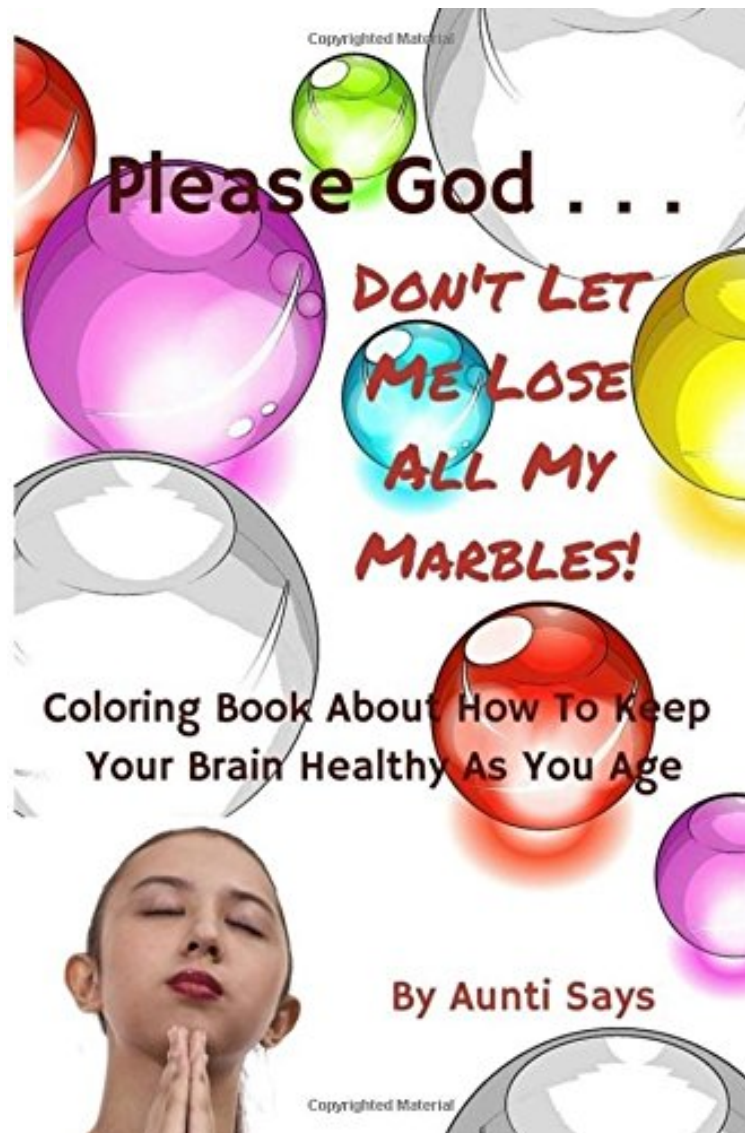


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## Please God... Don't Let Me Lose All My Marbles!: Coloring Book About How to Keep Your Brain Healthy as You Age

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Let's not glaze over this. Stress is the number one culprit that brings on disease, ailments, traumas, and worst of all (in my humble opinion) the sense of losing one's marbles! In other words, a form of dementia. Not remembering is a direct correlation to the level of stress you experience in your life. My research has shown the adult coloring book trend is popular for this very powerful reason – it reduces stress, allows the brain to focus, and when feeling better, one makes better decisions. In fact, one can think again. So here it is, your coloring booklet about how to keep your brain healthy as you age.