



## Ladybugs: Coloring Book Club for Adults (One-a-Day Rx) (Volume 18)

*Preston McCracken*

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# **Ladybugs: Coloring Book Club for Adults (One-a-Day Rx) (Volume 18)**

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Here is your daily prescription for dealing with the stress of a demanding world. Grab your favorite adult beverage, select your coloring tool of choice, and get lost in the therapy of coloring. Why do we, as adults, color? Here are some answers to that question. - Gives me inner peace. - Helps me heal. - Calms my nerves. - Reduces stress. - Brings back great childhood memories. - Makes me happy. - Stimulates my creativity. - Helps relieve my pain. - I can color with family and friends. - Gives me energy.



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