



Color! Just Take It Easy Coloring Book

Deb Gilbert

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I started coloring due to a fall that resulted in a chronic condition--sciatica. For seven months, I was unable to do much more than sit in a recliner or sleep. To keep my attention away from the constant pain level of 9 or 10, I colored.

It relaxed me, gave me time to think pleasant thoughts, and allowed me a respite from worrying about my condition. While overwhelmed by chronic pain and the drugs that doctors prescribed, I found many hours of peace just by coloring.

I had my pens and pencils carefully within reach. I used a large postal envelope behind my pages so that my pens did not bleed onto the next page. I imagine a sheet of paper would work well for this, too.

As I continued my healing, I found that coloring had become my relaxing habit. I gradually began being able to walk and to resume many of my regular day-to-day activities. However, each evening I was sore and wiped out. It is this child-like activity that keeps me focused and gives me hours of pleasure.

I designed this coloring book for everyone, but I keep in mind my fellow chronic pain sufferers and wish them many hours of active engagement and peace.

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Melvin Belknap:

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Richard Mills:

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