



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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Ernest Pettaway:

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Joseph Yancey:

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Christopher Melendez:

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