

An adult coloring book of fire trucks to color in. This is a coloring book that you can carry with you when you go out so you can color when you have some free time, or when a PTSD attack is happening. Adult coloring books are thought to be a natural remedy for disrupting a PTSD attack because the part of the brain that's used to control the activity of coloring is also responsible for manifesting PTSD attacks, flashbacks, and nightmares. Keep a coloring book with you when you go out, and on your bedside table - when you feel a PTSD episode beginning, reach for your coloring book and start coloring! Relax after a stressful day with a therapeutic adult coloring book; coloring is an activity that helps the brain to unplug after a day of looking into computer screens. Our coloring books are high-quality books with single-sided images (reverse side of pages are blank) to ensure your finished artwork looks its best! Check out #Time2Color on social media to other peoples posted artwork.

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