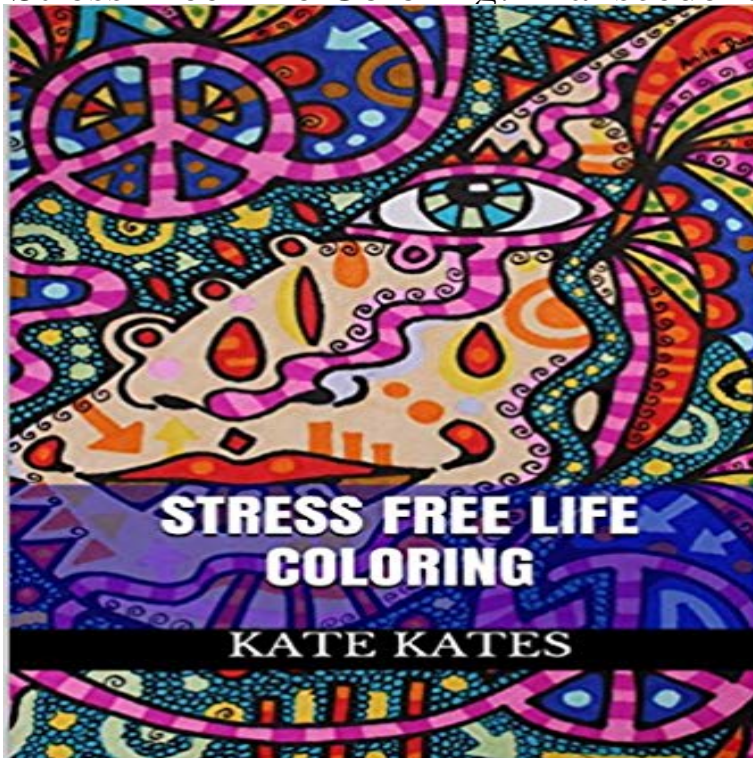


Stress Free Life Coloring: Transcendental Meditation Coloring Book



Stress Relieving Coloring Book is a new world hit which overcomes the bestselling lists for weeks now. It is a proven fact that coloring can help reduce stress. Many of us take this simple act for granted, because we have so much required coloring in our daily lives-the newspaper and such. But how often do we color for pleasure? Coloring can be a wonderful (and healthy) escape from the stress of everyday life. Simply by opening a book, you allow yourself to be invited into a literary world that distracts you from your daily stressors. Coloring can even relax your body by lowering your heart rate and easing the tension in your muscles. A 2009 study at the University of Sussex found that coloring can reduce stress by up to 68%. It works better and faster than other relaxation methods, such as listening to music or drinking a hot cup of tea. This is because your mind is invited into a literary world that is free from the stressors that plague your daily life.

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