



# STRESS RELIEF

**COLORING BOOK  
FOR TEENS AND ADULTS**



**FAIRIES, BUTTERFLIES, FRUITY  
DREAMS, AND FLORAL DESIGNS**

**ROBERTA JARVIS**



**Welcome to the world of "STRESS RELIEF"!**

**I'm so excited to invite you into the first book of my Stress Relief series — a whimsical collection designed to calm your mind and spark your imagination. Inside these pages, you'll discover charming fairies, magical characters, enchanted objects, butterflies, blooming florals, and sweet fantasy dreams — all carefully illustrated to bring you peace, joy, and a touch of everyday magic.**

**Whether you're a beginner or a seasoned colorist, this book offers a soothing escape into creativity. I hope each design helps you relax, recharge, and reconnect with your inner calm.**



### **Creative Coloring Tips**

#### **◆ Embrace Uniqueness**

**Remember, perfection isn't the goal; your creativity is! Don't stress about staying inside the lines or choosing the "perfect" shades. Trust your instincts and enjoy the process of creating something that is truly your own.**

#### **◆ Blend Different Media**

**Experiment with mixing colored pencils, markers, crayons, and pastels. Combining various tools can add richness and depth to your artwork, making it more dynamic and visually appealing.**

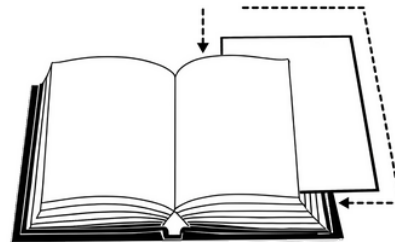
#### **◆ Find Your Color Harmony**

**Before you start a new design, please select a color scheme that resonates with your mood. A well-planned palette can bring balance and cohesion to your creation, enhancing its overall impact.**

#### **◆ Enhance Your Experience**

**Create the right atmosphere for coloring by incorporating elements that relax or inspire you. Play music, light a candle, or find a cozy spot where your creativity can flow effortlessly.**

**Please place a clean sheet under the page you are coloring to prevent ink transfer. I wish you a pleasant and peaceful coloring experience! 😊**



**THIS BOOK BELONGS TO:**

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The image shows a circular white label with a thick black border. The background is black with white stars and snowflakes. Inside the circle, there are several small white hearts scattered around the perimeter. The central text reads "THIS BOOK BELONGS TO:" in bold, uppercase letters. Below the text are three horizontal lines for writing a name.

*She closes her eyes, and in the silence, dreams blossom,  
each petal whispering of a love not yet spoken,  
but already alive in her heart.*





*In her handbag, there are roses, secrets, and a hint of magic...  
just like a true lady.*





*Deep within the forest, a gnome resides in a boot—  
because even the smallest places can hold an entire world,  
if the heart learns to see it.*





*A good day is when the oranges are round, the flowers are blooming,  
and the gnome has time for tea.*





*In the enchanted orchard, her kindness was as sweet as grapes,  
And her love was as tender as the flesh of a peach.  
Wherever she walked, the air turned golden with magic.*





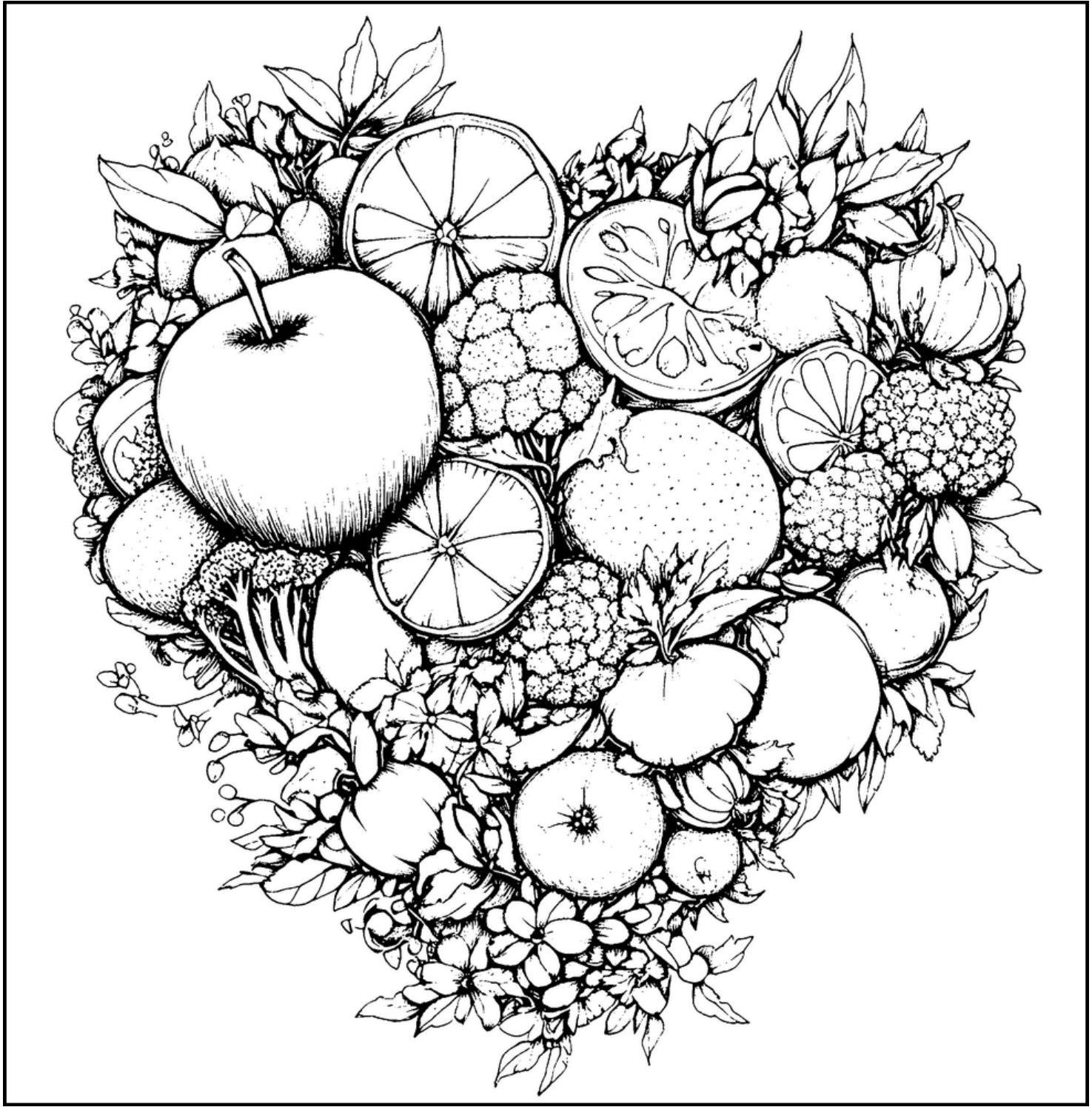
*Let your dreams soar like a balloon,  
uplifted by the lightness of hope and the beauty of flowers.*





*The heart, like the sweetest fruit, matures with tenderness  
and thrives in the warmth of understanding.*





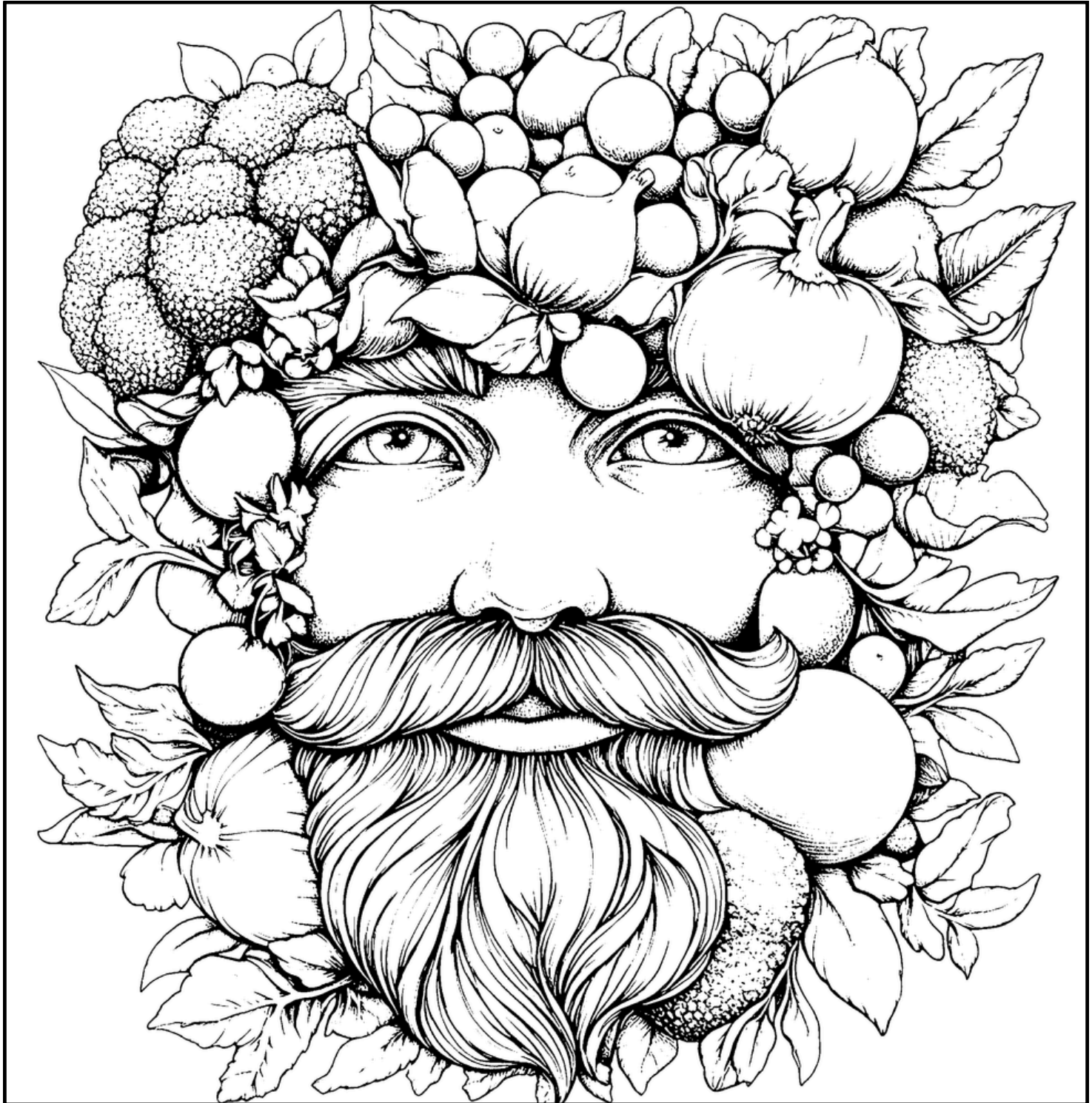
*She sat with closed eyes, surrounded by fruits and flowers,  
as if nature's whispers dove dreams into her soul.*





*The strong and beautiful prince  
will always find his way through the darkest forest.*





*The candle flickers gently, illuminating the flowers  
as love blooms in the tranquil warmth of the night.*





*She was like spring — full of hope,  
blooming softly in a world that often forgets to notice the flowers.*





*A is for all the little wonders we often forget to notice —  
like the sweetness of a kiwi or the magic within a blooming leaf.*





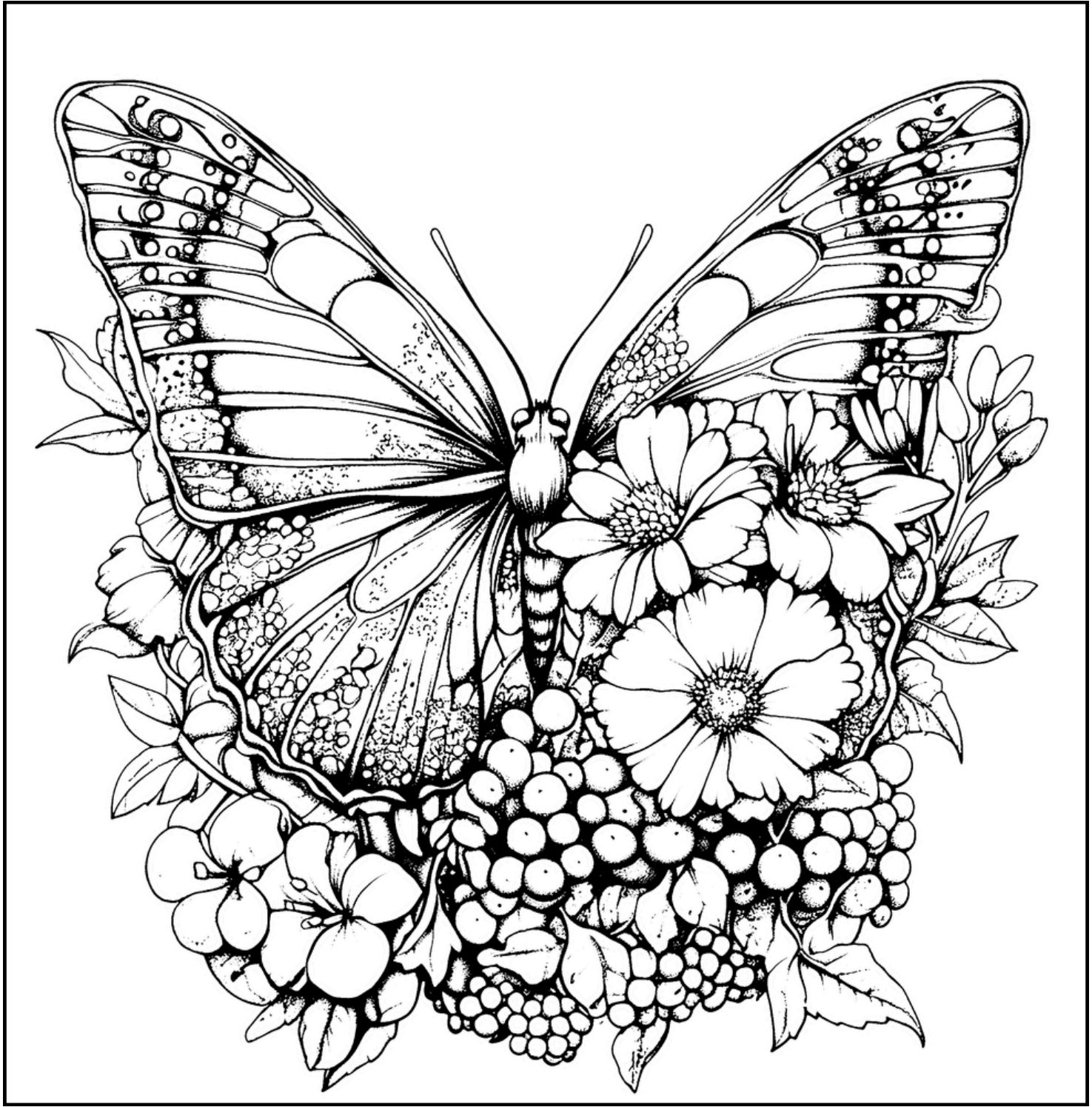
*Some journeys are measured not in miles but by how sweet  
the road smells when lined with oranges and dreams.*





*A butterfly never rushes —  
It simply appears one day among the flowers in our garden  
and within our soul, quietly transforming everything.*





*She shut her eyes, and the entire garden listened —  
because every dream starts in silence.*





*Even the moon stopped to admire the delicate fairy —  
For dreams bloom where grace meets tranquility.*





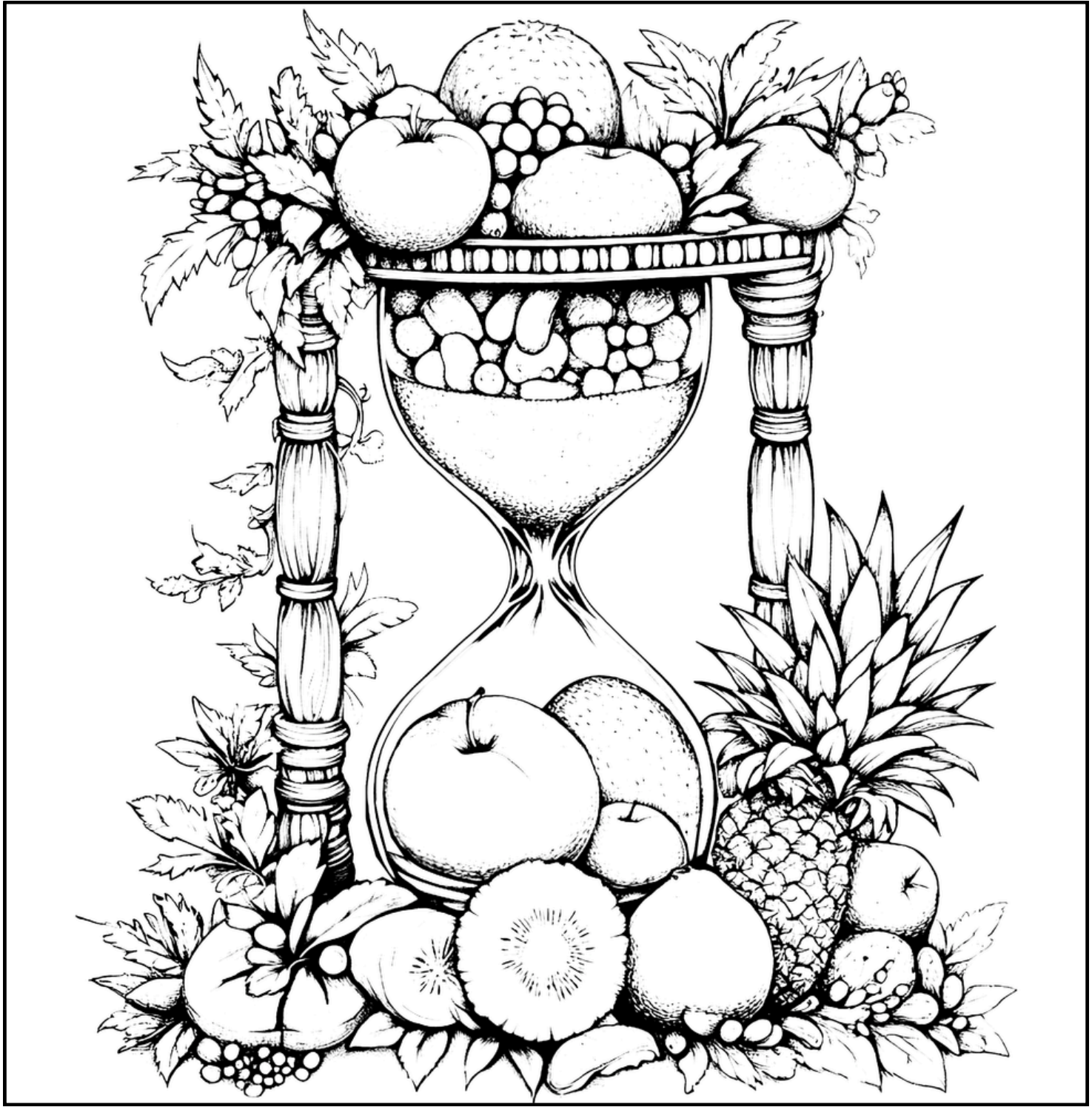
*In the center of a berry-shaped cottage, happiness quietly ripens —  
sweet, small, and perfectly hidden from the world.*





*Time ripens like fruit—slowly, sweetly,  
and always with a hidden kernel of wisdom inside.*





*He wore time like a crown of butterflies —  
light, fleeting, and far too beautiful to rush.*



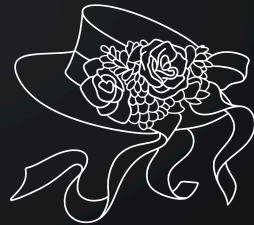


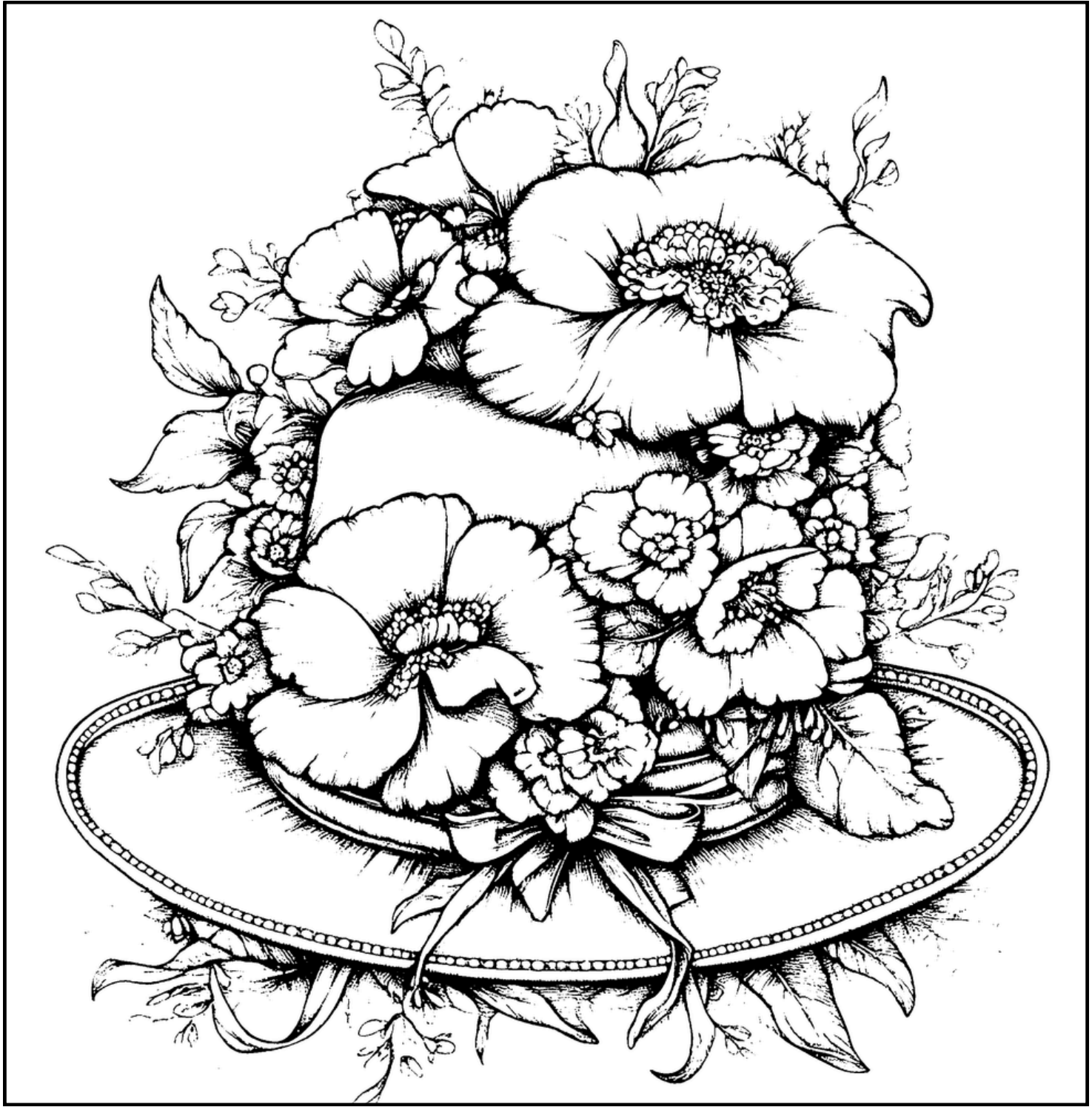
*Each note resembles a petal,  
and every melody creates a garden blooming within the soul.*





*A hat filled with flowers quietly conveys, 'I carry beauty gently.'*





*In an apple filled with windows and warmth,  
Someone quietly believes in magic.*





*Within a jar, a tiny forest waits  
to remind you that magic requires little space.*





*Some hearts resemble wild gardens,  
filled with sweet fruit and bold blossoms.*





*True richness is not found in gold, but in a full basket,  
a full heart, and a home that smells like summer.*





*Even the clock stops to smell the roses.*





*An old van, a mysterious road, and dreams blossoming —  
sometimes, that's all it takes.*





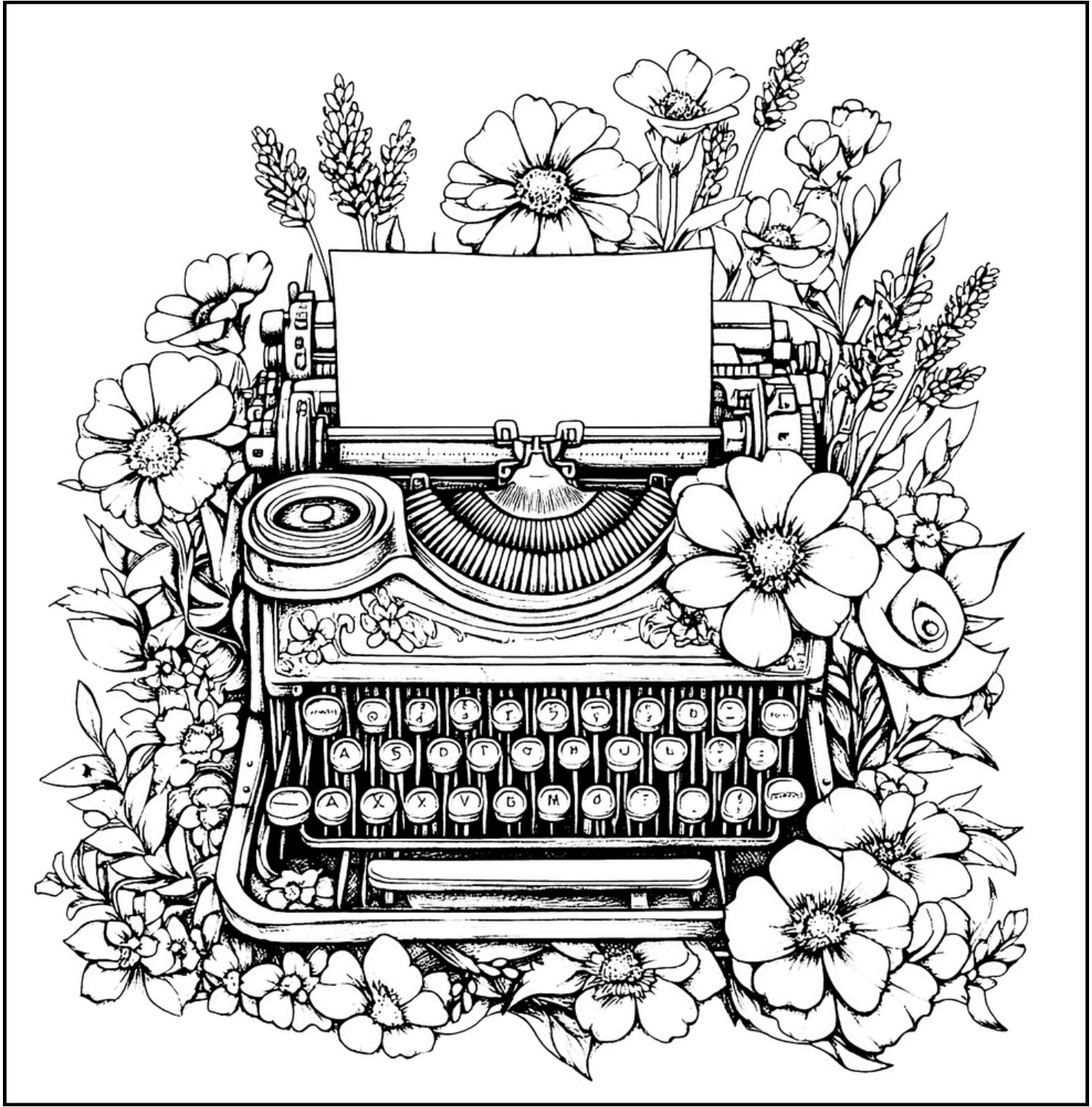
*Not all adventures need a map;  
some start as quiet thoughts and grow into kingdoms.*





*Some stories begin not with a plot, but with the scent of flowers  
and the hum of quiet thoughts.*





*Let life be like a layered dessert —  
soft, rich, and full of delightful surprises.*





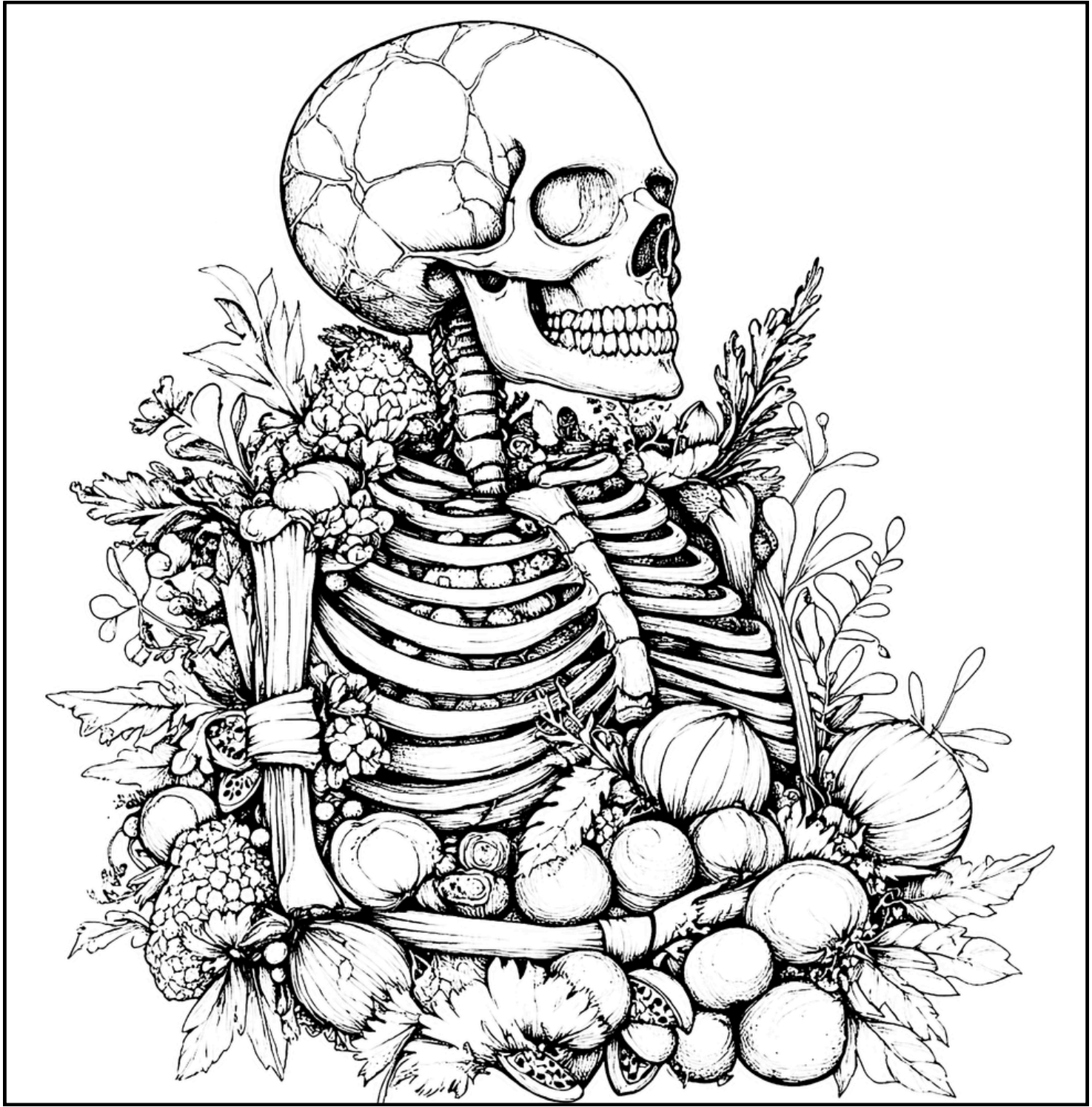
*When beauty is crafted with care,  
even fabric can blossom like a feeling.*





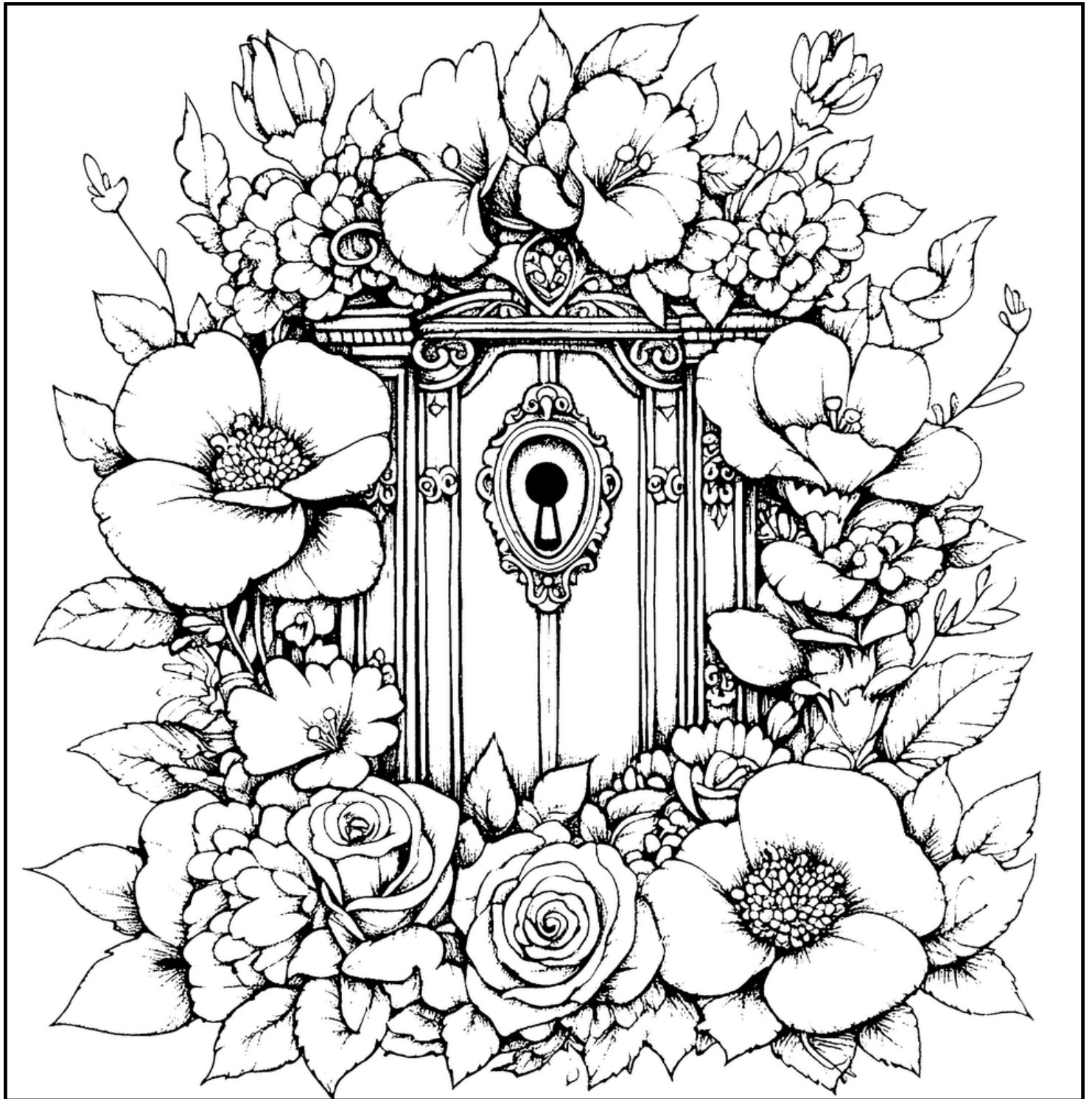
*The end gives rise to the beginning—  
roots grow where silence once dwelled.*





*The most beautiful secrets flourish in places  
where few think to search.*





*The cards never lie,  
but sometimes they laugh before revealing the truth.*





*Some sounds cannot be heard by the ears —  
they bloom in the heart like flowers in the dark.*





*Between the moonlight and the wings,  
The quietest wishes find a way to shine.*





*Even when bound by chains, the soul still knows how to flourish.*





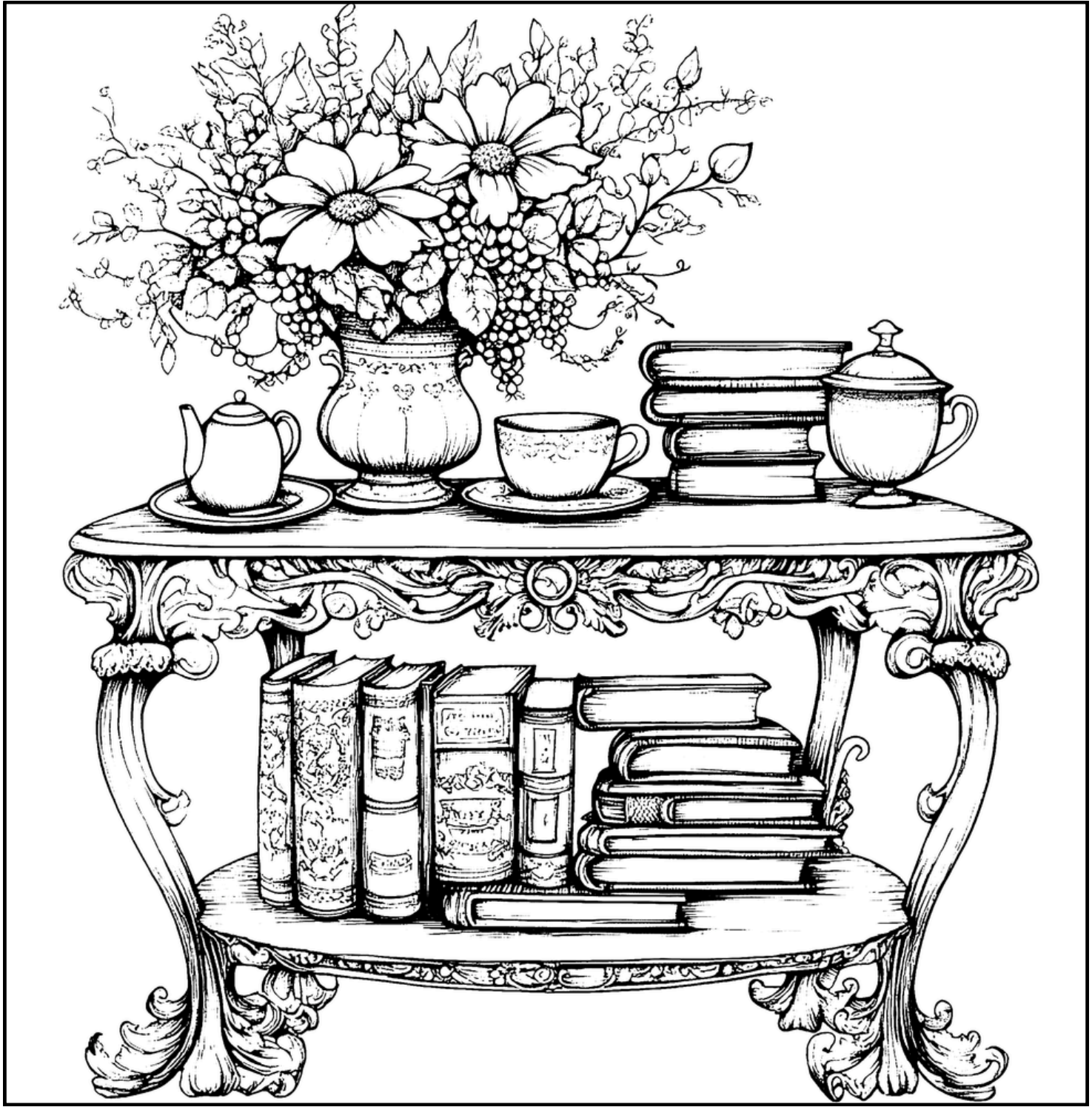
*In every rose-framed mirror lies a spell — it reveals not your face,  
but the dream hidden deep inside your heart.*





*Sometimes, with just a shelf of books, a cup of tea,  
and a vase of flowers, an ordinary corner of the room becomes a  
magical fairytale.*





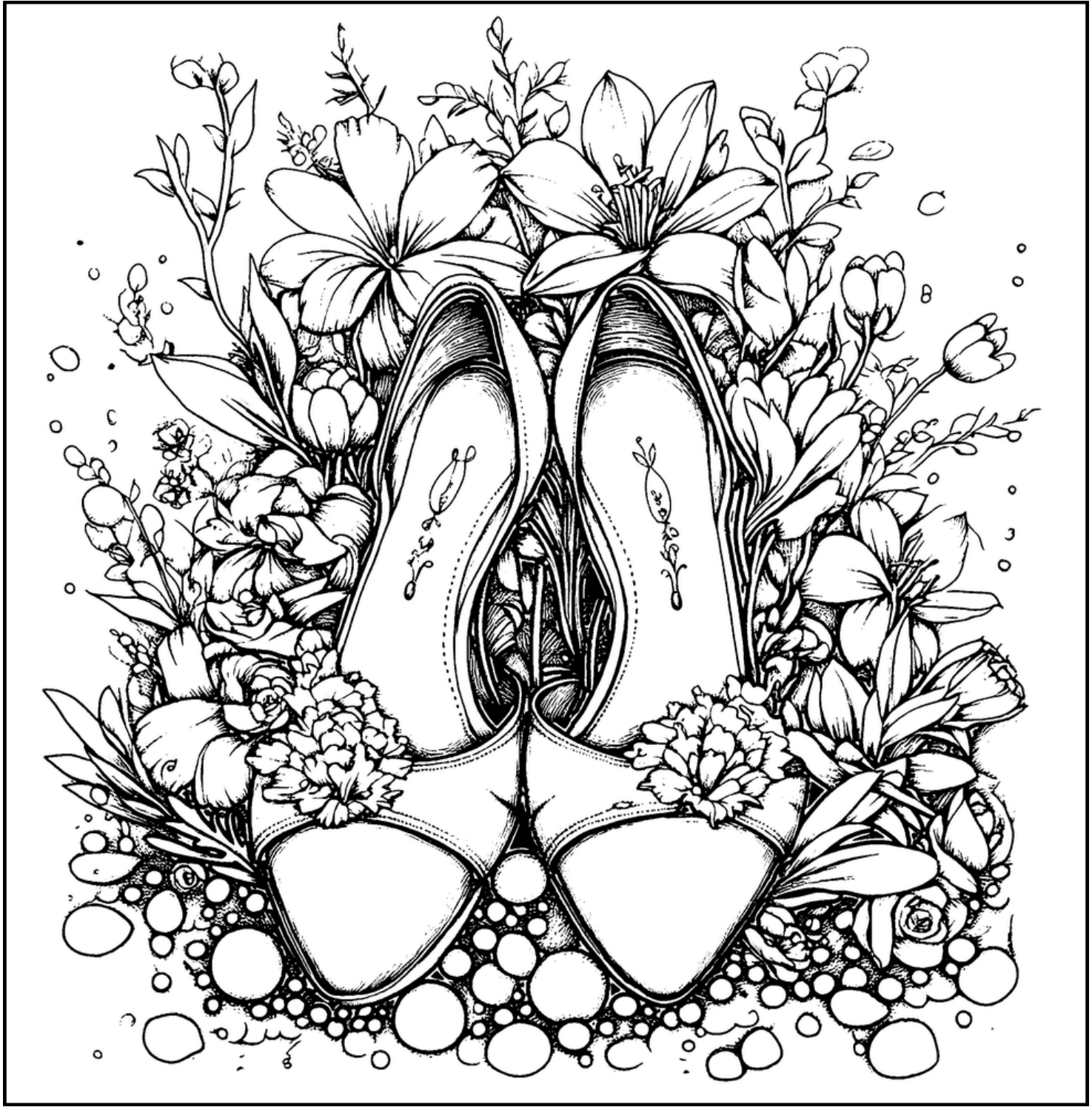
*A fairy resides in a globe of light,  
where flowers share secrets and butterflies protect dreams.*





*Perhaps a fairy once danced here and left behind her shoes so the  
flowers wouldn't feel lonely.*





*She didn't just wear the dress — she wore the blessing of a garden,  
stitched with petals and spun with charm.*





*This phone doesn't call people; it speaks to the moon,  
butterflies, and dreams forgotten by morning.*





*In her hands, she held a crystal and a moon—  
the whisper of a story not yet written.*





*Not every purse holds coins; some carry the scent of flowers,  
a quiet wish, and a touch of magic for rainy days.*





*When queens come together, they don't gossip.  
Instead, they share spells while enjoying lemonade.*





*In every apple-filled boot hides a story from childhood.*



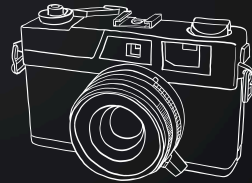


*Pedaling through flowers and dreams,  
she brought her heart to the gates of a fairy-tale city,  
where imagination blooms for eternity.*





*In an instant, —  
Two hearts create a single memory.*





*Little sparks flicker in the fireplace,  
quietly sharing secrets that only dreamers can hear.*





*A magical boot overflowing with flowers and apples,  
as if kindness itself had taken a stroll.*





*In the land of birthdays, every cake conceals a wish,  
Every candle whispers a dream,  
And every smile adds a sprinkle of magic.*





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**I hope you've been having a relaxing time with the coloring book! Coloring has always been my favorite way to unwind, and I'm so glad I can share this joy with you. Every piece of feedback helps me improve and create even more enjoyable books.**

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- 3 Choose a star rating that matches your thoughts, and leave a few words**

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**Warm regards,  
Roberta Jarvis**

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