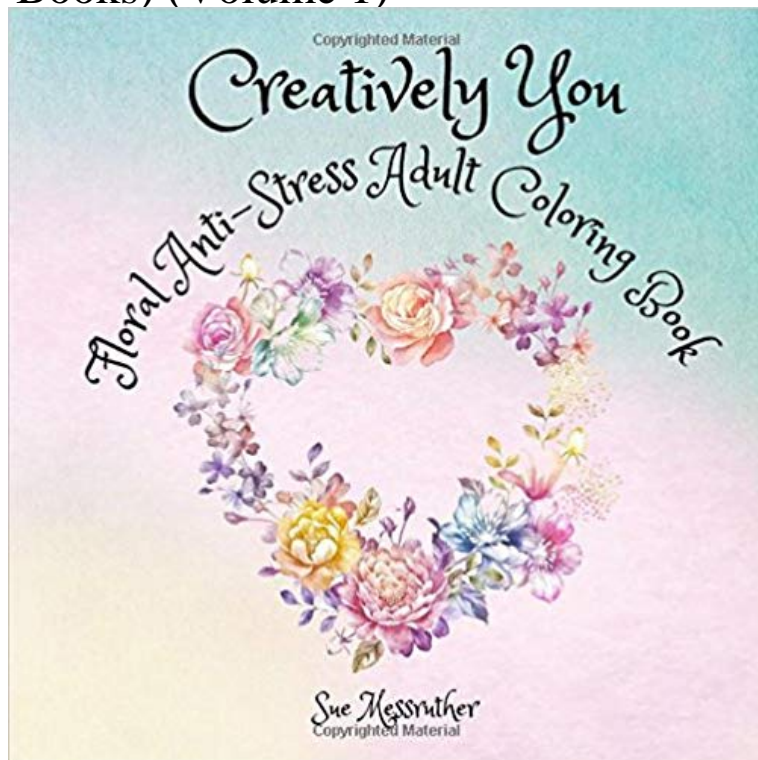


# Creatively You Floral Anti-Stress Adult Coloring Book (Adult Coloring Books) (Volume 1)



Bring out the artist within you! Even if you haven't picked up a pencil since your childhood days. You too can find this a relaxing activity as you begin to color, your mind will relax along with your body and spirit as imagination takes flight you will feel a sense of wellbeing that is inspiring. There are no rules, no color mistakes; it is your creation, simply focus on your creativity. Images are perfect for those who have Alzheimers or Dementia to help entertain and keep active their fine motor skills, many enjoyed the activity and soon groups were coloring in the pages and so it this book is the first of many more to come.

Images are created leaving the reverse side image free so there is no bleed through or choices to make in which image to keep if you decided to frame it.

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