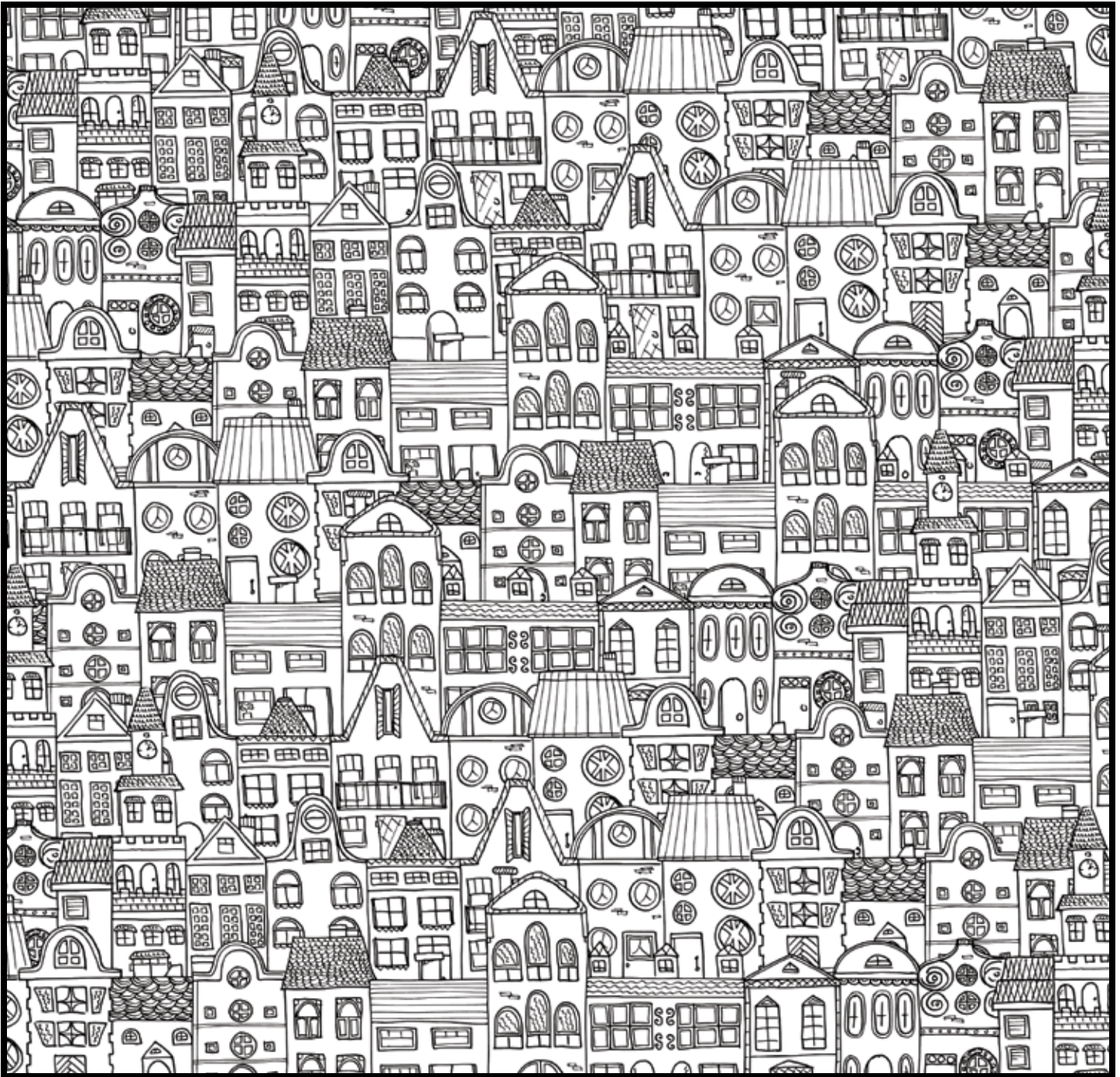




PICTURE THIS: A MORE FOCUSED YOU

Coloring is a great way to step back, relax and focus.

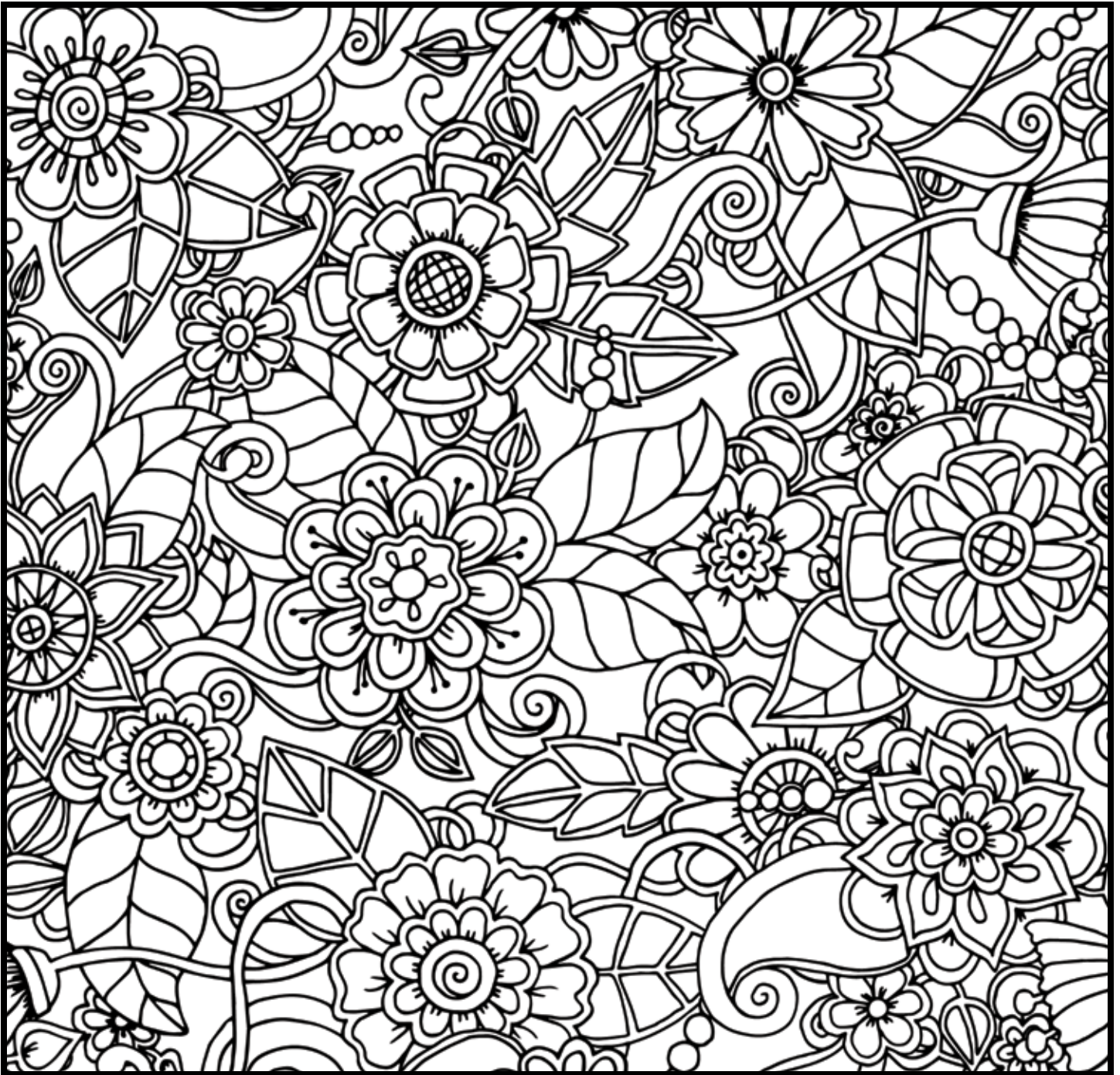
Take one of these pictures to a quiet, distraction-free place and invest 10 to 20 minutes in focused, mindful coloring. After all, studies show that mindfulness exercises like this can reduce stress, reduce your risk for disease and enhance your overall well-being.



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