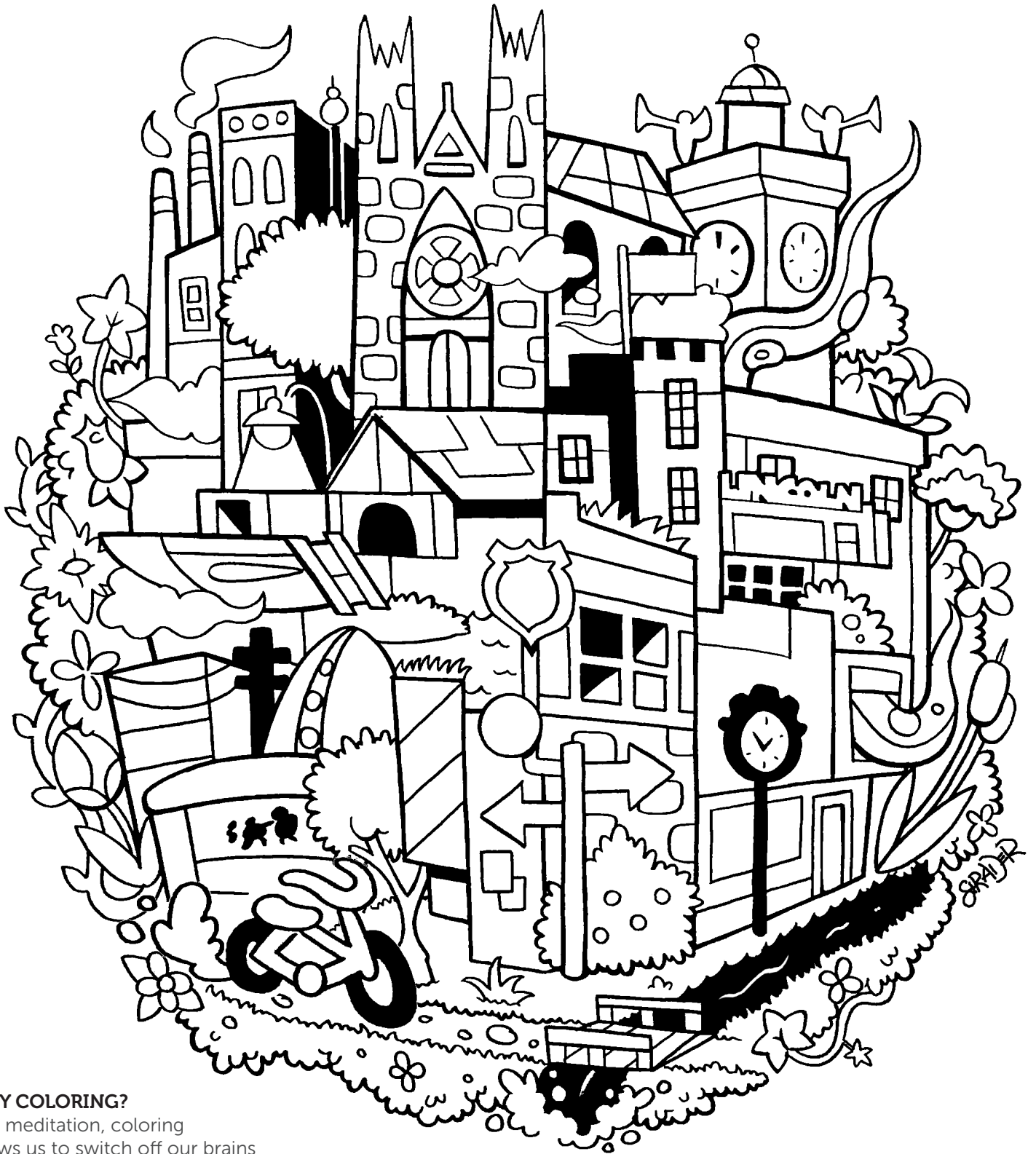


STARK COUNTY, OHIO



WHY COLORING?

Like meditation, coloring allows us to switch off our brains from other thoughts and focus on the moment. Concentrating on coloring an image may facilitate the replacement of negative thoughts and images with pleasant ones.

Source: <http://www.medicaldaily.com/therapeutic-science-adult-coloring-books-how-childhood-pastime-helps-adults-relieve-356280>