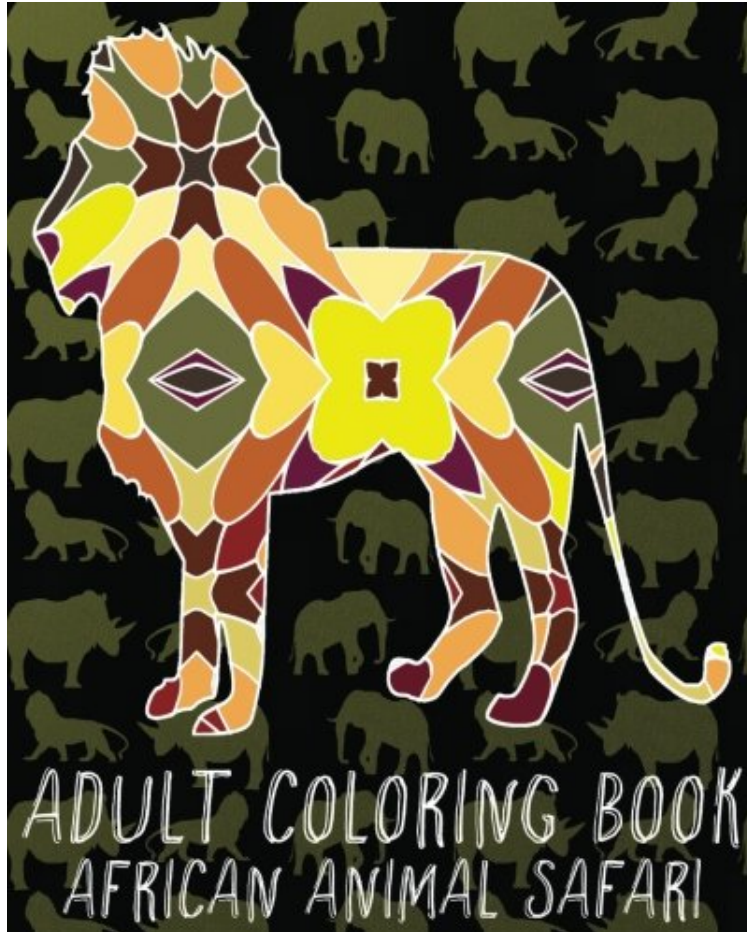


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About the Author"Coloring is one of the most creative forms of meditation" Coloring is a true meditative and calming experience. Studies have shown that anxiety levels drops in adults who color. The calming effects of coloring helps reduce your stress levels, but also helps you to indulge in a creative and fulfilling process. We have a variety of coloring books at Splash Coloring such as coloring books for elderly, adult coloring books - animals, adult coloring books for men, adult coloring books for stress etc. Just grab your favorite color pencils or crayons, and you are good to go. Coloring does not have to be a complicated process, its like listening to meditative music, you are able to get in touch with your inner self, and block out any stress from the day and distractions around you.