



STRESS RELIEF

**COLORING BOOK
FOR TEENS AND ADULTS**



**WHIMSICAL ANIMALS, FANTASY HOMES,
FLORAL AND OCEAN DESIGNS**

ROBERTA JARVIS

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

I'm so happy to welcome you to the second book in my Stress Relief series — a whimsical journey through delightful animals, cozy fairy houses, and fantastical nature scenes from land and sea.

These pages are filled with ocean-inspired dreams, blooming florals, juicy fruits, and magical creatures — all brought to life with charming detail to soothe your mind and awaken your imagination.

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 Mediums**

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**

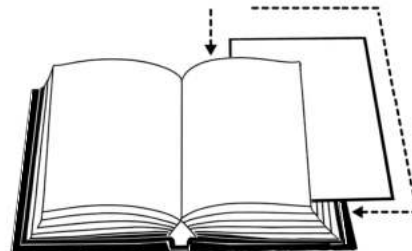
Before starting a new design, select a color scheme that resonates with your mood. A well-planned palette can bring balance and cohesion to your creation, enhancing its overall impact.

✦ **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! 😊





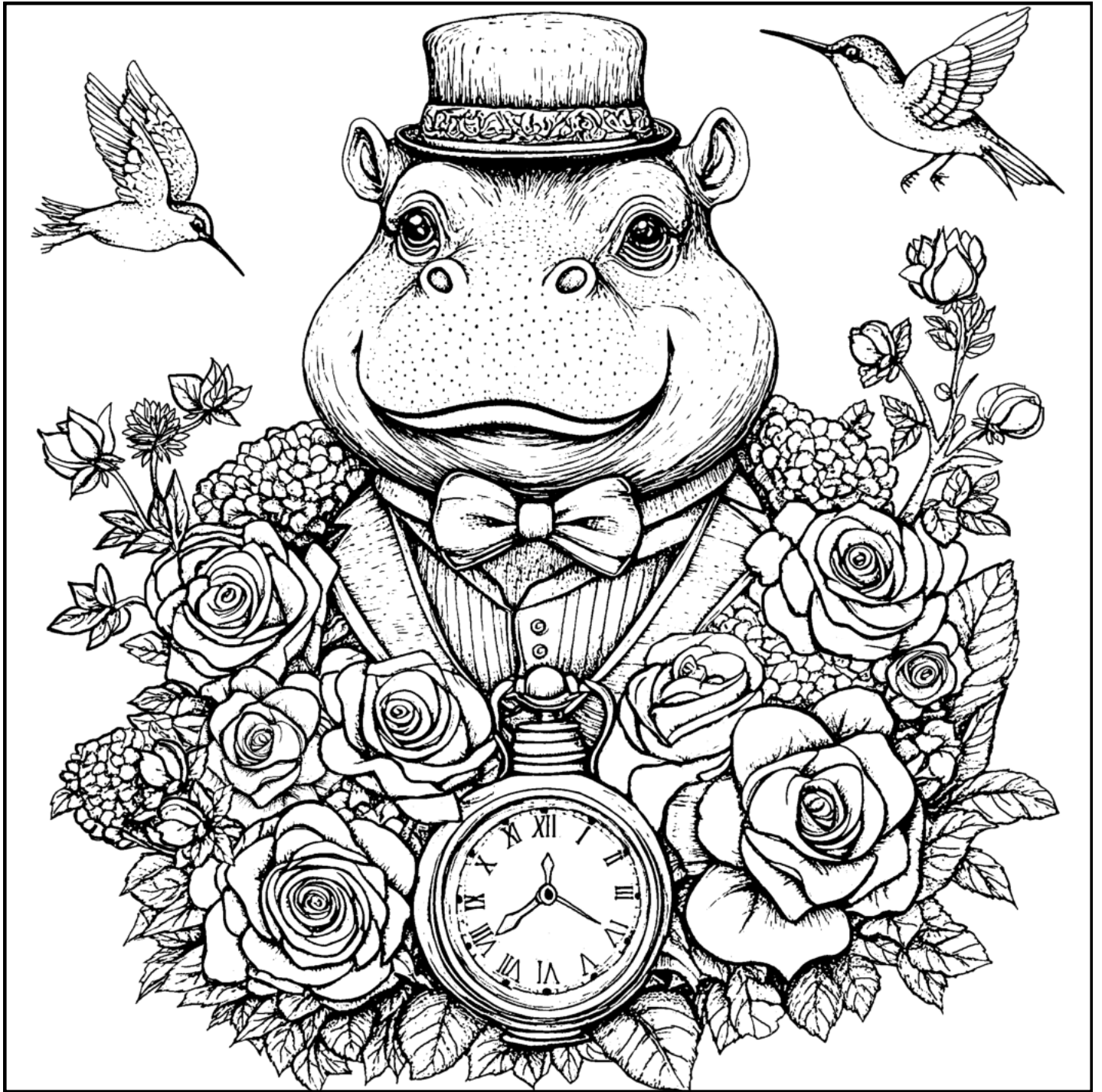
*Who needs a mansion when you can have
a stylish boot with great curb appeal?*





*Being punctual is essential,
especially when you're this fabulous.*



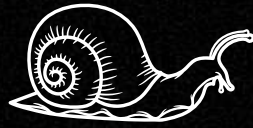


*Some cats do not chase the moon;
they simply sit beside it and shine just as brightly.*





*Why rush through life when you can take
your time to grow and thrive along the way?*





*Some people prefer music in the morning,
while others enjoy the sound
of birds and the sight of flowers.*





*In the land of chamomile dreams,
every teapot discovers its doorbell.*





*The most beautiful home is the one
That is always with you.*





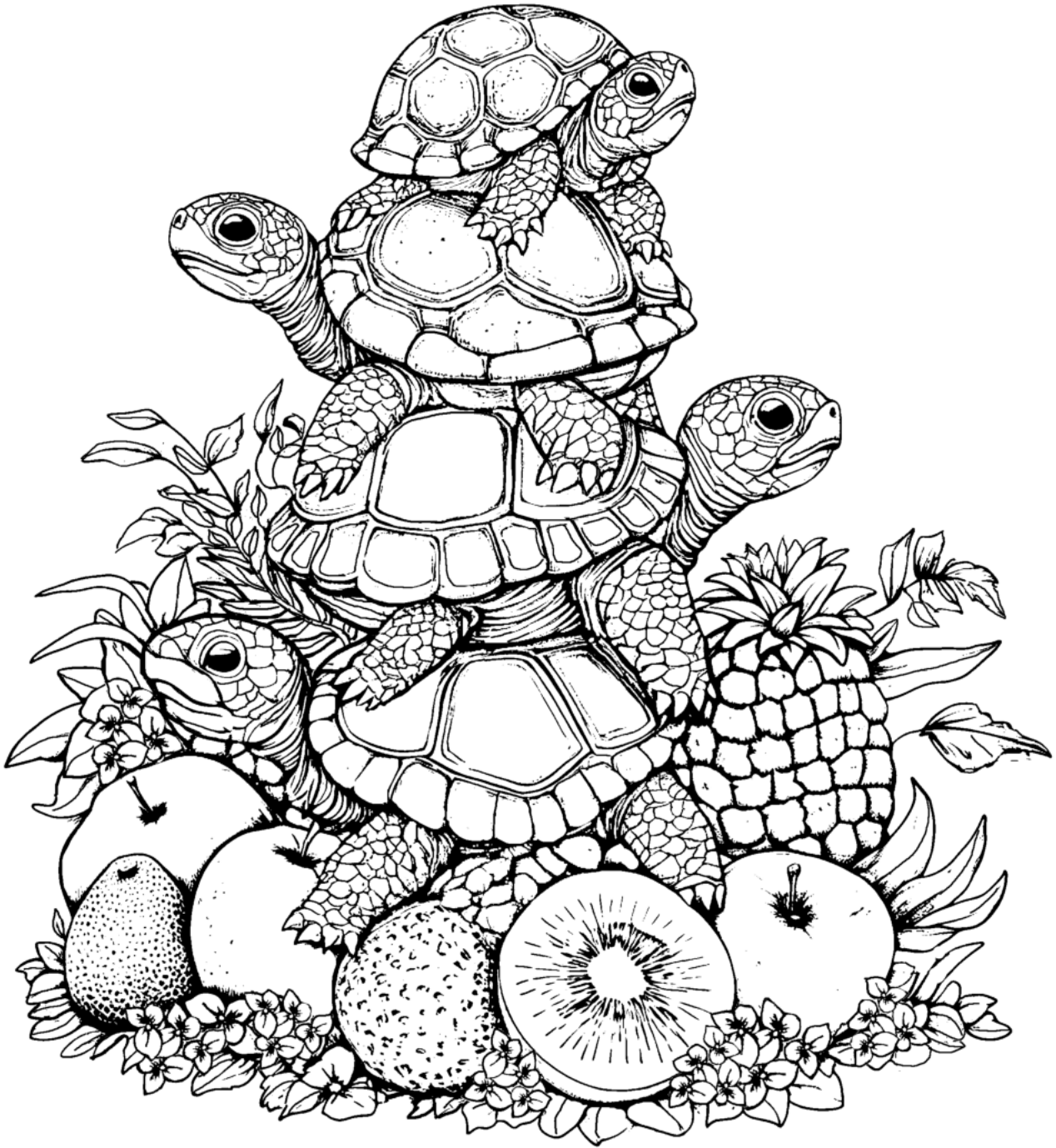
*When life gets bubbly,
just jump into the cup and enjoy the foam!*





*Teamwork makes the turtle tower wobble,
but with enough determination, anything is possible!*





*This sheep is completely organic —
Just don't try to make a salad out of it!*





*This parrot doesn't simply repeat words;
it promotes fragrant fruits and fresh vegetables!*





*There are so many delicious fruits, but, as usual,
no one is around to pull the cart!*





*It turns out that being the cutest cabbage
in the garden comes with certain responsibilities.*





*It began as a pumpkin; then someone added windows,
a chimney, and called it home.*





*When your best friend is a bear, you wear flowers
like armor and act as if it's perfectly normal.*





*In the vibrant real estate market,
a hedgehog knows that location is everything—
especially if it's apple-scented!*





*When the moon rises in just the right way,
the forest recalls that it is part of a fairytale.*



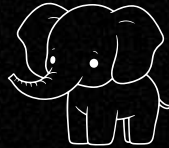


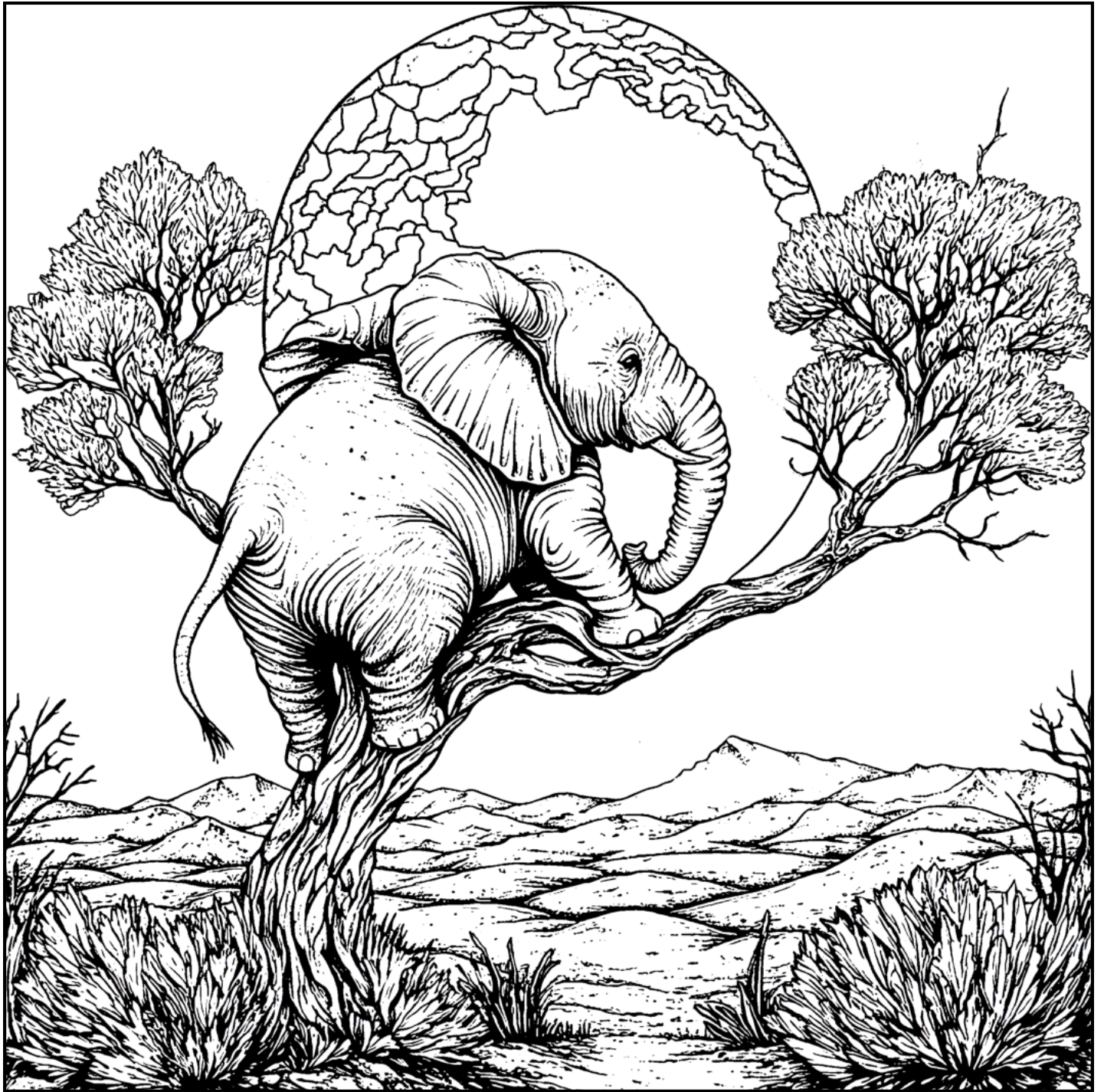
*In the forest,
where flowers whisper and birds share secrets,
even antlers bloom with blossoms from tenderness.*



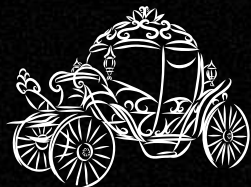


*Everyone says the moon is too far away,
but he doesn't believe it,
so he climbed the tree to get it.*





Wherever the road blossoms, home comes along





*The camera captures everything:
the flowers, the moments,
and even the lion's most serious selfie face.*





*e brings joy to his friends because
he loves to create pleasant moments for them.*





*Each book carries a whisper of wisdom —
and this bird knows all the finest chapters.*



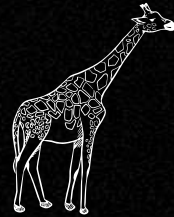


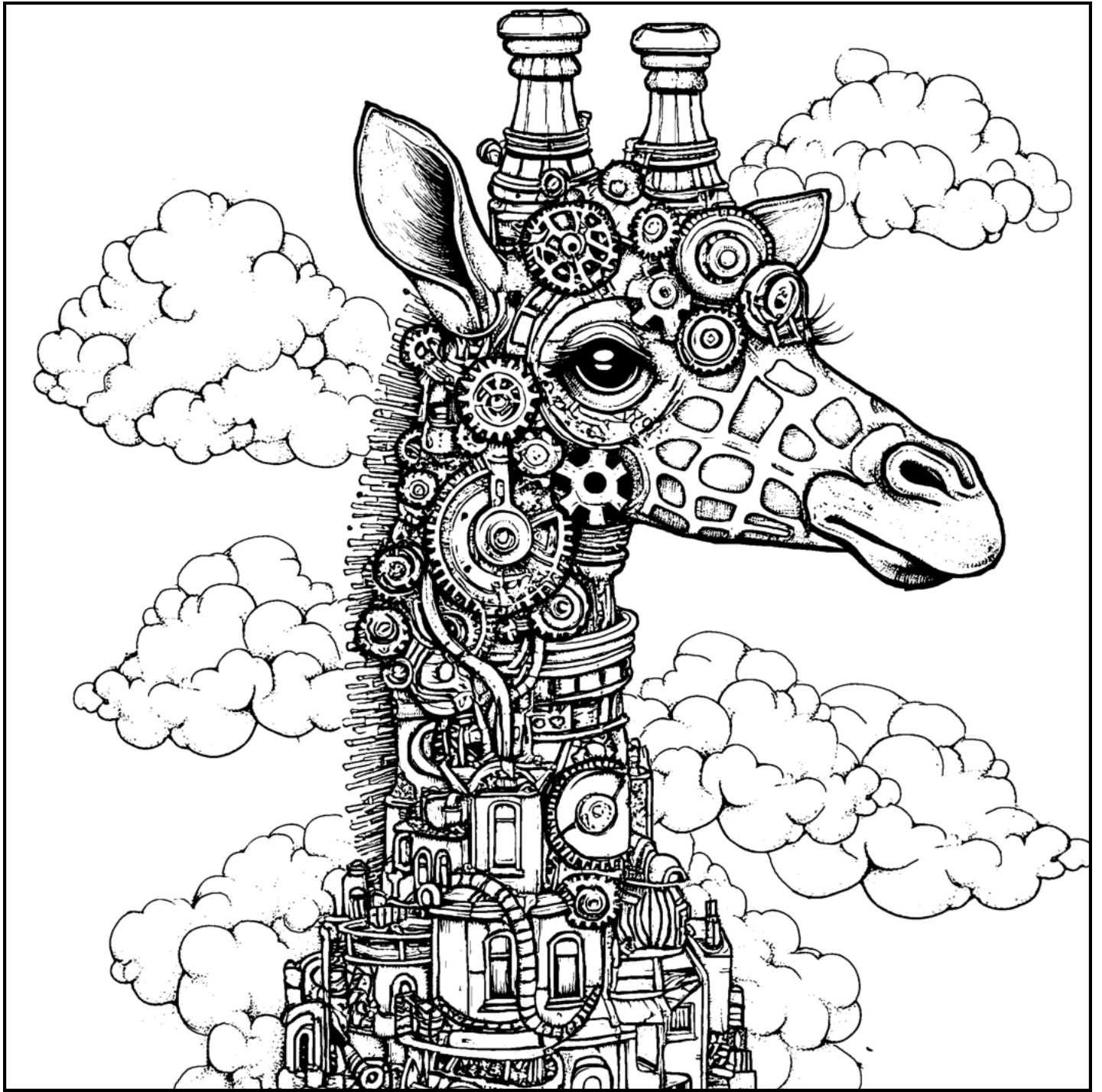
*A true gentleman may be green and warty,
but he never forgets to appreciate the flowers.*





*Even a giraffe can reach the future
if given gears and a curious mind.*





*He always carries a lock on his back
so his friend is always with him!*





*Love is when your whiskers point
in the same direction—together, forever.*





*True friendship is when you
always have interesting times together.*





*When life gives you lemons,
build a treehouse and invite everyone for tea!*



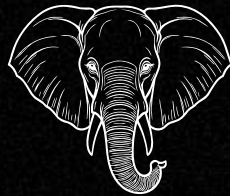


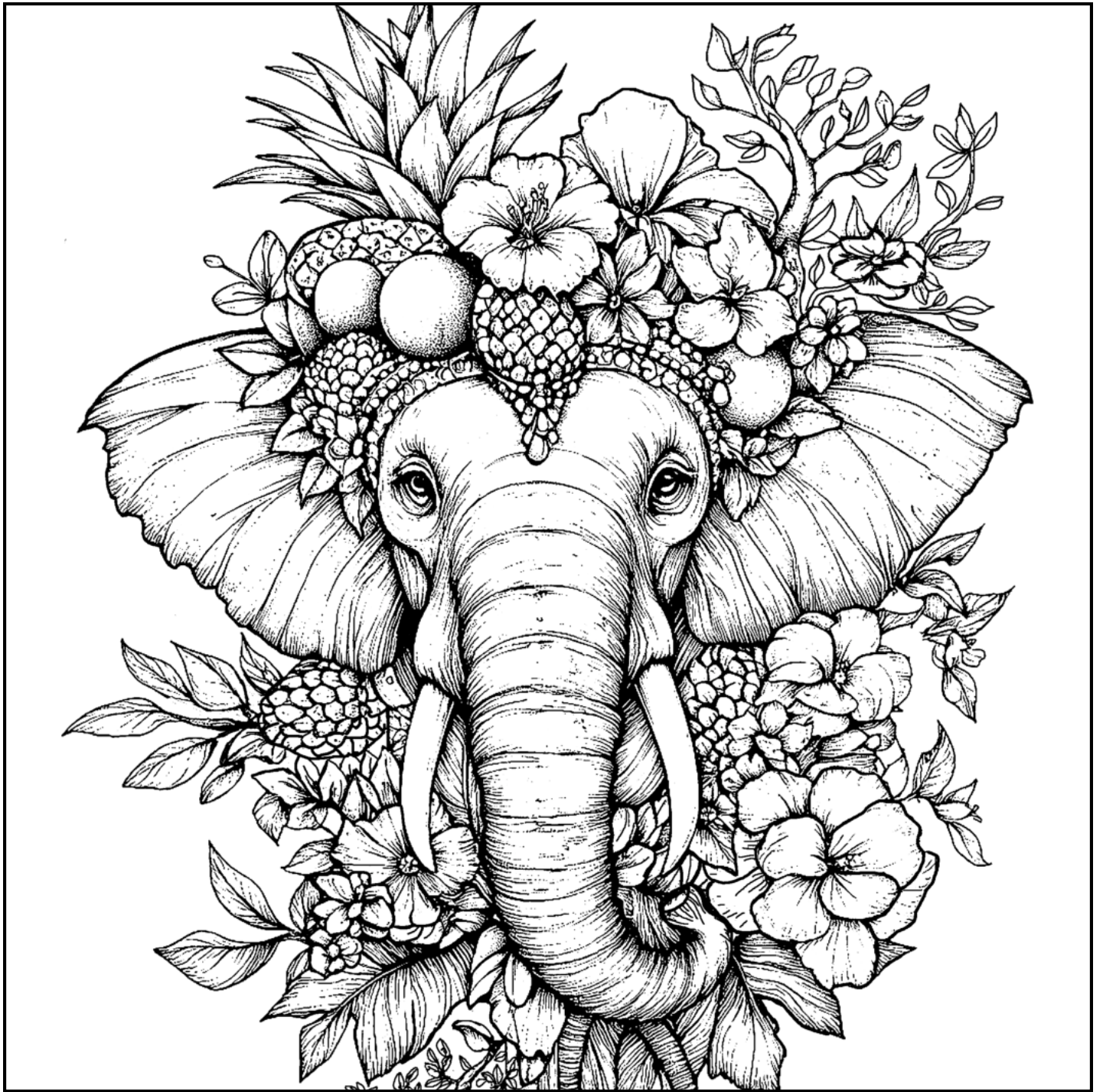
*Elegance is understanding when to be graceful
and when to be generous.*



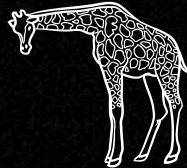


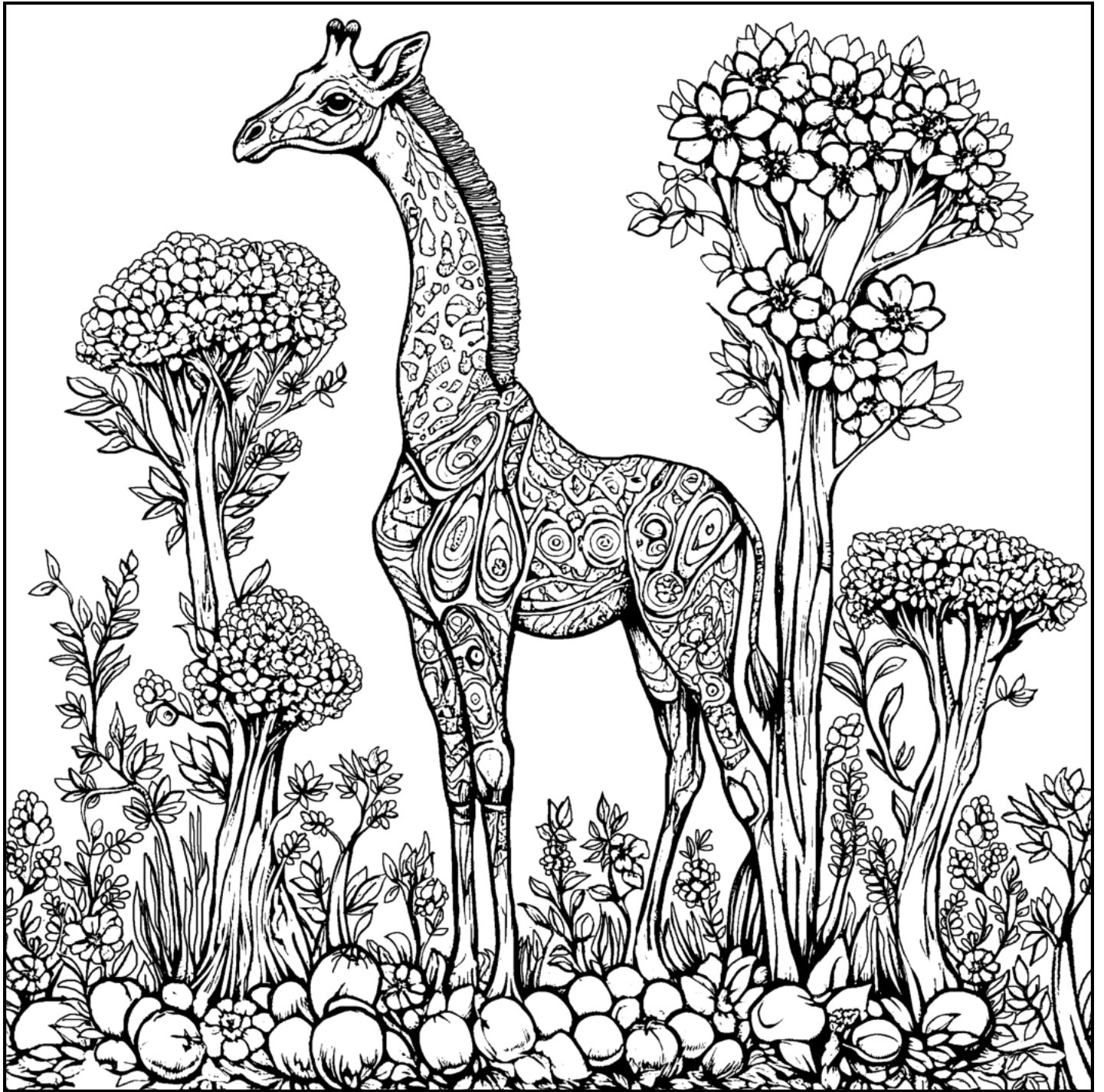
*True strength is found in stillness.
The elephant moves slowly, yet it carries abundance,
wisdom, and peace.*





*Stand tall and allow your heart to create the patterns
that the world will remember.*





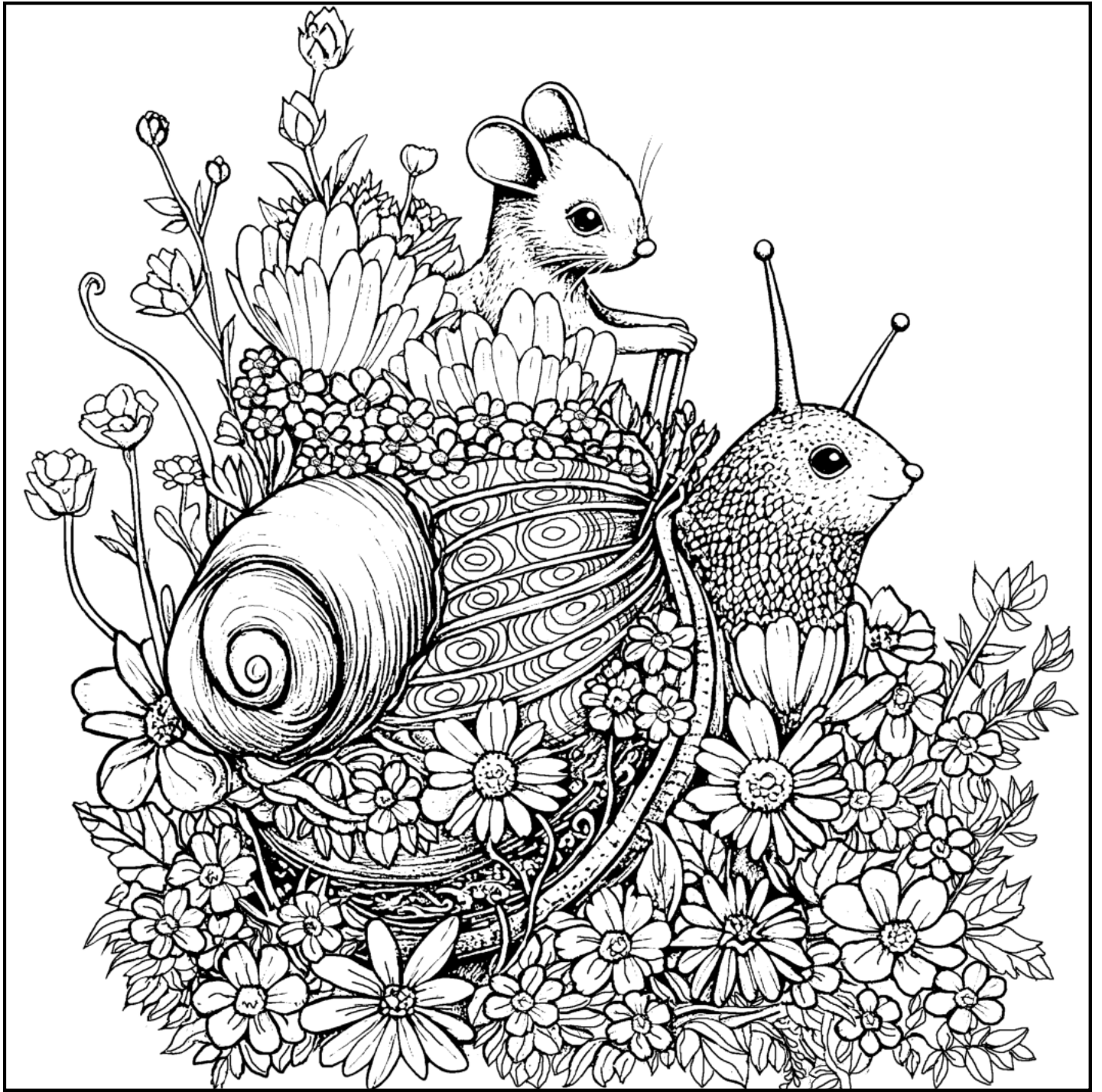
*Even under the weight of dreams,
a gentle heart brings light into the night.*





*Take your time, but enjoy the journey
with flowers and great company!*





*If you are well-dressed and carrying a gift,
you are the guest of honor!*





*Everyone has their own type of morning —
a frog in a cup, a bird on a bloom.*





*True friends don't just read your stories —
they sit beside you and live them with you.*





*Sometimes, all you need to feel like a queen
is a comfy chair, fresh flowers,
and a confident attitude.*





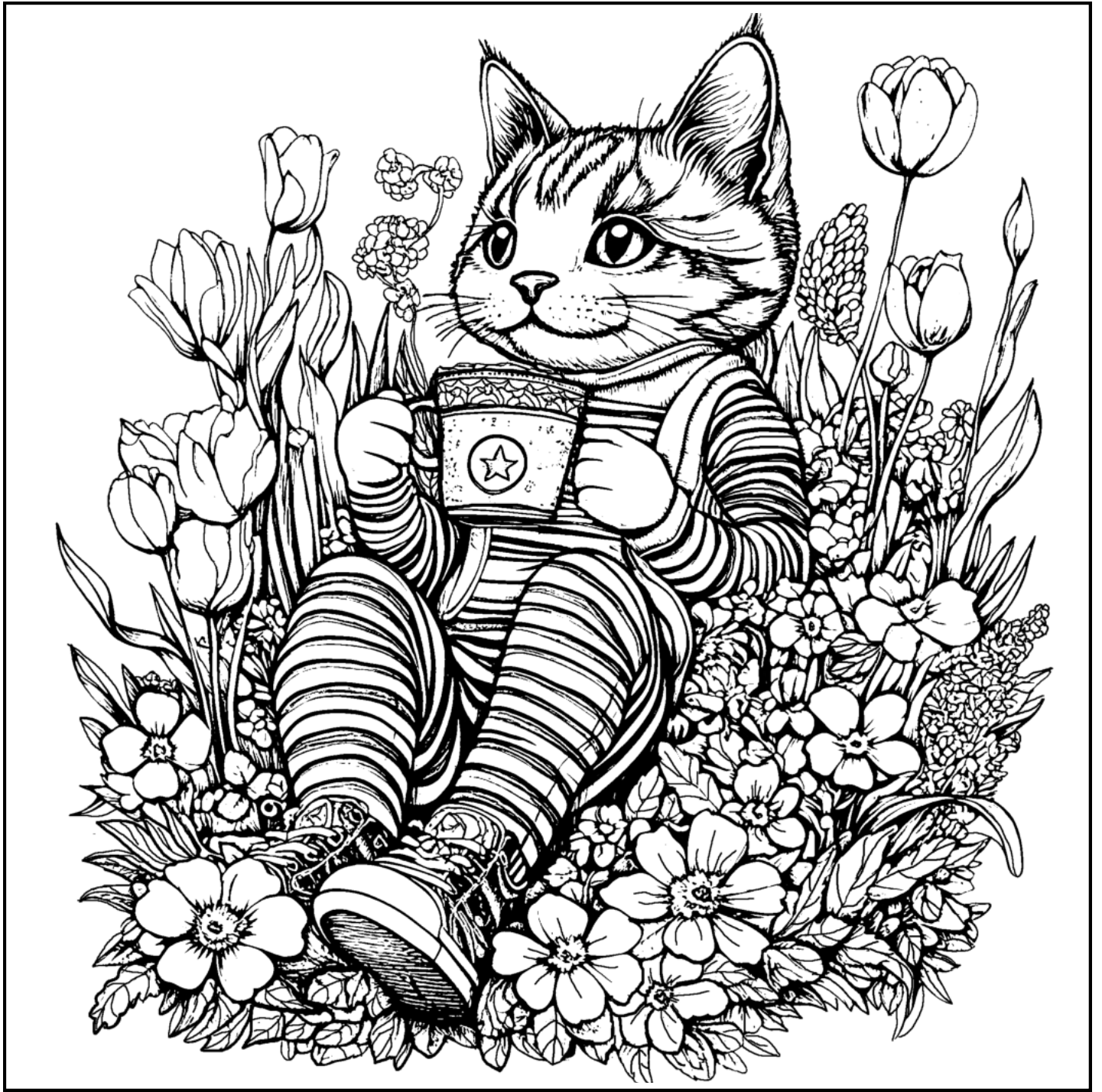
*Fashion Rule #1: Be tall, be bold, be fabulous
—just like giraffes.*





*Take your time—
just enjoy a coffee and some sunshine.
That's how a cat masters the art of relaxation.*



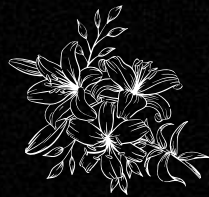


*A true cowboy always stays calm, even if
it means enjoying an ice cream cone!*





A cup of flowers and a song are enough to brighten the day.





*The best adventures start when you pack
your dreams and let your heart soar.*





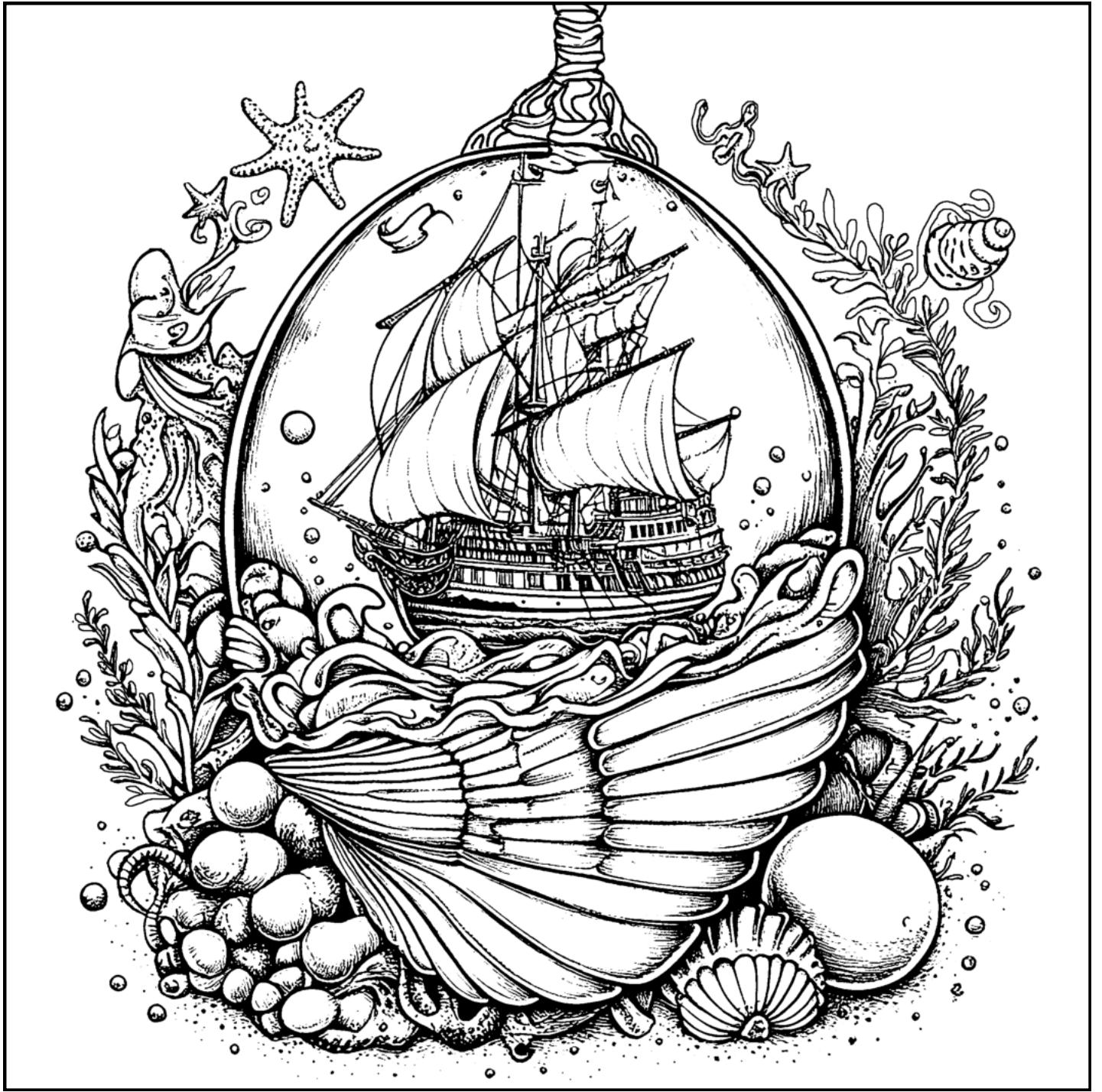
Where frogs wear starry hats, true magic begins!





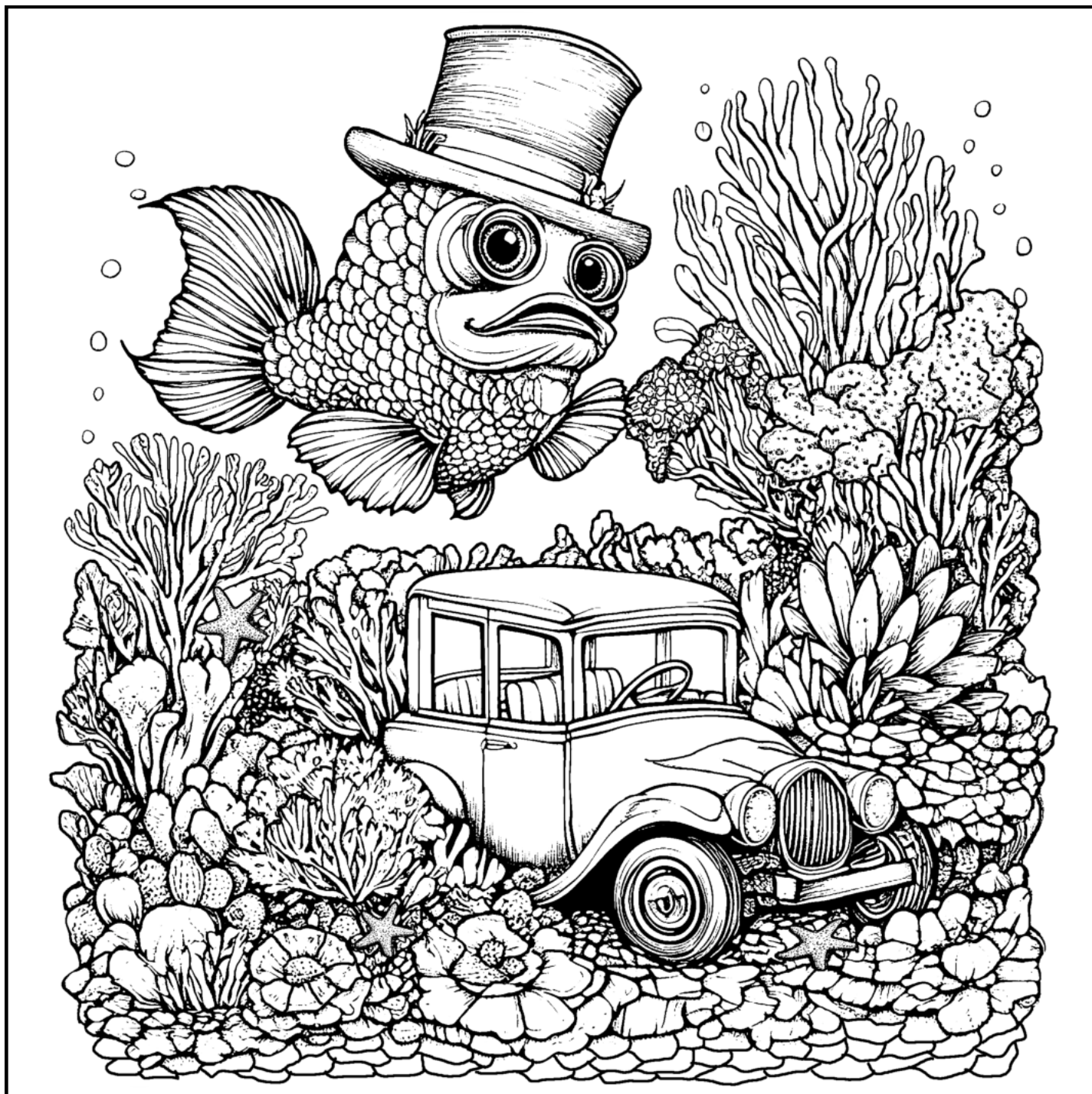
*The sea conceals its tales within each shell.
Open one, and you will embark on a journey.*



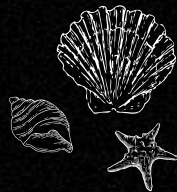


*Curiosity is when even a fish in a top hat swims
down to ask why a car chose to dive to the bottom.*



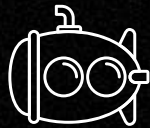


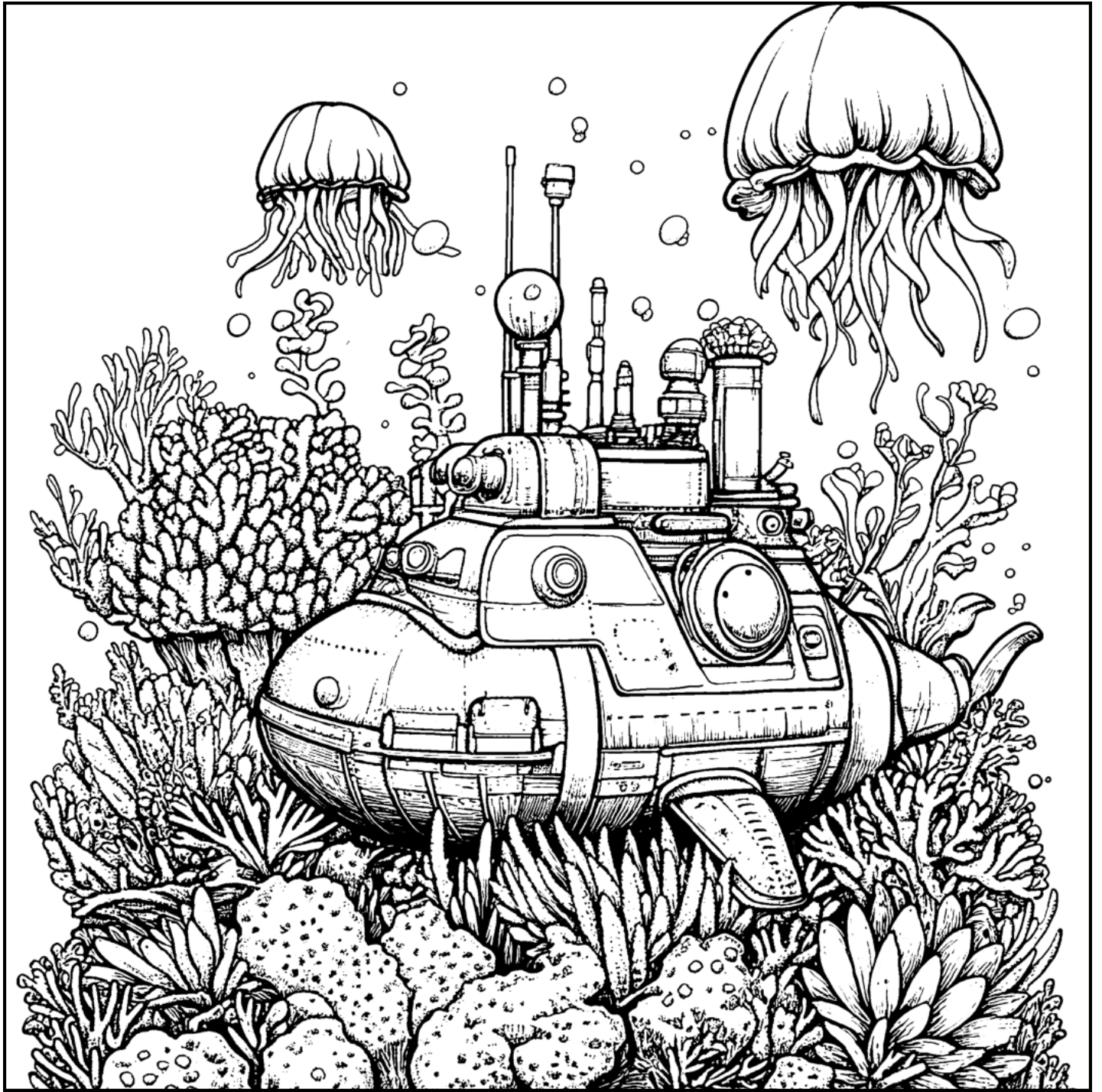
*The sea is generous; in its depths, it holds
treasures, silence, and inspiration.*



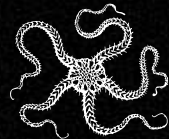


*A bathyscaphe is not just a machine; it is a key
to the mysterious worlds of underwater silence.*





*When the octopus becomes not just a creature,
but also the engine of a fantastical world!*



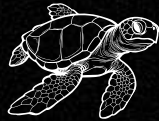


*The seahorse is the guardian
of the ocean's secrets.*





*In a world where turtles carry entire cities,
a fairytale begins.*





Hold the ocean kindly; it holds us al





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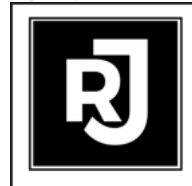
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Roberta Jarvis