



STRESS RELIEF

**COLORING BOOK
FOR TEENS AND ADULTS**



**WHIMSICAL NATURE, GARDEN CREATURES,
BLOOMING NOOKS, AND FANTASTIC FLOWERS**

ROBERTA JARVIS



Welcome to the world of "STRESS RELIEF"!

I am thrilled to welcome you to the third book in my *Fantasy & Relaxation Series*— a magical journey through whimsical gardens, enchanting creatures, and nature's hidden wonders. This volume invites you to explore blooming nooks, fantastical flowers, and delightful garden companions. Each illustration is designed to bring you serenity, spark your imagination, and offer moments of peaceful joy with every page you color.

Whether you're picking up coloring for the first time or you're a lifelong fan, this book offers a gentle, joyful escape into creativity. I hope each page gives you a moment of peace, a spark of wonder, and a quiet smile.



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

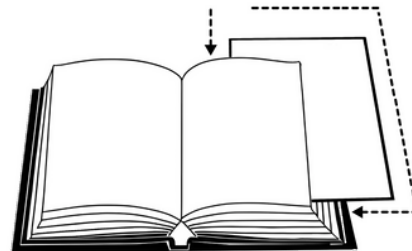
Before starting a new design, select a color scheme that resonates with your mood. A well-planned palette can bring balance and cohesion to your creation, enhancing its overall impact.

◆ 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! 😊













































































































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ISBN: 9798287695606



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you!*



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creating and improving my books.**

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It means the world to me!



Roberta Jarvis