

Certified cognitive therapist and best selling author Bella Stitt developed this coloring book with 30 mesmerizing pictures for relieving stress from everyday life. Each picture is a fantasy garden, appearance of which depends on the way you choose to color it. Find more books on [www.BellaStitt.com](http://www.BellaStitt.com) 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! To get coloring ideas please visit [www.bellastitt.com](http://www.bellastitt.com) where all book covers are original drawings colored by Bella.

Miss Bertha and the Yankee, A Place In The Heart (The McPhee Clan) (Volume 9), Dancing Naked at the Edge of Dawn, The Redemption (The Club Series Book 3), Walt Disneys Comics And Stories #569- 03/-92 (Reprints WDC&S #185), The country lasses: or, the custom of the manor. As it is acted at the Theatre-Royal in Drury-Lane, by His Majestys servants. Written by Mr. Johnson. The second edition., Hero to Obey: Twenty-two Naughty Military Romance Stories, The Hill of Beans, Light Action! Amazing Experiments with Optics,

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