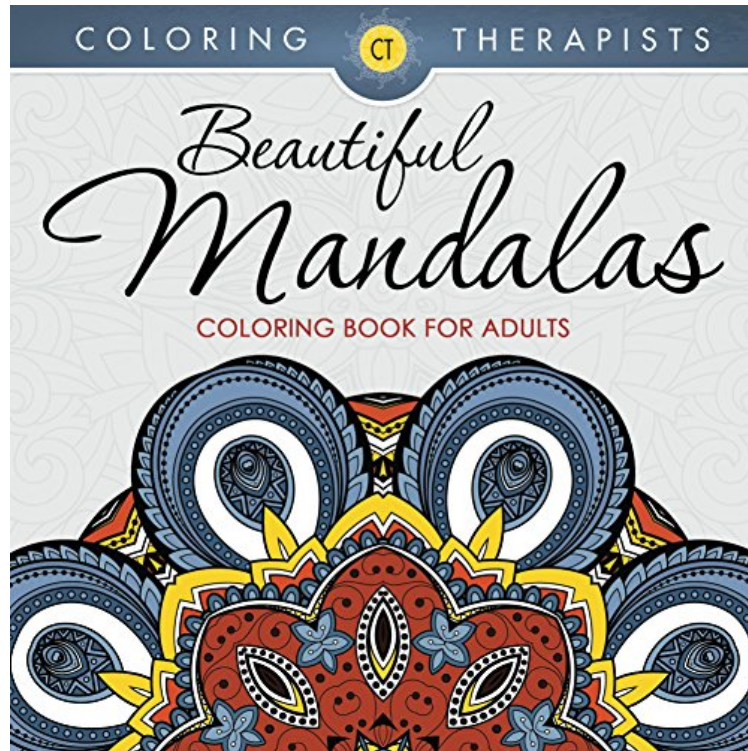



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Coloring Therapist

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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!!Disclaimer: I received this item at a discount or for free in exchange for an honest and unbiased review. I myself appreciate and rely on honest reviews before I make purchases in order to get a quality product worthy of my hard earned money, so my product reviews are written exactly as I feel they have been earned regardless of discount. 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The art they use is clipart, stock photos, and pieces they stole from other artists--none of which are ever credited. I've included samples of the coloring cutouts included in this "preview" which show the small images provided in the ebook, which are all obviously taken from multiple sources (I reverse image searched to find them) and low quality. Many of the designs are used in other books by this seller.Since the link to the coloring pages email list is broken, there's no way to tell if the full resolution images are any better quality, but the included images are low quality. While the coloring page link was suspended by the ISP (very telling), the link to the "I Just Read It" book club will in fact sign you up to receive even more discounted, poor-quality books from content farms and desperate authors. That's the goal of these scammy publishers: they create mediocre content to get you to sign up for more mediocre content which they use to sell their mailing list services to mediocre authors or other content farms. The actual content they produce is garbage, and it's completely unrelated to the book you found the link in.***** AS OF THIS WRITING, YOU CANNOT ACTUALLY GET ANY "BEAUTIFUL MANDALAS" COLORING PAGES THROUGH THE PURCHASE OF THIS EBOOK *****DISCLAIMER: As a broke college student, I depend on honest reviews so I don't waste money on bad products. I want to return the favor by being honest in my own reviews, even if I have received an item at a discount. I only purchase and review items I plan to actually use. Please note that this product was provided with a promotional discount in exchange for a review. Neither the seller nor the discount affected my opinion of the item.0 of 0 people found the following review helpful. cool designsBy nicholas bigsterGreat ebook for coloring. My son loves to color and these are more adult books but they are really fun. Overall good to take on trips or to have in the car. There are many different pages for coloring just print them out and you have great outlines.We received this product with a discount from this seller in exchange for my honest an unbiased review.STAR RATINGS: Each product is carefully reviewed in an unbiased manner. Star ratings are earned, never given.1 Star: This product is not worth your time. There may be something wrong in the product details or description, it does not live up to what it is advertised as or made extremely low quality. I would tell my friends, acquaintances, and strangers that they shouldn't use their hard earned money on this product.2 Star: This is not a great product at all. It has mistakes in the product details or description and does not live up to what it advertises or normal customer expectations. It is still now worth the money.3 Star: This is a neutral rating. I could take it or leave it. It met the product description and details for the most part but isn't something I am ever likely to order again. It could have some really cool features, An awesome looking design, Or maybe it's just a killer deal. But overall the price of the product is not worth it.4 Star: I like this product. This item has met all expectations, The design is sound, The build is great and the product does what it was made for. It's a great product that i can recommend buying. However it didn't completely wow me. It does what it is supposed to do.This is what most products fall under.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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