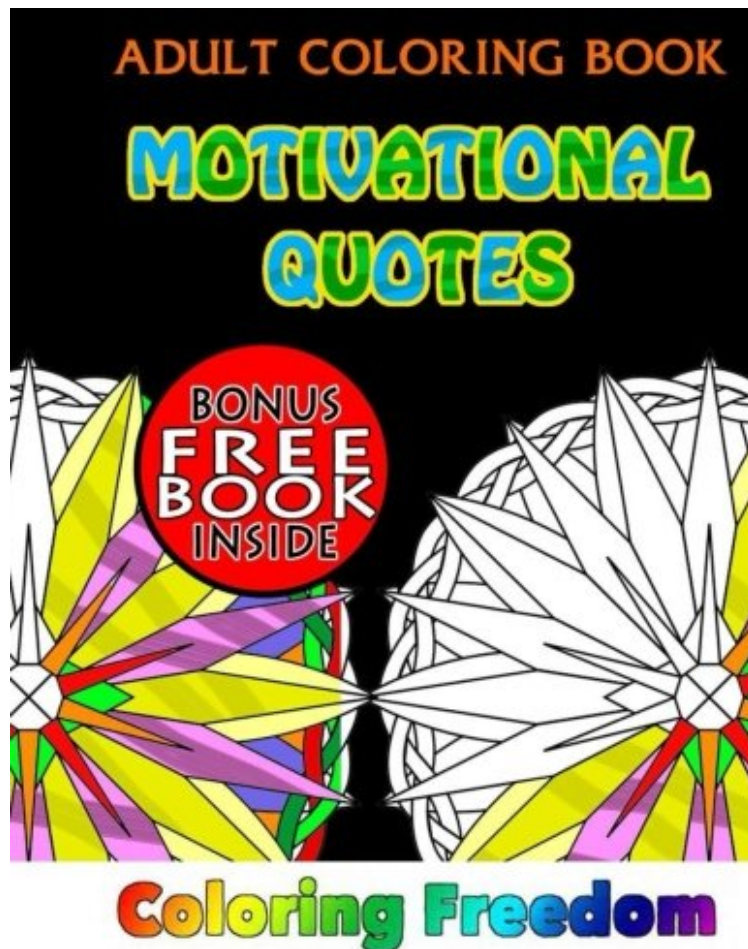


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## Motivational Quotes: Inspirational Quotes, patterns and designs for mindfulness, meditation, stress relief, relaxation, therapy, and fun

*Coloring Freedom*

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Coloring as an adult has many proven benefits backed up by science. Spending time coloring has been shown to reduce stress, promote mindfulness, and improve mental clarity and focus, and even provide a lasting benefit to one's memory and cognition. Coloring patterns can help us to achieve a meditative state. In fact, many people find it easier to achieve this state when coloring than they do when actually trying to meditate. This is probably because meditation involves a deliberate effort to detach the flow of thoughts from the concept of the self. Doing so requires a deliberate focus and effort on the task at hand which can actually serve to make achieving the desired result more difficult. Many adults who color report being "lost" in the simple act of coloring and becoming detached from the flow of thought and time, easily achieving higher orders of meditation than they ever had before. Scroll up to grab your copy of *Motivational Quotes: Inspirational Quotes, patterns and designs for mindfulness, meditation, stress relief, relaxation, therapy, and fun* and enjoy hours of entertainment and relaxation for this limited time promotional price!  
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