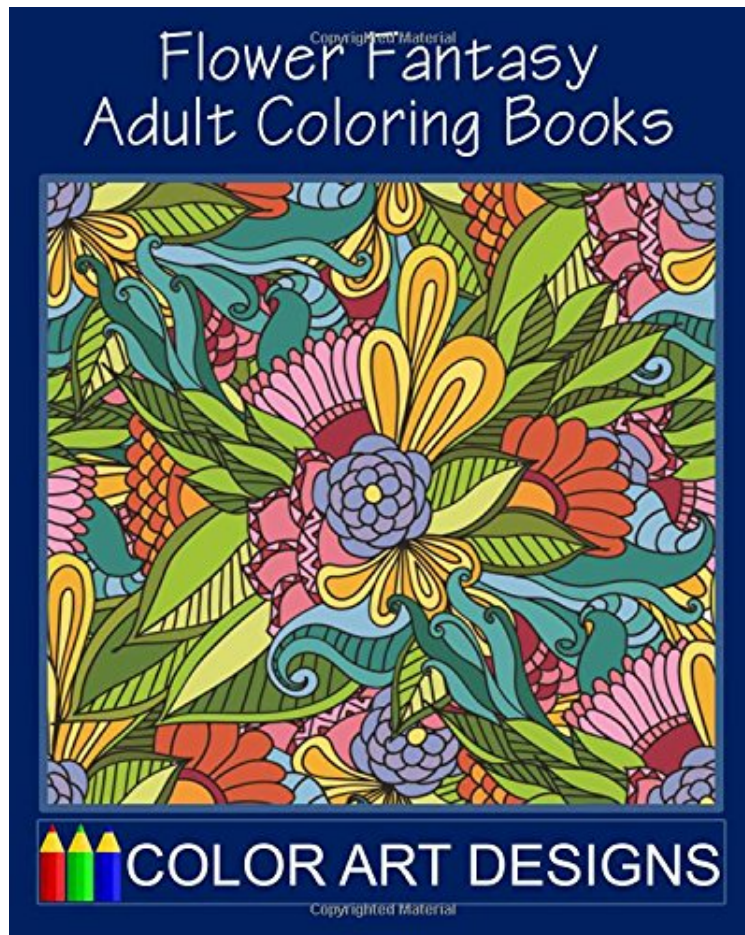


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Many adults say that they color to relieve stress. But for some coloring is more than that. For some coloring helps them to recover their fine motor skills. Adults with fine hand tremors say it really assists them to concentrate and therefore shake less. Coloring can help you focus better. During the act of coloring an image you're so engaged in the immediate task that some say they are able to cope with uncomfortable feelings of anxiety. Experienced colorists say coloring has really brought out their creative side and they are very proud of their completed creations. They are sometimes surprised at all the complements they receive after a completed piece. So regardless of the reason you color make it fun. There's such a wide variety of books to choose from that you will find something you like. There are patterns, swirls, mandalas, modern and vintage styles. So what are you waiting for? Grab this coloring book and color

away!