

## Menieres Disease: Menieres Art Therapy. Healing Garden Adult Coloring Book. Butterflies and Flower Gardens for Stress Relief and Relaxation to Promote Healing (Paperback)



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### **Reviews**


*This book is great. I have go through and so i am confident that i will going to read through once again again in the future. I am just easily can get a satisfaction of looking at a written book.  
(Miss Vernie Schimmel)*


## **MENIERES DISEASE: MENIERES ART THERAPY. HEALING GARDEN ADULT COLORING BOOK. BUTTERFLIES AND FLOWER GARDENS FOR STRESS RELIEF AND RELAXATION TO PROMOTE HEALING (PAPERBACK)**




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Page Addie, 2017. Paperback. Condition: New. Language: English . This book usually ship within 10-15 business days and we will endeavor to dispatch orders quicker than this where possible. Brand New Book. **BUTTERFLIES AND FLOWER GARDENS.** Color, relax and create a tranquil space within. Sharpen your pencils - all shades of red, green, yellow and blue. The more you focus on your art, the more you can color your stress away. Because we are hard-wired to find nature comforting **Healing Garden Coloring Book** is a designed as a visual therapeutic garden that brings you relaxation, stress relief and harmony, using color and creativity to promote healing. As you color, your room becomes a virtual garden. Nature is most certainly restorative. Images of gardens and flowers very quickly produce a calming effect. Within three to four minutes of coloring nature, blood pressure, respiration, brain activity and the production of stress hormones decrease and our mood improves. **Healing Garden** provides a great distraction from inner ear balance disorders, engrossing and absorbing in beautiful gardens and flower botanicals, distracts us from the discomfort and symptoms of disease. The aim of charlotte berry s beautiful art therapy series, is to create relief from symptoms, stress reduction and improvement in overall sense of wellbeing and hopefulness. It s a well known fact that mood improves after spending time coloring, changing from stressed and depressed and anxious to more calm and balanced. Color and nature and creativity relieve stress and anxiety, reduce mental fatigue and refresh the mind. Plants, flowers, trees, color birds, butterflies, fruit and flowers take away anxiety and stress by giving us long, enduring patterns of time, peace and focus. Viewing plants, flowers, water and natural elements combined with color and being absorbed for moments of time in art, reduces anxiety, even when...

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