

LARGE PRINT MANDALA COLORING BOOK FOR SENIORS

**Easy Mandalas In Large Print For
Adults With Low Vision And Dementia**



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Large Print Mandala Coloring Book For Seniors: Easy Mandalas In Large Print For Adults With Low Vision and Dementia



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Enjoy peace and calmness as you color. Recent study has shown that coloring isn't just for kids but a form of therapy. These pictures are appropriate as a form of art therapy for seniors with dementia or adults with low eyesight because the patterns are easy and big plenty of to color. It is also anti-stress and really helps to reduce panic and improves concentration and mental focus. Coloring has also found to become a useful activity to help simplicity agitation or aggression in somebody with dementia since it has calming effect. Discover inner peace and calm as you color these geometric styles mandalas. This book includes 35 easy mandala styles and patterns for seniors to color. Researchers have found that patients with dementia when introduced to coloring helps them stay concentrated and become calmer. Some specialists have likened the effect of colouring to become the same as meditation. The pictures in the publication are printed in huge print and the mandalas are easy and simple in style to aid easy coloring. Coloring is also a satisfying and satisfying activity for dementia and Alzheimer patients. Like meditation, colouring lets you switch off your brain from additional thoughts – which for somebody with dementia can be extremely satisfying – and concentrate on the moment.



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