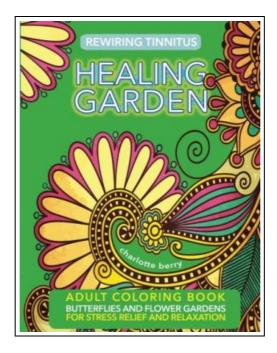
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Reviews

An extremely wonderful ebook with lucid and perfect explanations. I was able to comprehended almost everything using this composed e publication. It is extremely difficult to leave it before concluding, once you begin to read the book.

(Kimberly Carroll)

REWIRING TINNITUS: TINNITUS ART THERAPY: HEALING GARDEN ADULT COLORING BOOKBUTTERFLIES AND FLOWER GARDENS (PAPERBACK)



Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. When it comes to effectively rewiring Tinnitus, nature is a proven restorative, because we are hard-wired to find nature relaxing and comforting. Images of gardens and flowers very quickly produce a calming effect. Within three to four minutes of coloring nature, blood pressure, respiration, brain activity and the production of stress hormones decrease and our mood improves. Color and nature and creativity relieve stress and anxiety, reduce mental fatigue and refresh the mind. Plants, flowers, trees, color birds, butterflies, fruit and flowers take away some of the anxiety and ensign of the immediate Tinnitus by giving us long, enduring patterns of time and focus. Viewing plants, flowers, water and natural elements combined with color and being absorbed for moments of time in art, reduces anxiety, even when Tinnitus makes us very anxious. Now you can color, relax and create a tranquil space within. Sharpen your pencils - all shades of red, green, yellow and blue. Your own creative tools for well-being to help you rewire Tinnitus in effective ways. The more you focus on your art, the more you can color your Tinnitus away. Healing Garden is a visual therapeutic garden that brings you relaxation, stress relief and harmony, using color and creativity to promote healing. As you color-up beautiful botanicals, your room becomes a virtual garden. Healing Garden provides a great distraction from Tinnitus, engrossing and absorbing in beautiful gardens and flower botanicals, distracts us from the discomfort of Tinnitus symptoms. COLOR TIME: It s about Quiet Time . Have fun, relax and be happy with just you and your own creativity. COLOR AWAY: Release stress and spend time relaxing as you color in the most enchanting flowers, butterflies and...

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