



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

*Art Therapy Coloring*

Download now

[Click here](#) if your download doesn't start automatically

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

*Art Therapy Coloring*

**Coloring Book For Seniors: Anti-Stress Designs Vol 1 (Volume 1)** Art Therapy Coloring

## **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**
- **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. Coloring has many of the same effects on the brain as meditation. Coloring 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! It makes a great gift for Christmas, birthdays, or any time of the year for that special senior citizen!

 [Download Coloring Book For Seniors: Anti-Stress Designs Vol ...pdf](#)

 [Read Online Coloring Book For Seniors: Anti-Stress Designs V ...pdf](#)

## **Download and Read Free Online Coloring Book For Seniors: Anti-Stress Designs Vol 1 (Volume 1) Art Therapy Coloring**

---

### **From reader reviews:**

#### **Charles Felton:**

Have you spare time for just a day? What do you do when you have a lot more or little spare time? Yes, you can choose the suitable activity regarding spend your time. Any person spent their own spare time to take a move, shopping, or went to the actual Mall. How about open as well as read a book entitled Coloring Book For Seniors: Anti-Stress Designs Vol 1 (Volume 1)? Maybe it is to get best activity for you. You already know beside you can spend your time with the favorite's book, you can wiser than before. Do you agree with its opinion or you have various other opinion?

#### **Gail Beattie:**

What do you with regards to book? It is not important to you? Or just adding material when you require something to explain what you problem? How about your spare time? Or are you busy man or woman? If you don't have spare time to complete others business, it is give you a sense of feeling bored faster. And you have extra time? What did you do? All people has many questions above. They should answer that question due to the fact just their can do this. It said that about reserve. Book is familiar on every person. Yes, it is proper. Because start from on guardería until university need this kind of Coloring Book For Seniors: Anti-Stress Designs Vol 1 (Volume 1) to read.

#### **Kathleen Carroll:**

Would you one of the book lovers? If so, do you ever feeling doubt while you are in the book store? Attempt to pick one book that you find out the inside because don't evaluate book by its handle may doesn't work is difficult job because you are scared that the inside maybe not because fantastic as in the outside seem likes. Maybe you answer is usually Coloring Book For Seniors: Anti-Stress Designs Vol 1 (Volume 1) why because the great cover that make you consider concerning the content will not disappoint you actually. The inside or content will be fantastic as the outside or even cover. Your reading 6th sense will directly direct you to pick up this book.

#### **Angela Latham:**

That book can make you to feel relax. This particular book Coloring Book For Seniors: Anti-Stress Designs Vol 1 (Volume 1) was colourful and of course has pictures on the website. As we know that book Coloring Book For Seniors: Anti-Stress Designs Vol 1 (Volume 1) has many kinds or category. Start from kids until youngsters. For example Naruto or Investigator Conan you can read and think you are the character on there. Therefore , not at all of book are usually make you bored, any it makes you feel happy, fun and unwind. Try to choose the best book to suit your needs and try to like reading in which.

**Download and Read Online Coloring Book For Seniors: Anti-Stress  
Designs Vol 1 (Volume 1) Art Therapy Coloring #EO3G9S5YDBT**

# **Read Coloring Book For Seniors: Anti-Stress Designs Vol 1 (Volume 1) by Art Therapy Coloring for online ebook**

Coloring Book For Seniors: Anti-Stress Designs Vol 1 (Volume 1) by Art Therapy Coloring Free PDF download, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Coloring Book For Seniors: Anti-Stress Designs Vol 1 (Volume 1) by Art Therapy Coloring books to read online.

## **Online Coloring Book For Seniors: Anti-Stress Designs Vol 1 (Volume 1) by Art Therapy Coloring ebook PDF download**

### **Coloring Book For Seniors: Anti-Stress Designs Vol 1 (Volume 1) by Art Therapy Coloring Doc**

**Coloring Book For Seniors: Anti-Stress Designs Vol 1 (Volume 1) by Art Therapy Coloring Mobipocket**

**Coloring Book For Seniors: Anti-Stress Designs Vol 1 (Volume 1) by Art Therapy Coloring EPub**