



## Easy Ani-Mandala Coloring Book for Seniors (Paperback)

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By Pat L Steele

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.5 Minute Easy Relaxation Method for Seniors According to the American Institute on Stress, stress is a major killer. With more than 44 of Americans feeling more stressed than they did last year. (The numbers have likely gone up since then). Some, (1 in 5) go on to experience Extreme Stress. That is a condition where your body starts shaking, your heart races with palpitations, and you get depressed. The end result? Work stress causes more than 10 of strokes. Every Senior needs to return to coloring for fun, and profit from the benefits of relaxation and stress reduction. The two, are directly linked to your happiness. Here s your solution. Get and start coloring in these delightful Ani-Mandala coloring book patterns for Seniors. Over 23 illustrations made just for Seniors like you to enjoy. If you ve been recovering from an illness or want to enjoy more of your life, you need to get a copy of this specialized coloring book for seniors today. We ll ship your copy to the US, UK, Canada...



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