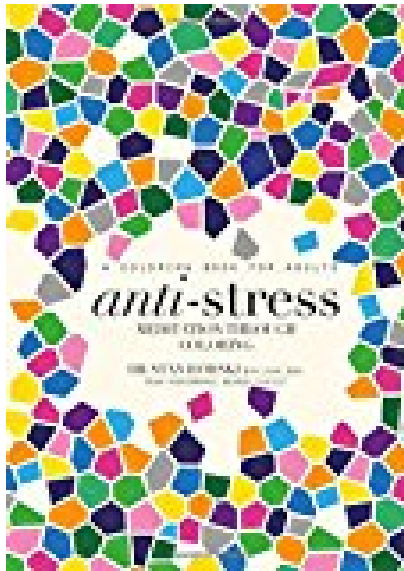


# Anti-Stress Meditation Through Coloring

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## BOOK DETAILS

- Author : Stan Rodski
- Pages : 96 Pages
- Publisher : Hardie Grant
- Language : English
- ISBN : 1743791879

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## **BOOK SYNOPSIS**

The only coloring exercises scientifically proven to ease stress Drawing from the study of neuroscience, each of these three unique coloring books contain more than 75 unique patterns designed to focus your brain through the use of pattern, repetition, single focus, and creativity. It is inevitable that our brains get overwhelmed at times by the bombardment of information, but it is essential for our health and well-being to be able to draw upon our own resources to deal with that stress. The simple act of coloring has the power to engage your brain, improve your mood, and kindle creativity by providing a mindful task that can forge new neural pathways and connections in our brains. In this series, Dr Rodski looks at the fight or flight reaction to stress and how coloring can help; how repetition, pattern, and focus relax the brain; and how coloring can stimulate the brain to be more agile and learn faster.

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