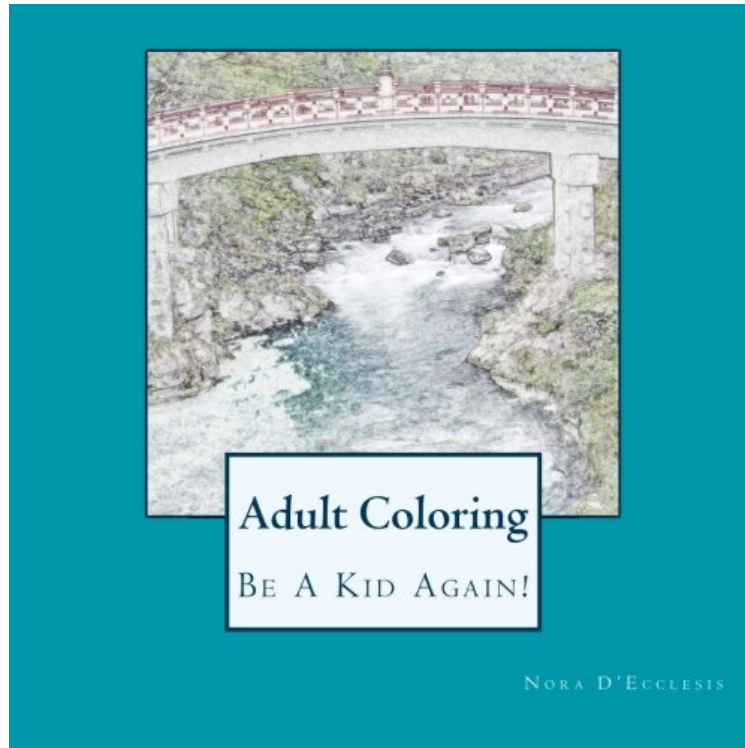


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## Adult Coloring: Be A Kid Again!

*Nora D'Ecclesis*

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This coloring book contains line art which will enable you to color between the lines, training your brain to focus on the task and nothing else. Coloring creates an environment to de-stress and stay in the present. For optimal quality of life we should find ways to control stress in our lives. Chronic stress decreases the quality of our lives, therefore we should eliminate at least some of our daily disquietude in order to approach our lives with equanimity and a calm perspective. A coloring book experience is a major tool to achieve this goal.

About the Author Bestselling Author Nora D'Ecclesis is an American author who writes non-fiction books to help mitigate stress. She is a graduate of Kean University, with a degree in education, graduate degree in administration and post-graduate degree including certification as a learning specialist. Nora D'Ecclesis has a long history of presenting events focused on wellness and stress reduction techniques. She enjoys kayaking, hiking and archery. Nora lives with her family and wonderful dogs in a suburb of Philadelphia, Pennsylvania.