



Color Your Way Through Anxiety: Adult Coloring Book for Men and Women Experiencing Mental Health Conditions of Stress, Anxiety and Depression

Nerine Martin

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Color Your Way Through Anxiety features 35 full page pattern designs with words of encouragement to help Men and Women suffering from Anxiety. Coloring has been found to be a mindful activity that can help reduce symptoms of anxiety, depression and stress levels, as well as having a calming effect on the mind and body. • Designs are suitable for all levels of coloring experience and with 35 pages, you can color and complete a page every day of the month. • Suitable for colored pencils, gel pens, felt-tip markers and crayons. • Printed on one side only to avoid any bleed through from markers. • Preview all designs before buying at www.ColorYourWayToHappy.com. While you wait for your coloring book to arrive..... pop on over to www.ColorYourWayToHappy.com/Freebie and subscribe to the weekly newsletter and you will receive a FREE coloring book to print at home! The Color Your Way To Happy adult coloring book series, offers you an escape from the daily pressures of life, to a relaxing state of calm and mindfulness. Grab your copy today and go 'Color Your Way To Happy'.

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Lise Callicoat:

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Peter Landon:

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