



Anti-Depression Coloring Book: Natural Anti-Depression Art Therapy Adult Coloring Book

Lenna Lewis

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Being depressed can make you feel helpless. You're not. Along with therapy and sometimes medication, there's a lot you can do on your own to fight back. Changing your behavior -- your physical activity, lifestyle, and even your way of thinking -- are all natural depression treatments, but have you ever thought of using Coloring book as an antidepressant? Depression can strip away the structure from your life. One day melts into the next. Setting a gentle daily schedule can help you get back on track. Our coloring pages will preoccupy your attention and thus relax you from the vicious reality that we're all exposed too.

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