply picking up some colored pencils or pens and putting forth your best Picasso imitation with a Mandela or Zentangle style adult coloring book.

Adult coloring has shown to:

- Help reduce anxiety and stress
- Be an effective way to exercise the brain
- Improve focus
- Replicate the effects of meditation
- Improve creativity

Psychiatrist and therapist have been recommending coloring books for their patients for years. Use this time tested method to help reduce your anxiety and stress. In addition to 25 calming coloring designs, each design is accompanied with an anti-anxiety quote to help put you in the right frame of mind. Even if you don't have time to color at the moment.

Coloring pages include mandalas, animals, butterflies, and all sorts of zentangle drawings.

Note: Kindle version is an art book. The Kindle version comes with a link to download each of the images. These images can then be printed and used for coloring. The Kindle book itself cannot be colored.

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Michael Jackson:

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Davis Miller:

Color Your Butterflies Away: Dealing with Anxiety Through Adult Coloring Books (How to Treat Anxiety and Stress Books) can be one of your basic books that are good idea. We recommend that straight away because this guide has good vocabulary that can increase your knowledge in language, easy to understand, bit entertaining but nevertheless delivering the information. The article author giving his/her effort to get every word into pleasure arrangement in writing Color Your Butterflies Away: Dealing with Anxiety Through Adult Coloring Books (How to Treat Anxiety and Stress Books) but doesn't forget the main level, giving the reader the hottest and also based confirm resource information that maybe you can be certainly one of it. This great information can easily drawn you into brand new stage of crucial imagining.

John Lee:

Are you kind of stressful person, only have 10 or 15 minute in your day to upgrading your mind expertise or thinking skill perhaps analytical thinking? Then you are receiving problem with the book in comparison with can satisfy your short time to read it because all this time you only find reserve that need more time to be study. Color Your Butterflies Away: Dealing with Anxiety Through Adult Coloring Books (How to Treat Anxiety and Stress Books) can be your answer given it can be read by you actually who have those short extra time problems.

Ruth Frye:

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