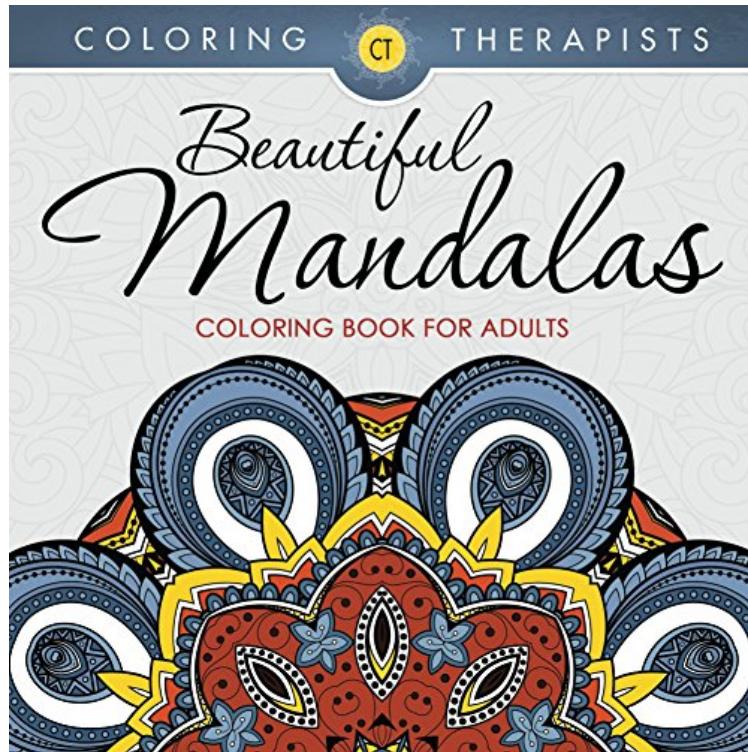


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nice informative section about Art Therapy and its health benefits. It lists several of the types of issues that it can be helpful for such as Dementia and Alzheimer's, PTSD, blood pressure, focus and meditation, and to reduce anxiety. I personally enjoy Art Therapy Coloring as a nighttime activity and to reduce anxiety. Many people including myself tend to spend many hours especially before bed on our smartphones and tablets and are being exposed to the light emitted by them, which can disrupt our circadian rhythms and a reduction of melatonin in the body both of which can contribute to sleep problems. I have found this very soothing and no longer have sleep issues. My teenage daughter also enjoys this and uses her devices much less often. I also enjoy it for the pure fun of it as I once did in my childhood. Another great thing about coloring is that it is somewhat inexpensive and you can choose to use colored pencils, crayons, markers, gel pens, etc. Included in the eBook is a bonus link to "ijustread.it" which allows you to access tons of free printable designs in pdf format by simply entering your email address to sign up. If you decide it is not for you then you can simply unsubscribe, either way a freebie and nothing to lose! If you are using this preview as intended you will find it a perfect way to decide for yourself if you wish to purchase the paper book or not. I highly recommend it!!

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5 stars: Wow! This item is amazing, I absolutely love it, it is an exceptional, impressive product. Not only does it meet all expectations but it's a product that's well made (designed, formulated, composed, etc) and lives up to the product details and description. It exceeds normal consumer expectations.

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