



# Coloring Book: Enjoy and set your Mind at Peace: For Adults and Teens

*Bella Stitt*

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## **Coloring Book: Enjoy and set your Mind at Peace: For Adults and Teens** Bella Stitt

This book by certified cognitive therapist Bella Stitt contains 60 fascinating pictures from her “Wonder Worlds” series for relieving stress from everyday life. Feel free to color as you listen to music or watch television. Coloring will put you at ease and make you better able to focus. This is a form of meditation as well as an opportunity to think about your struggles and come up with solutions while engaging in a calming activity. In addition, if you have difficulty with perfectionism and making decisions, choosing colors to use for these pictures will allow you to have practice with experiencing flexibility and courage while having a positive outcome since there is no right or wrong way to color. Relax and enjoy! You can find more books on [www.bellastitt.com](http://www.bellastitt.com)

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