

COLOUR THERAPY FOR CAT LOVERS

Relax and De-stress Instantly
with 38 Cat Colouring Patterns



QUIRKY
CAT MOM

Hi fellow cat lovers,

Rediscover your love for colouring books, with Colour Therapy for Cat Lovers.

What better way to relax and unwind than by colouring in? With the countless health benefits of colouring for adults, it's time to pull out the crayons, coloured pencils and markers!

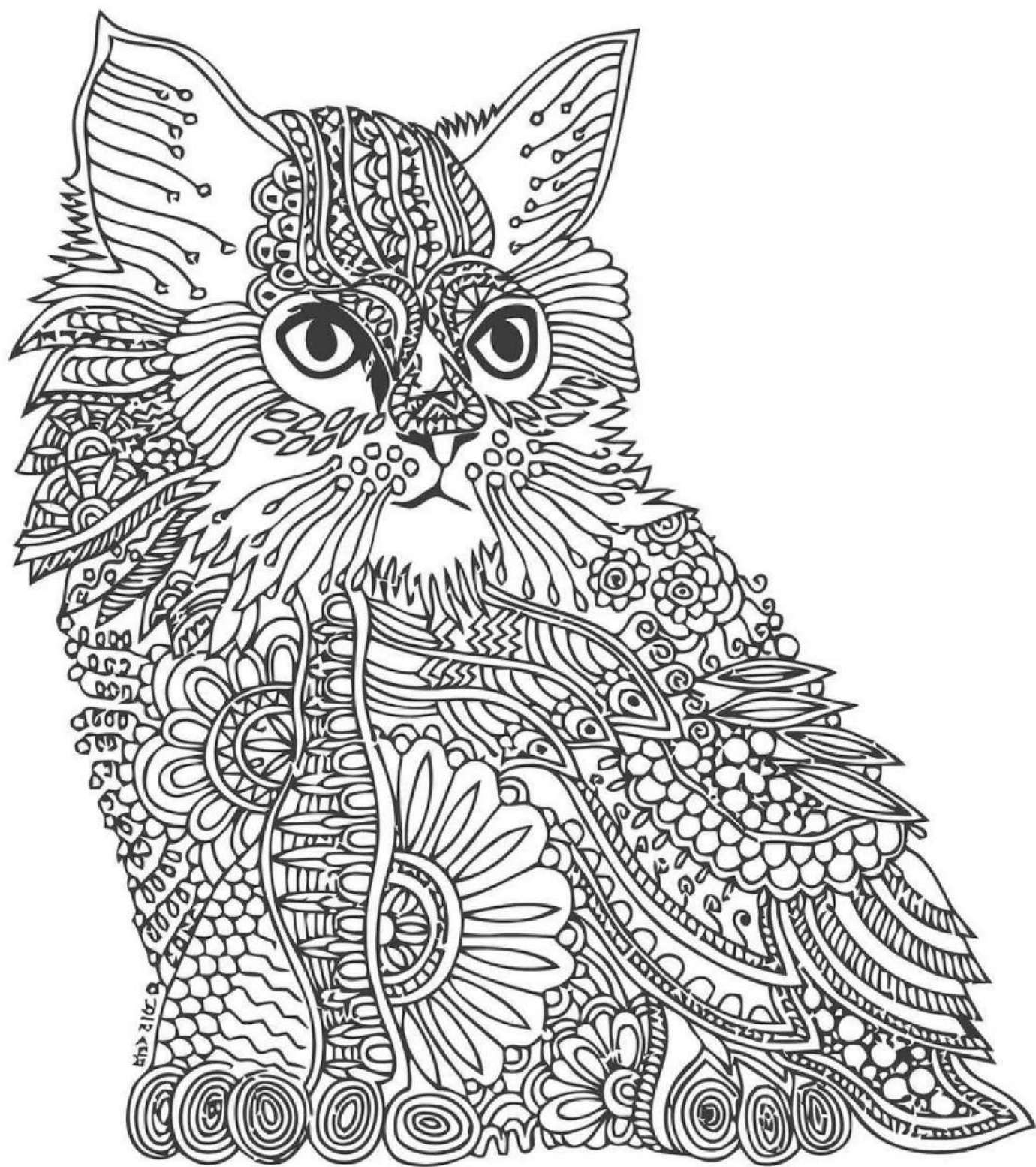
5 health benefits of colouring for adults include:

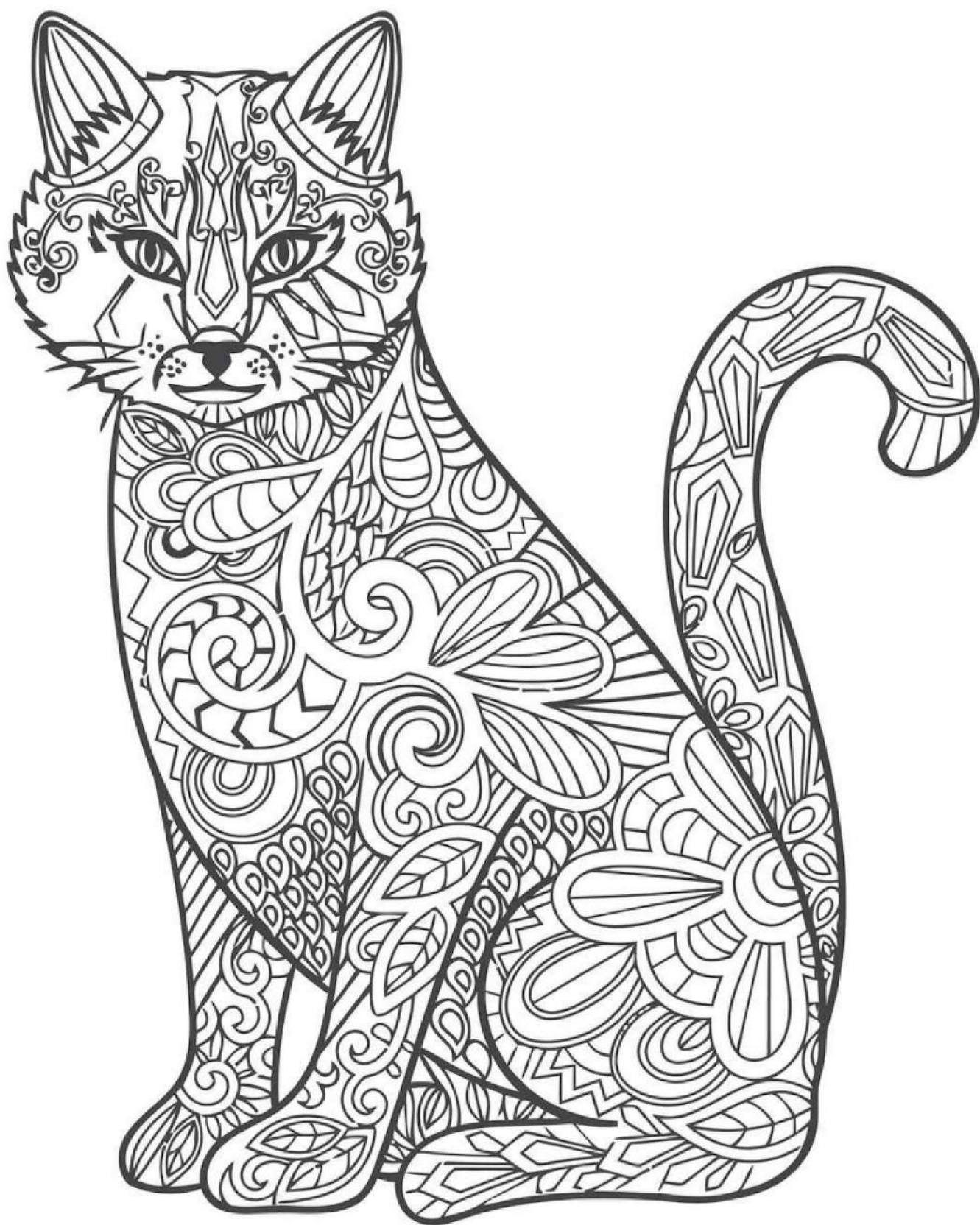
- 1) Relaxation and stress relief: Colouring can help adults relax and unwind, reducing levels of stress and anxiety. The repetitive nature of coloring can create a calming effect, allowing the mind to focus on the present moment and forget about worries or distractions.
- 2) Improved focus and concentration: Colouring can help improve focus and concentration by engaging the mind in a repetitive, meditative task. This can lead to improved mental clarity and better overall brain function.
- 3) Increased creativity and self-expression: Colouring allows adults to express their creativity and imagination through the use of colour and pattern. This can be a fun and therapeutic form of self-expression and can lead to increased self-awareness and confidence.
- 4) Improved fine motor skills: Colouring involves small, repetitive motions that can help improve fine motor skills and dexterity. This can be especially beneficial for individuals who suffer from conditions such as arthritis or other age-related hand tremors.
- 5) Connection to childhood memories: For many adults, colouring can bring back fond memories of childhood and a simpler time. This can be a great way to tap into a sense of nostalgia and bring a feeling of comfort and joy to those who engage in it.

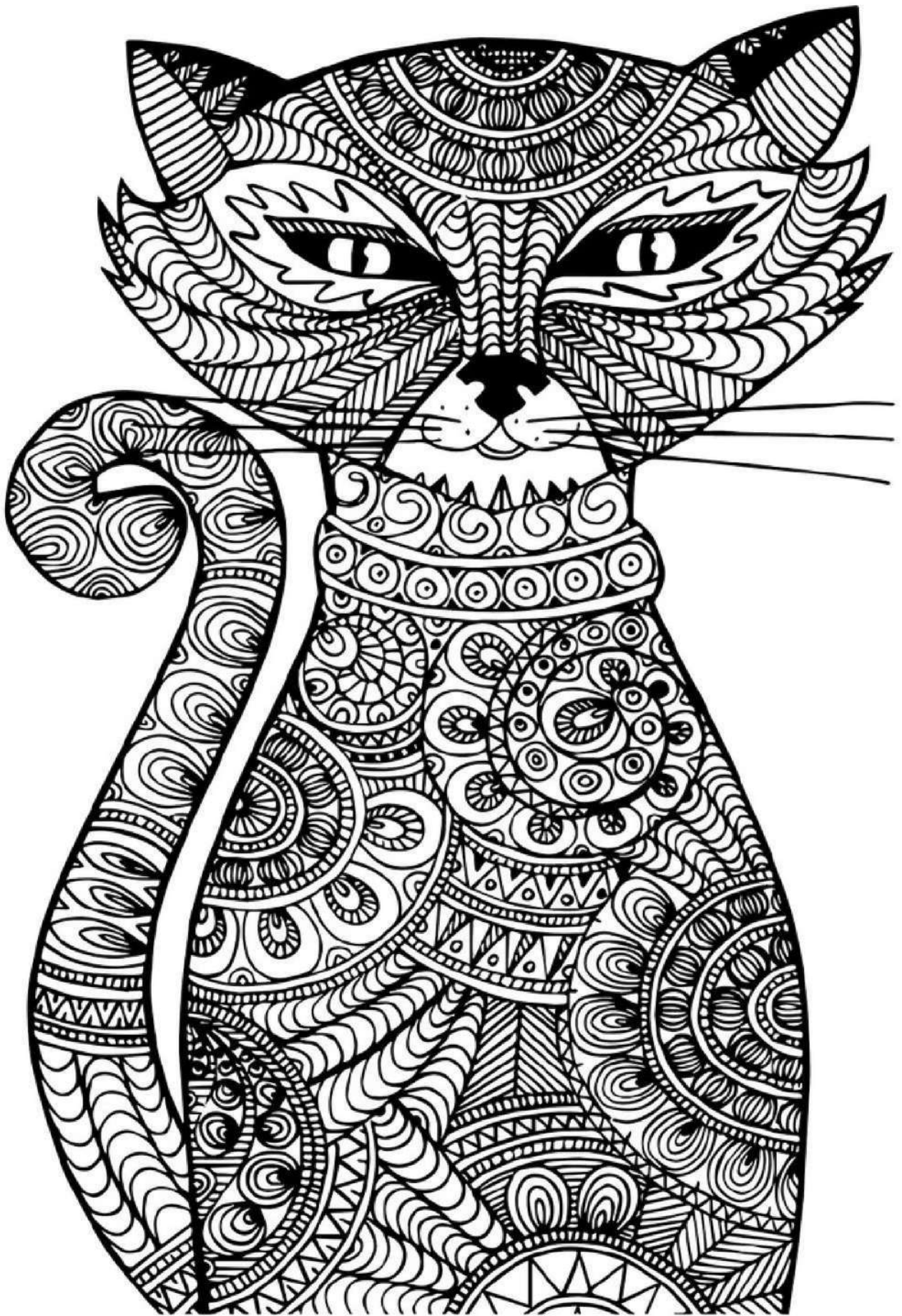
And of course, it's all about the cats! Our patterns are exclusively of cats, for cat lovers.

I hope you have many hours of relaxation ahead of you.

Nicola





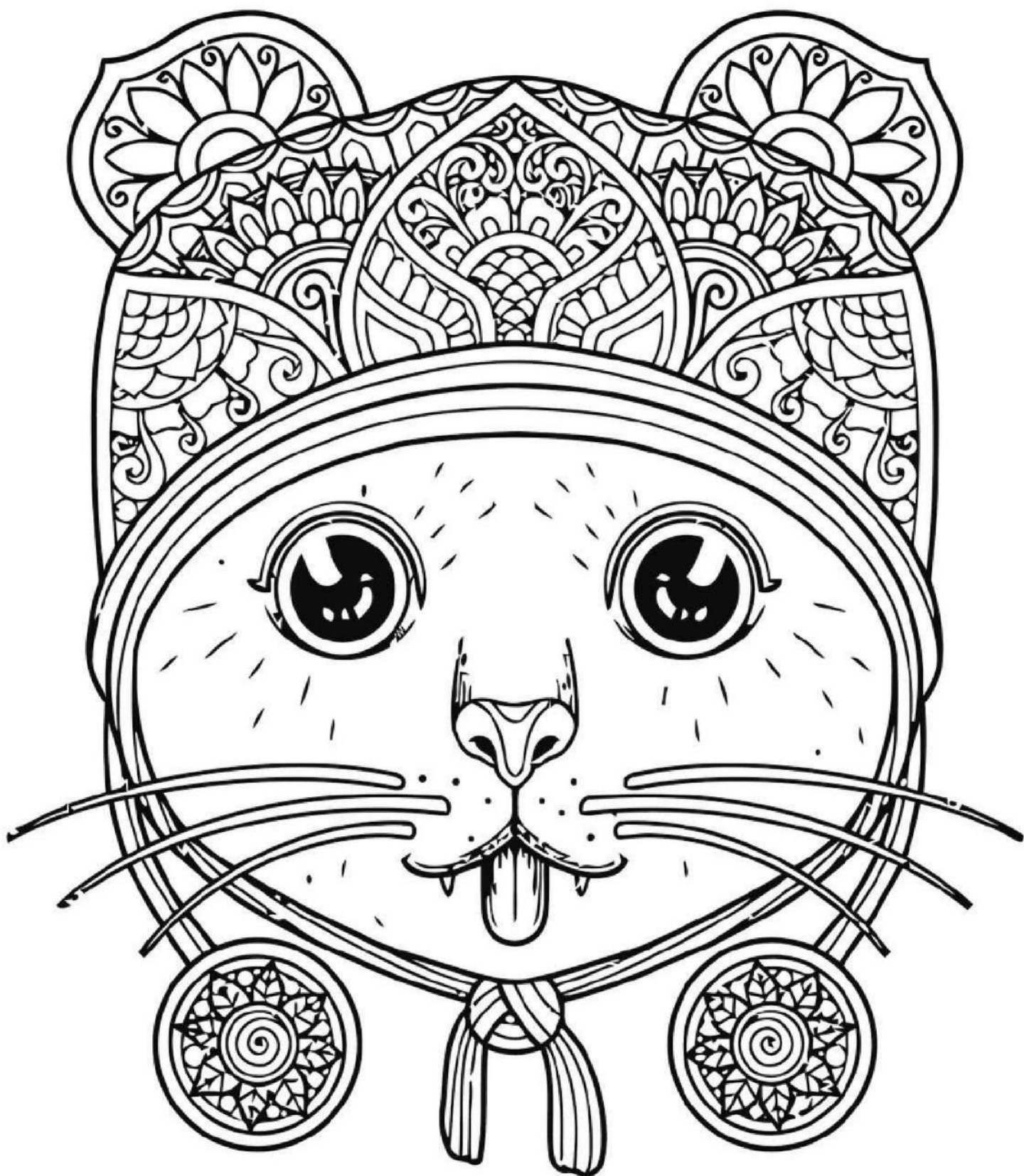


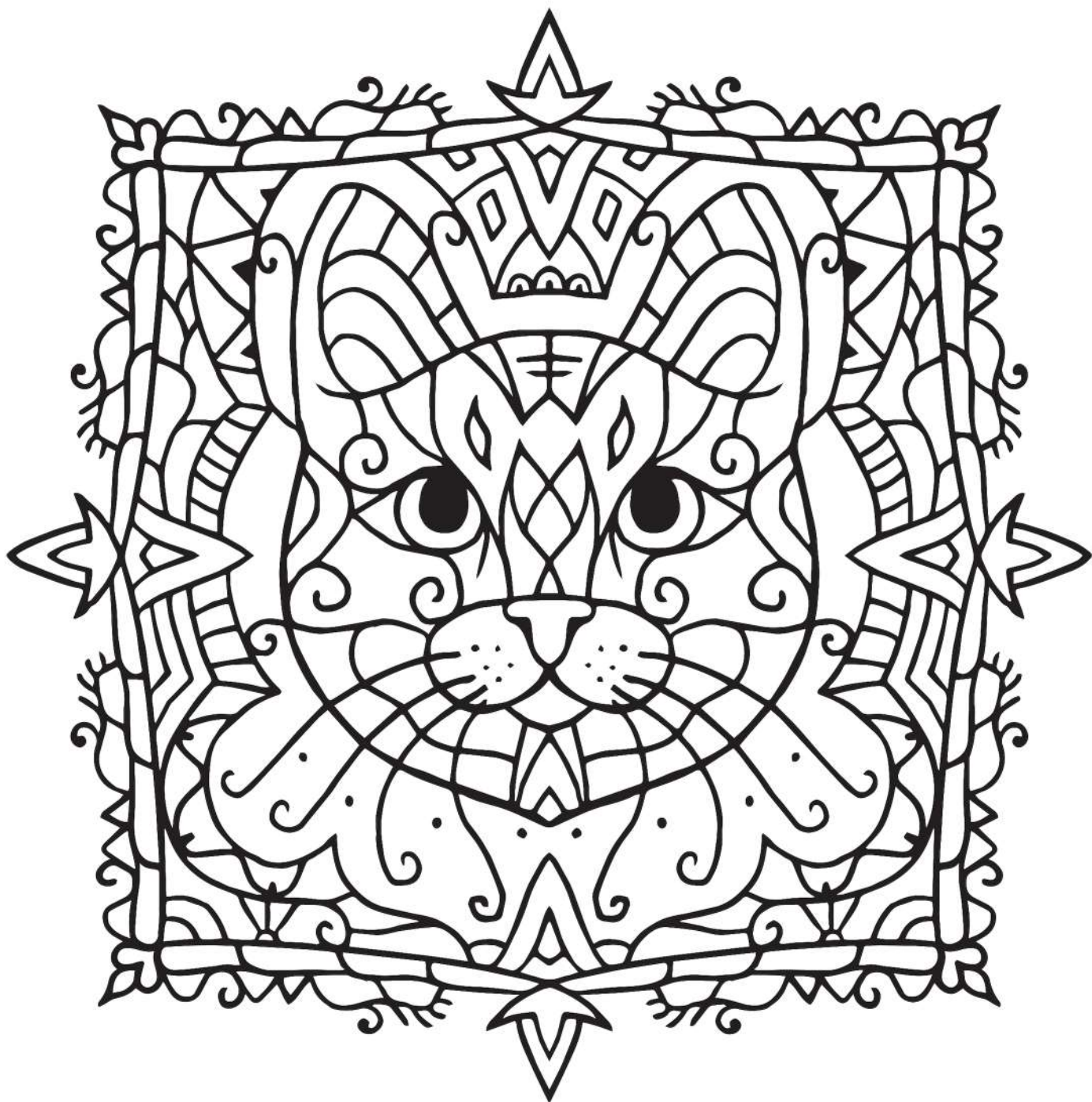
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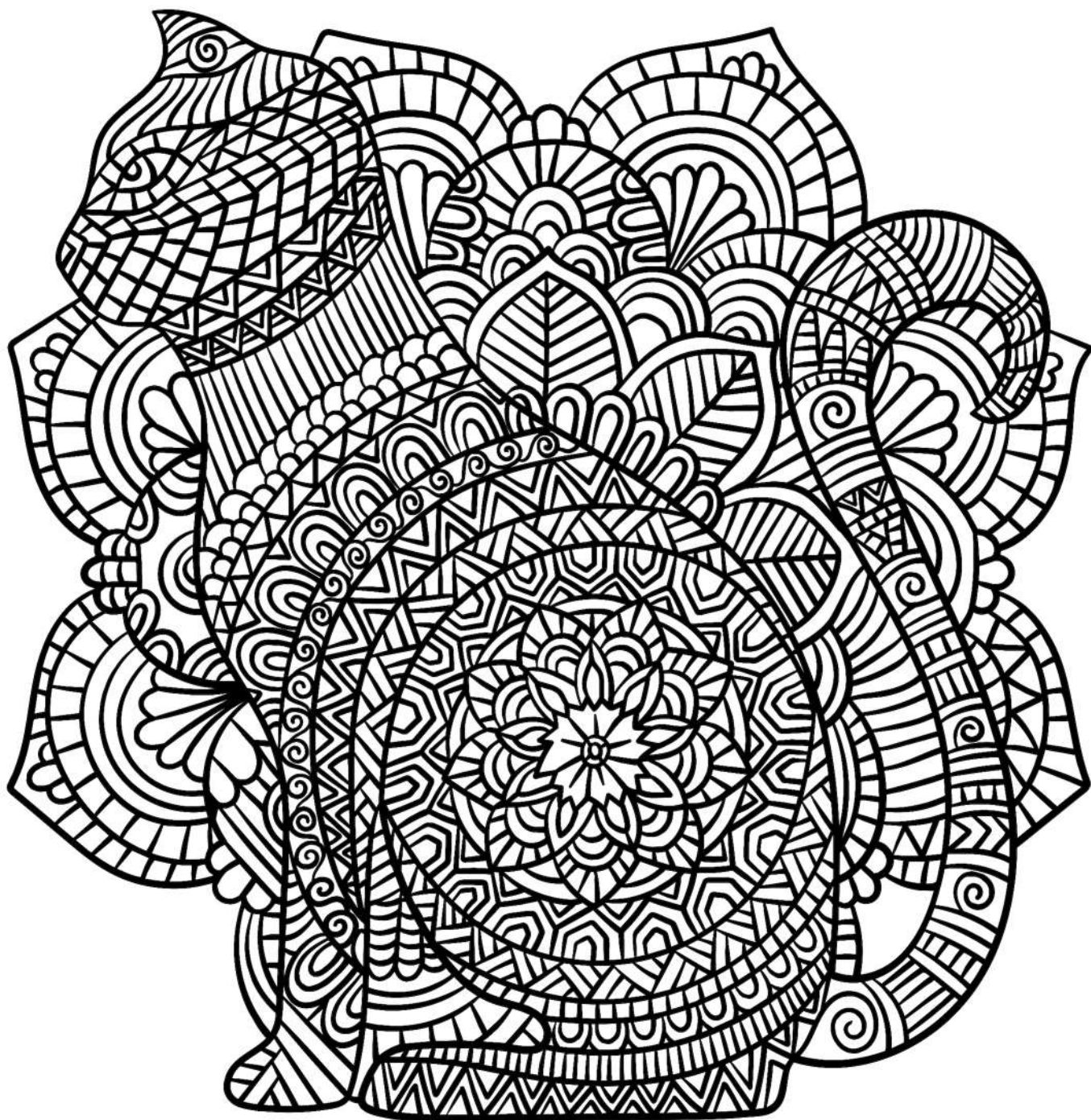






















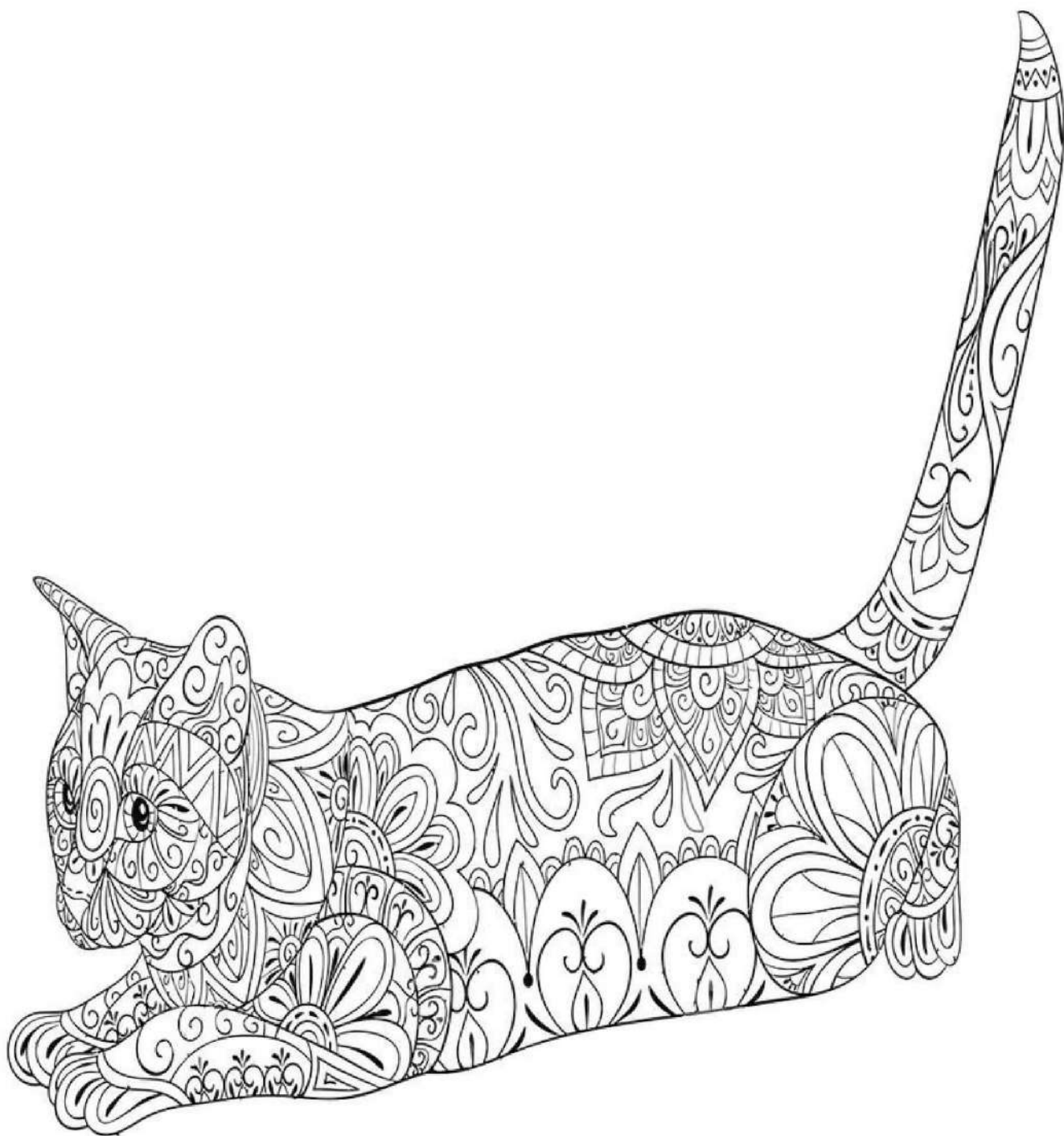






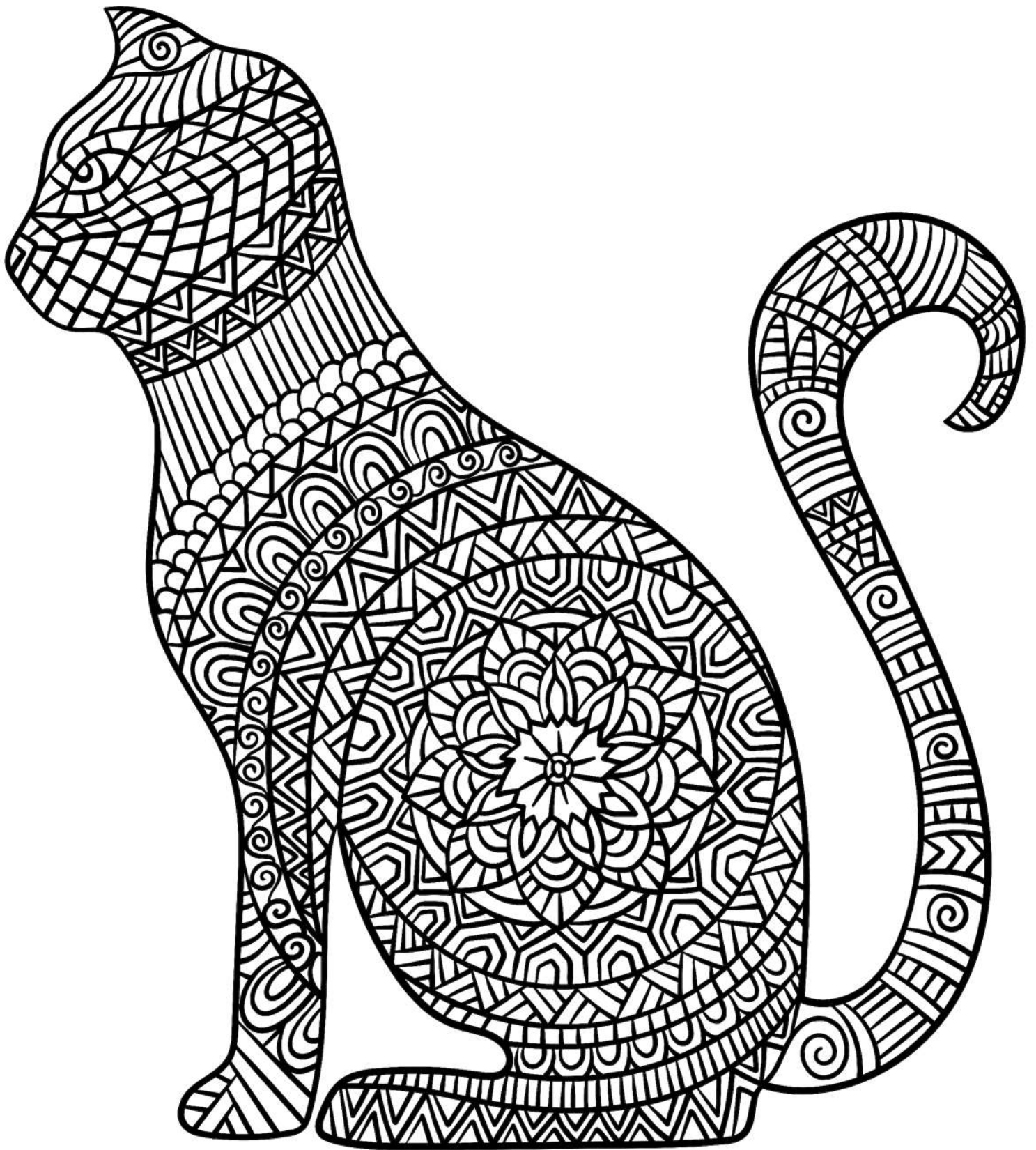


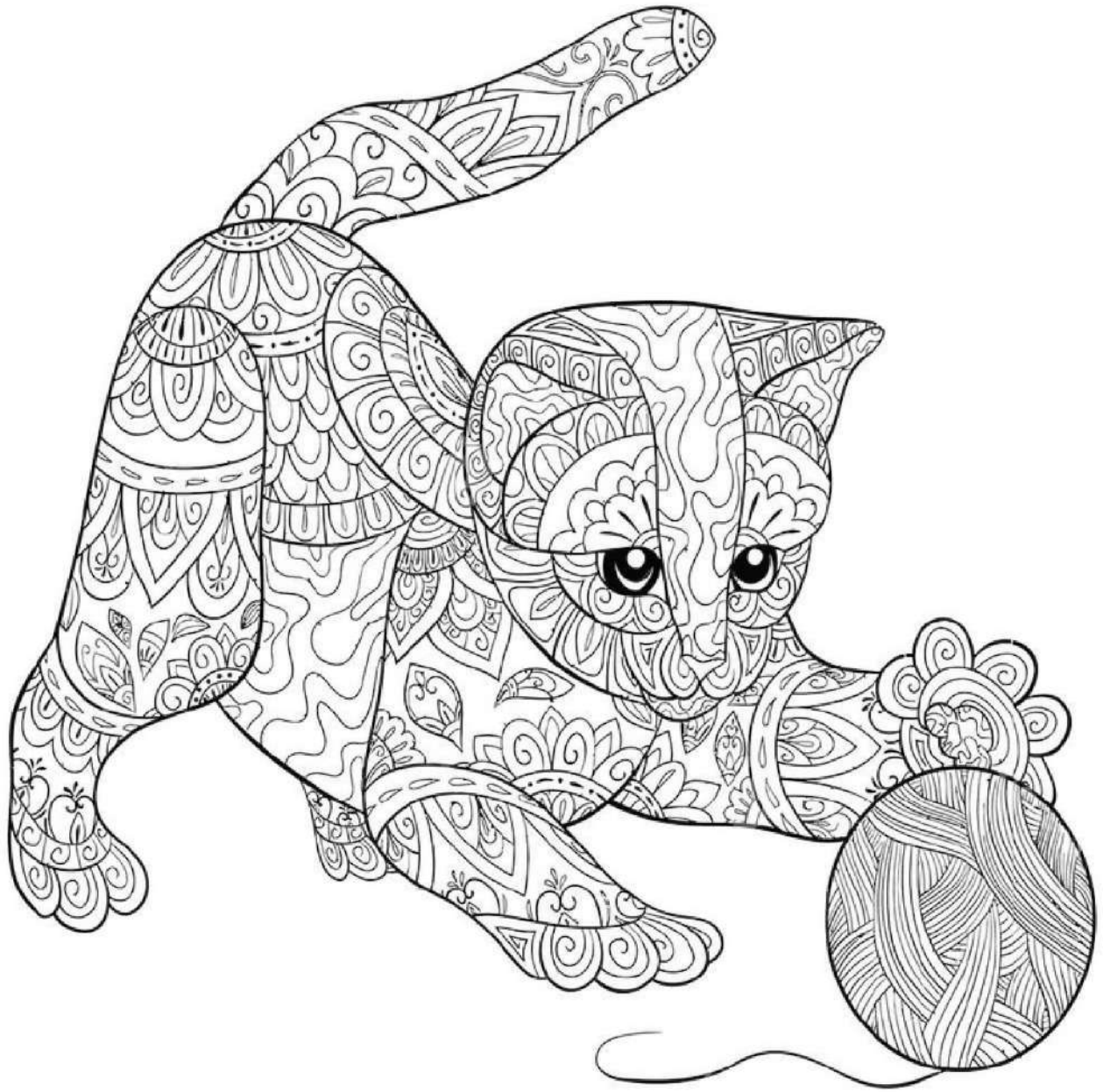


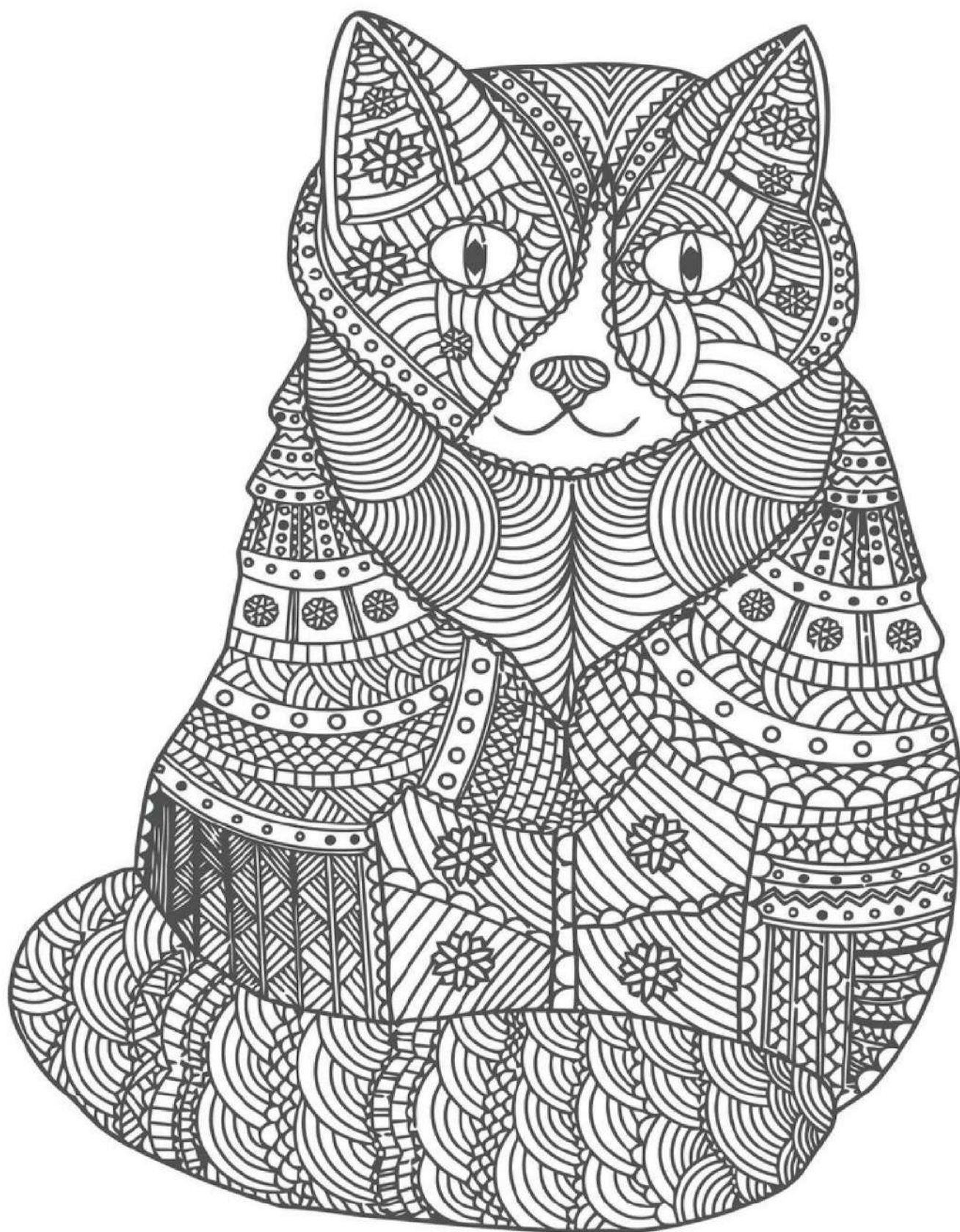
























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