



STRESS RELIEF

**COLORING BOOK
FOR TEENS AND ADULTS**



**FAIRIES, BUTTERFLIES, FRUITY
DREAMS, AND FLORAL DESIGNS**

ROBERTA JARVIS





Welcome to the world of “STRESS RELIEF”!

I’m so excited to invite you into the first book of my Stress Relief series — a whimsical collection designed to calm your mind and spark your imagination. Inside these pages, you’ll discover charming fairies, magical characters, enchanted objects, butterflies, blooming florals, and sweet fantasy dreams — all carefully illustrated to bring you peace, joy, and a touch of everyday magic.

Whether you’re a beginner or a seasoned colorist, this book offers a soothing escape into creativity. I hope each design helps you relax, recharge, and reconnect with your inner calm.



Creative Coloring Tips

✦ Embrace Uniqueness

Remember, perfection isn’t the goal; your creativity is! Don’t stress about staying inside the lines or choosing the “perfect” shades. Trust your instincts and enjoy the process of creating something that is truly your own.

✦ Blend Different Media

Experiment with mixing colored pencils, markers, crayons, and pastels. Combining various tools can add richness and depth to your artwork, making it more dynamic and visually appealing.

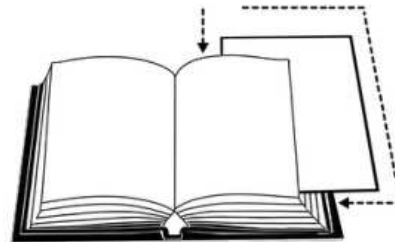
✦ Find Your Color Harmony

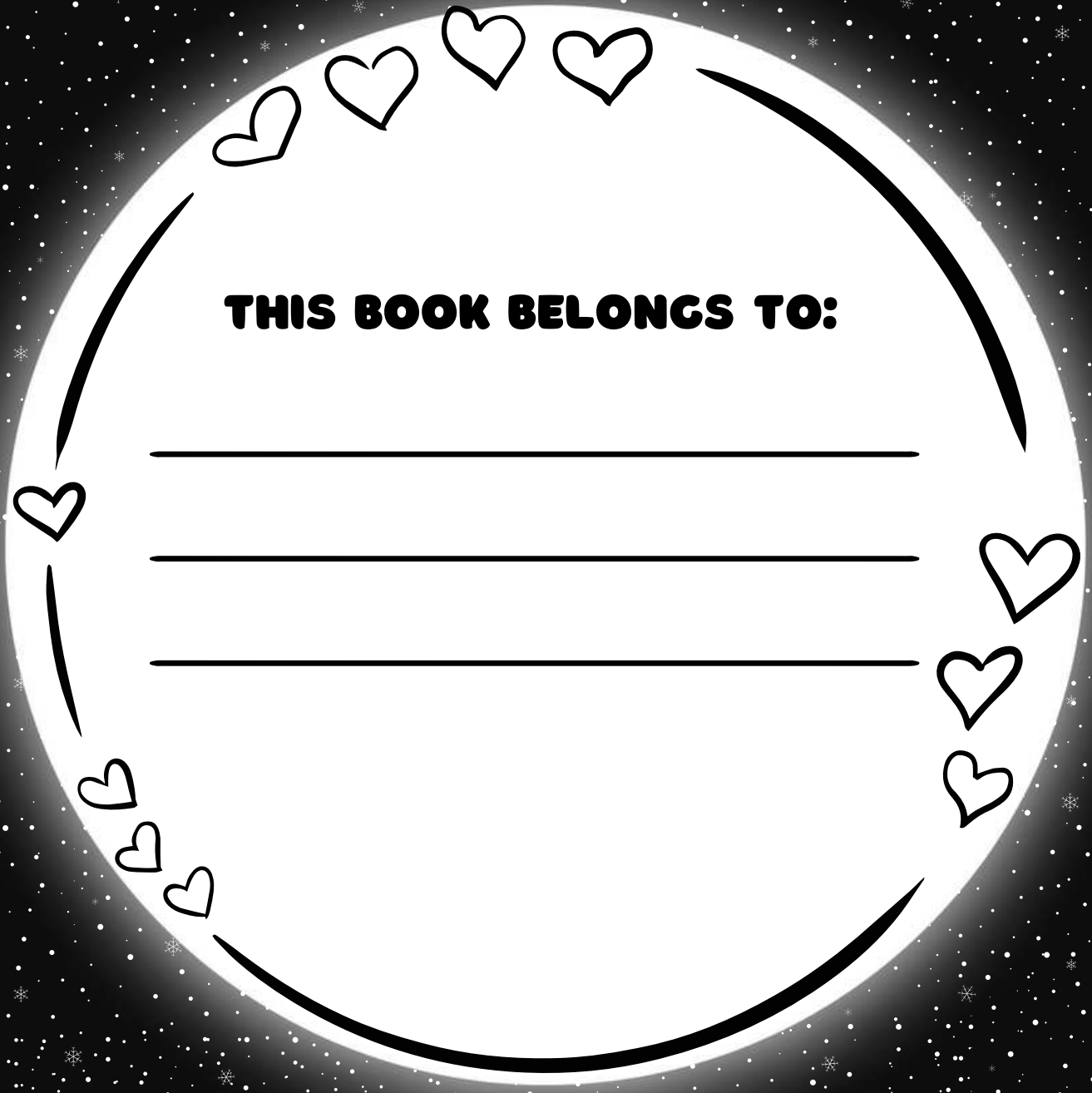
Before you start a new design, please select a color scheme that resonates with your mood. A well-planned palette can bring balance and cohesion to your creation, enhancing its overall impact.

✦ Enhance Your Experience

Create the right atmosphere for coloring by incorporating elements that relax or inspire you. Play music, light a candle, or find a cozy spot where your creativity can flow effortlessly.

Please place a clean sheet under the page you are coloring to prevent ink transfer.
I wish you a pleasant and peaceful coloring experience! 😊





THIS BOOK BELONGS TO:

*She closes her eyes, and in the silence, dreams blossom,
each petal whispering of a love not yet spoken,
but already alive in her heart.*





*In her handbag, there are roses, secrets, and a hint of magic...
just like a true lady.*





*Deep within the forest, a gnome resides in a boot—
because even the smallest places can hold an entire world,
if the heart learns to see it.*





*A good day is when the oranges are round, the flowers are blooming,
and the gnome has time for tea.*





*In the enchanted orchard, her kindness was as sweet as grapes,
And her love was as tender as the flesh of a peach.
Wherever she walked, the air turned golden with magic.*





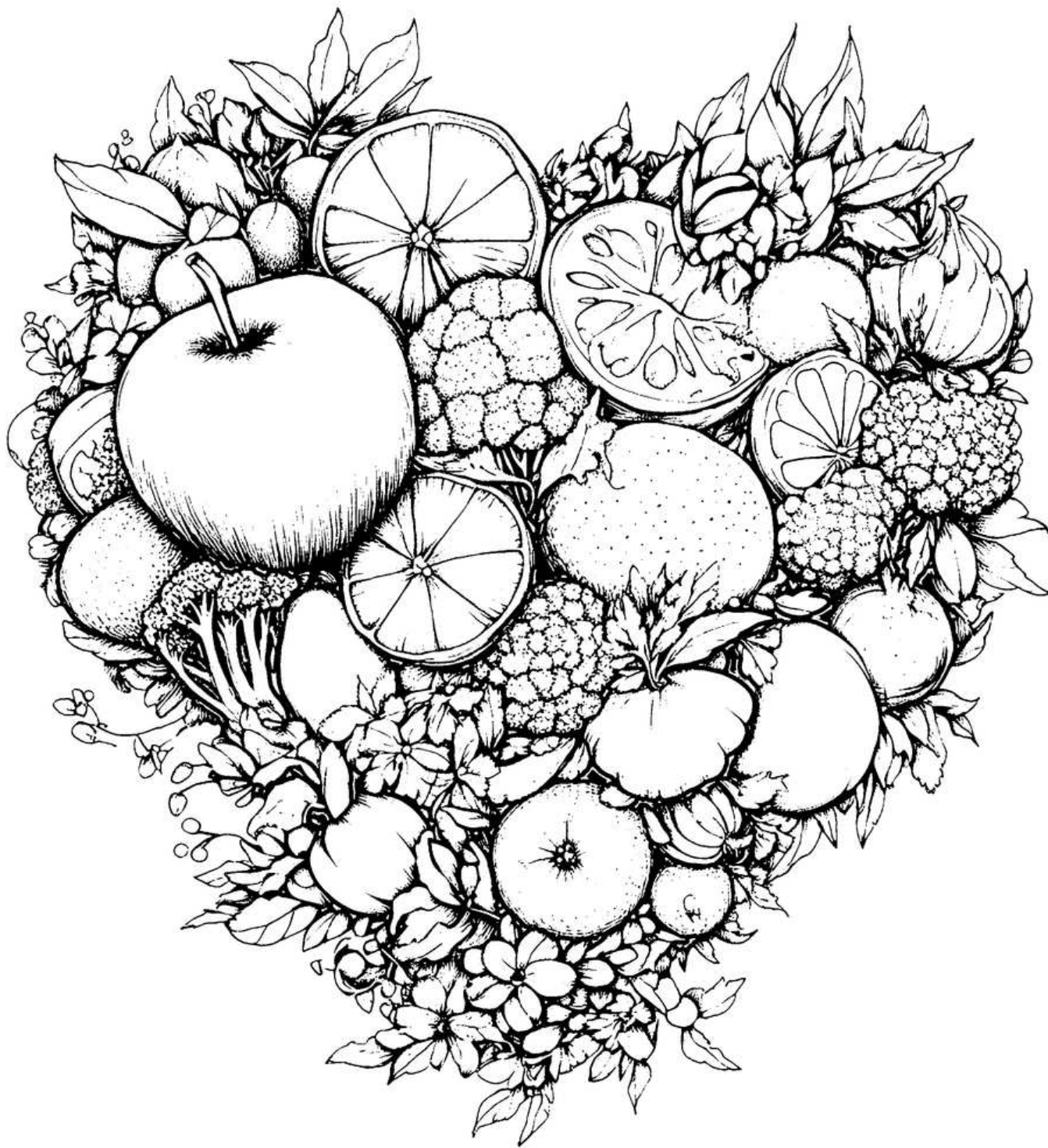
*Let your dreams soar like a balloon,
uplifted by the lightness of hope and the beauty of flowers.*

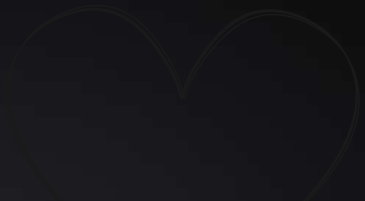




*The heart, like the sweetest fruit, matures with tenderness
and thrives in the warmth of understanding.*







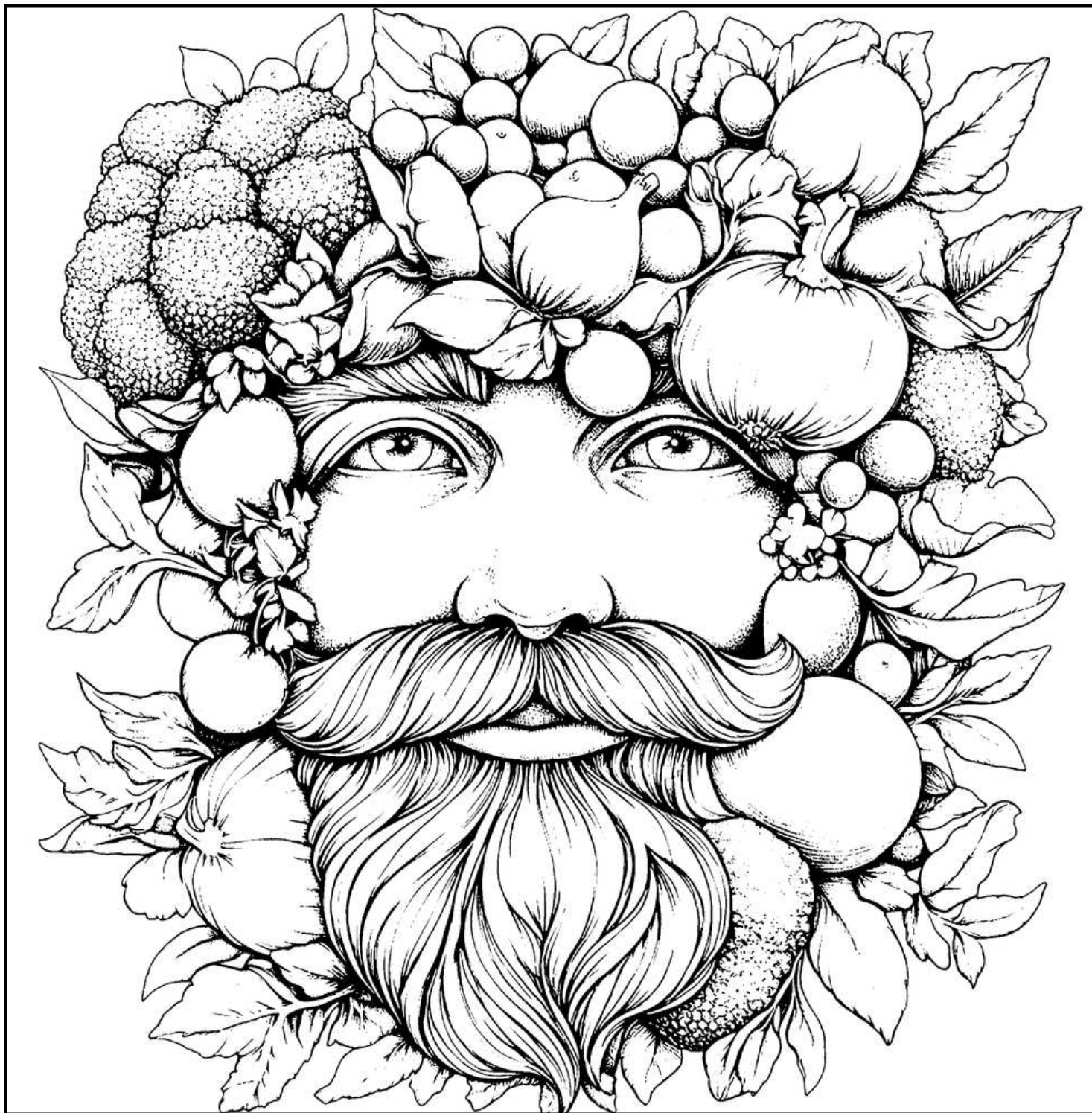
*She sat with closed eyes, surrounded by fruits and flowers,
as if nature's whispers wove dreams into her soul.*





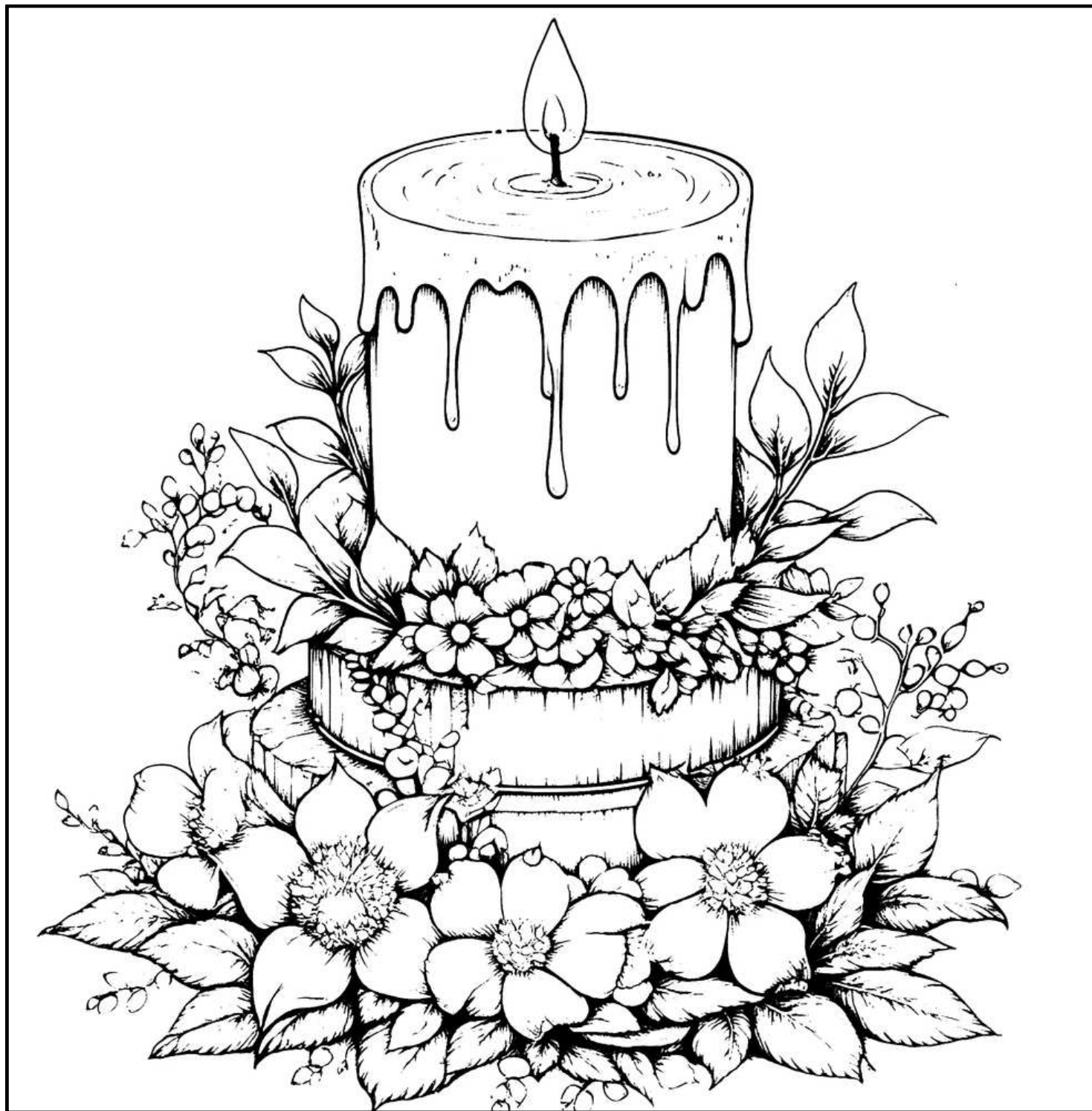
*The strong and beautiful prince
will always find his way through the darkest forest.*





*The candle flickers gently, illuminating the flowers
as love blooms in the tranquil warmth of the night.*





*She was like spring — full of hope,
blooming softly in a world that often forgets to notice the flowers.*





*A is for all the little wonders we often forget to notice —
like the sweetness of a kiwi or the magic within a blooming leaf.*





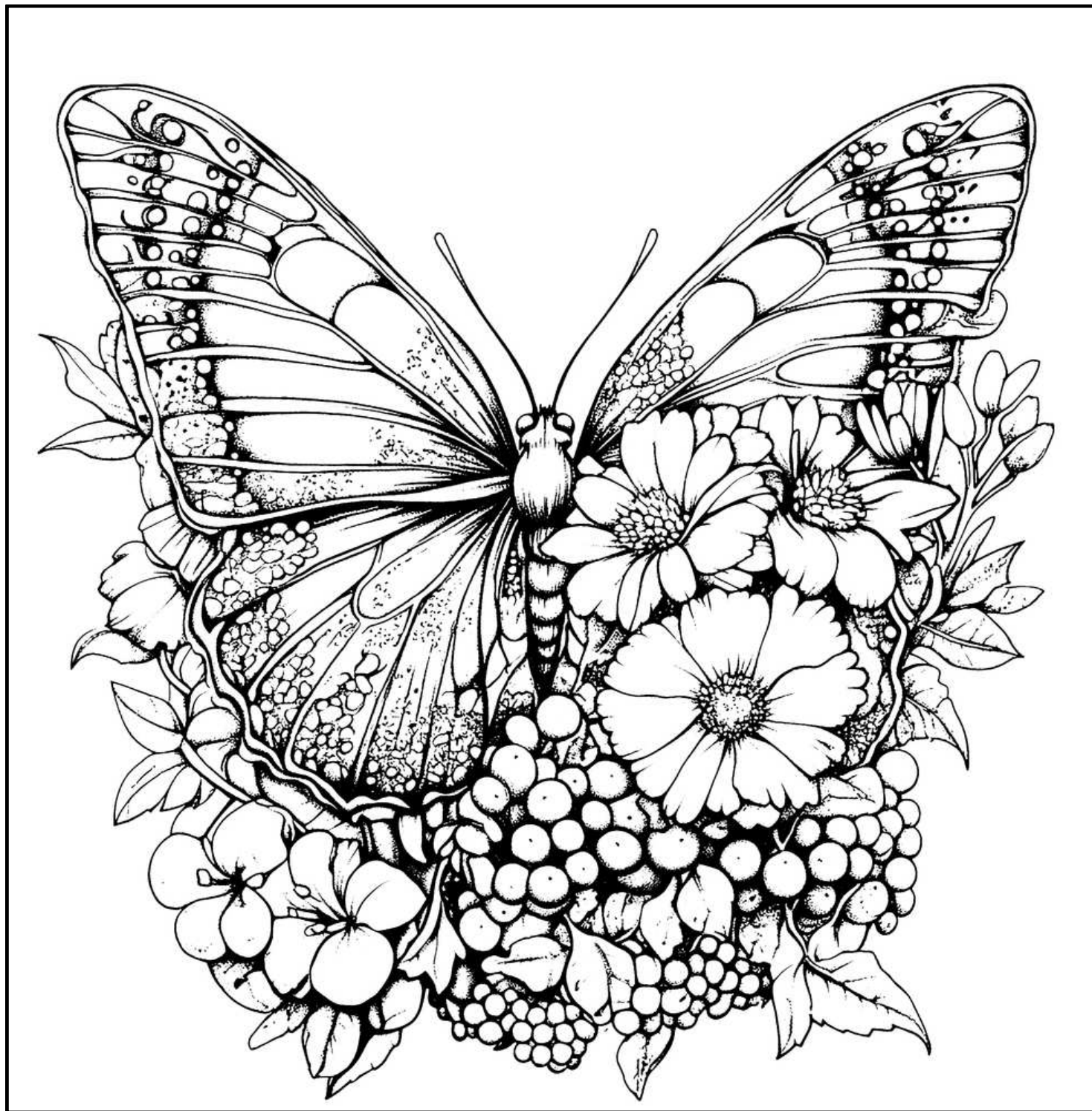
*Some journeys are measured not in miles but by how sweet
the road smells when lined with oranges and dreams.*





*A butterfly never rushes —
It simply appears one day among the flowers in our garden
and within our soul, quietly transforming everything.*





*She shut her eyes, and the entire garden listened —
because every dream starts in silence.*





*Even the moon stopped to admire the delicate fairy —
For dreams bloom where grace meets tranquility.*





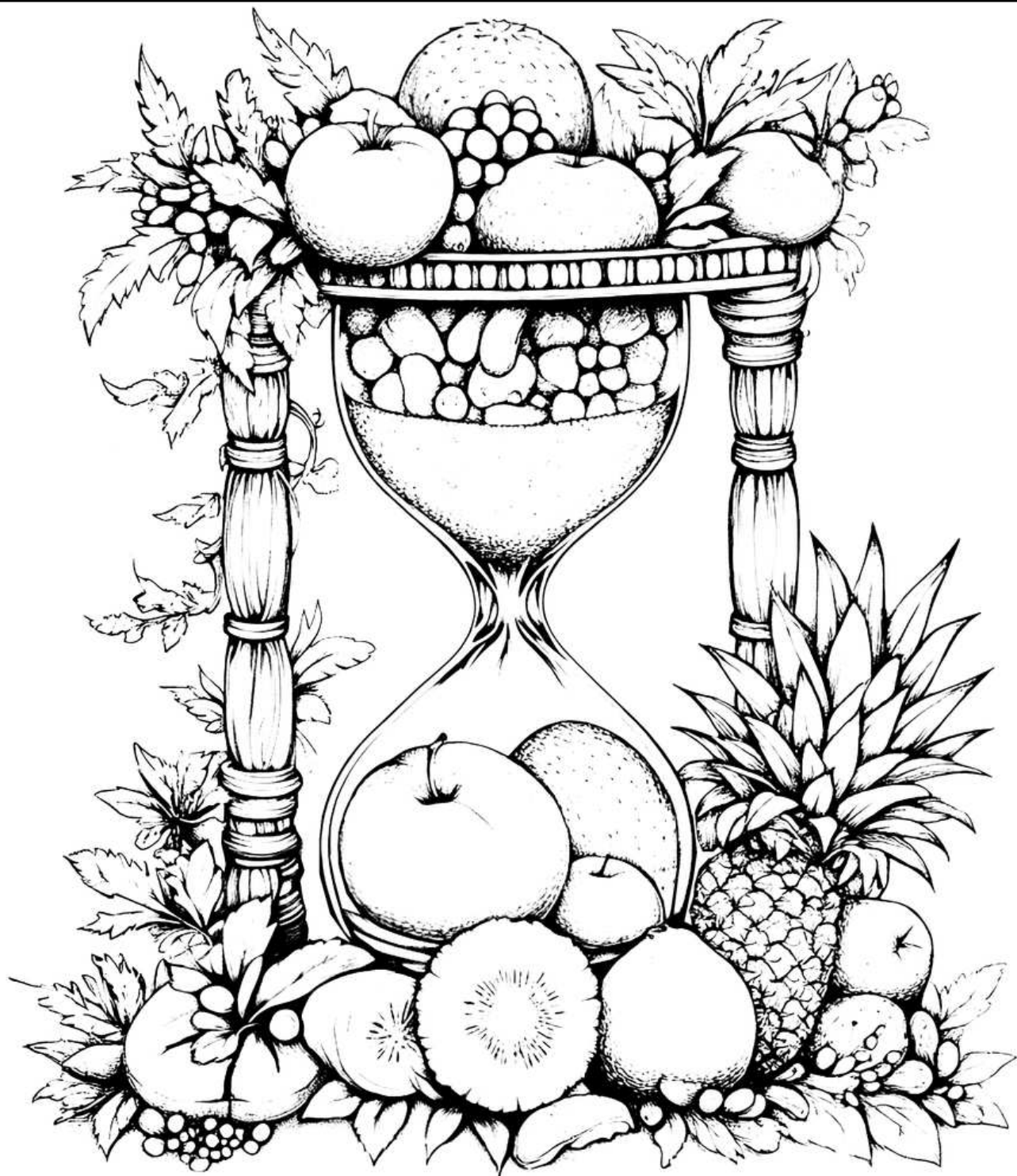
*In the center of a berry-shaped cottage, happiness quietly ripens —
sweet, small, and perfectly hidden from the world.*





*Time ripens like fruit—slowly, sweetly,
and always with a hidden kernel of wisdom inside.*





*He wore time like a crown of butterflies —
light, fleeting, and far too beautiful to rush.*



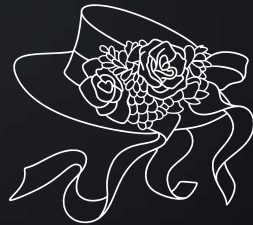


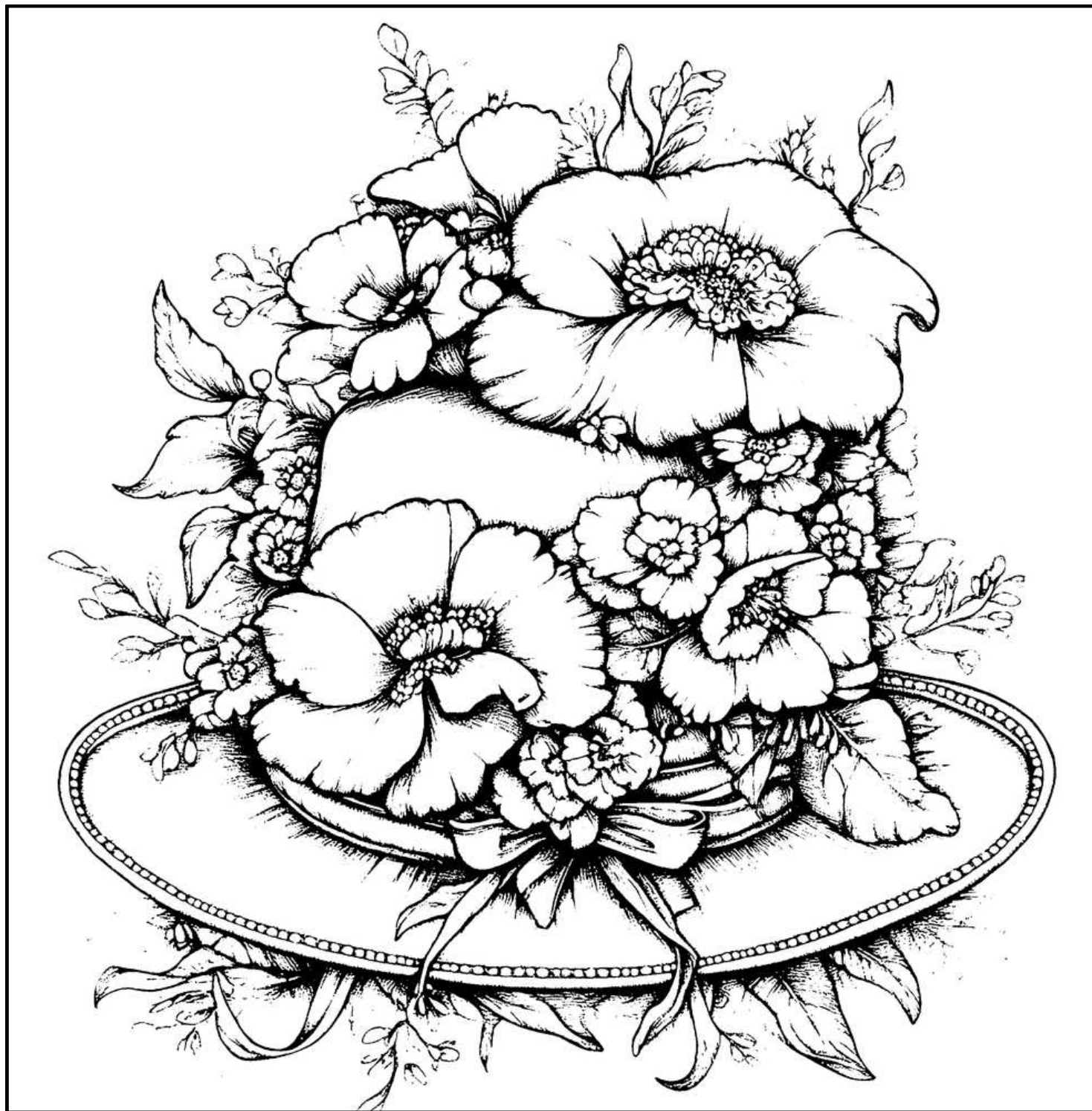
*Each note resembles a petal,
and every melody creates a garden blooming within the soul.*





A hat filled with flowers quietly conveys, 'I carry beauty gently.'





*In an apple filled with windows and warmth,
Someone quietly believes in magic.*





*Within a jar, a tiny forest waits
to remind you that magic requires little space.*





*Some hearts resemble wild gardens,
filled with sweet fruit and bold blossoms.*





*True richness is not found in gold, but in a full basket.
a full heart, and a home that smells like summer.*





Even the clock stops to smell the roses.





*On old van, a mysterious road, and dreams blossoming —
sometimes, that's all it takes.*





*Not all adventures need a map;
some start as quiet thoughts and grow into kingdoms.*





*Some stories begin not with a plot, but with the scent of flowers
and the hum of quiet thoughts.*





*Let life be like a layered dessert —
soft, rich, and full of delightful surprises.*





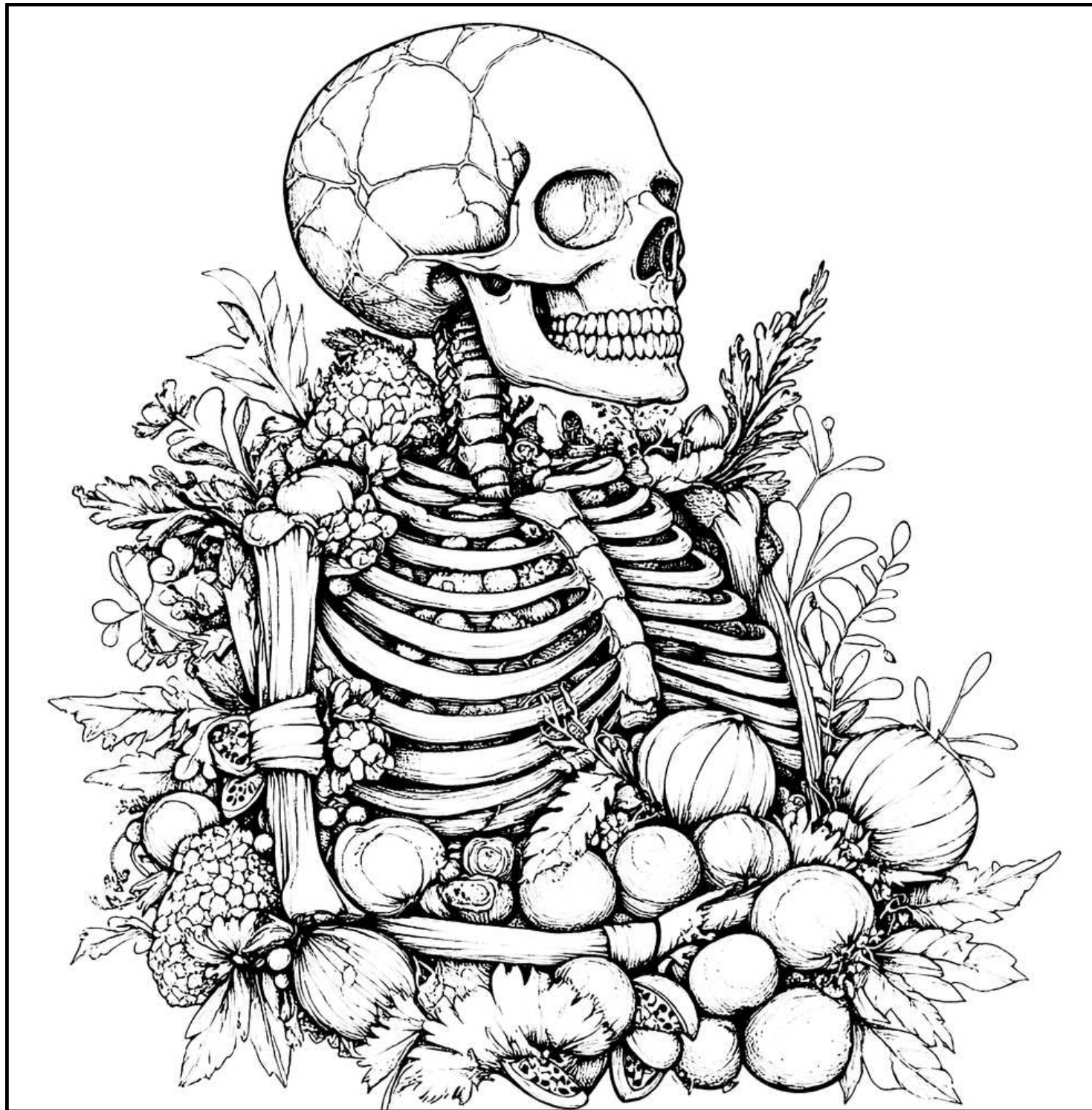
*When beauty is crafted with care,
even fabric can blossom like a feeling.*





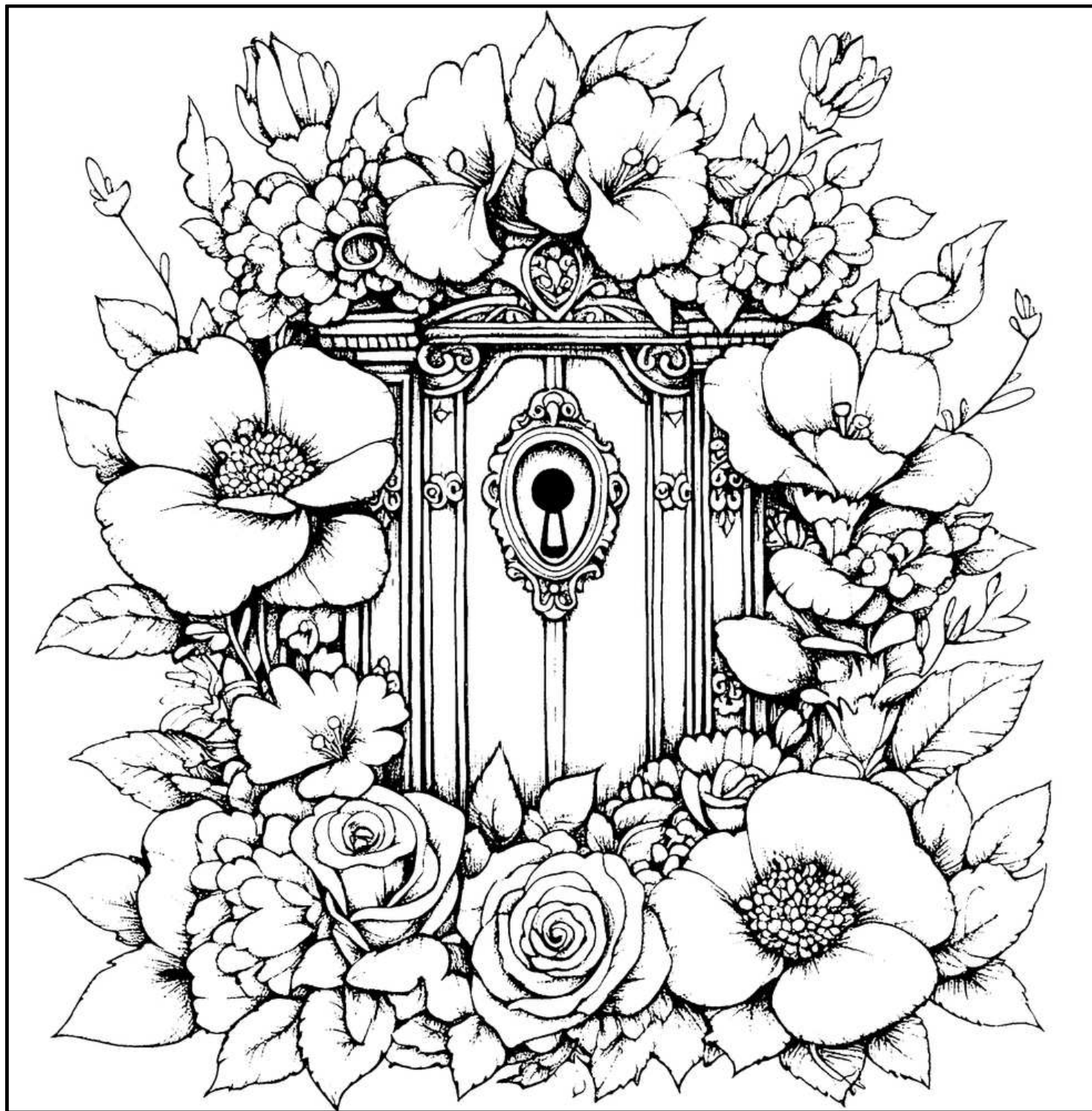
*The end gives rise to the beginning—
roots grow where silence once dwelled.*





*The most beautiful secrets flourish in places
where few think to search.*





*The cards never lie,
but sometimes they laugh before revealing the truth.*





*Some sounds cannot be heard by the ears —
they bloom in the heart like flowers in the dark.*





*Between the moonlight and the wings,
The quietest wishes find a way to shine.*





Even when bound by chains, the soul still knows how to flourish.





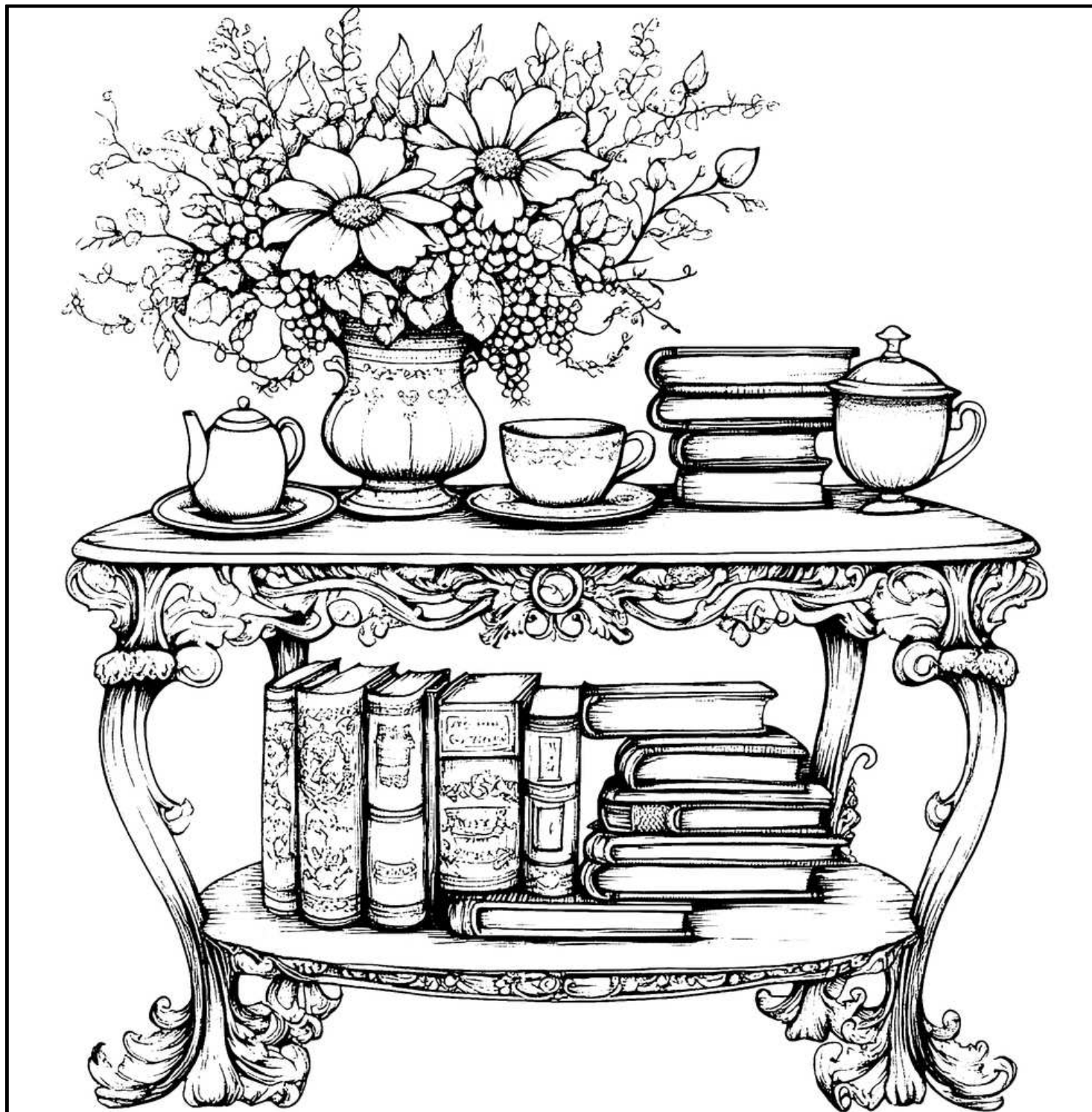
*In every rose-framed mirror lies a spell — it reveals not your face,
but the dream hidden deep inside your heart.*





*Sometimes, with just a shelf of books, a cup of tea,
and a vase of flowers, an ordinary corner of the room becomes a
magical fairytale.*





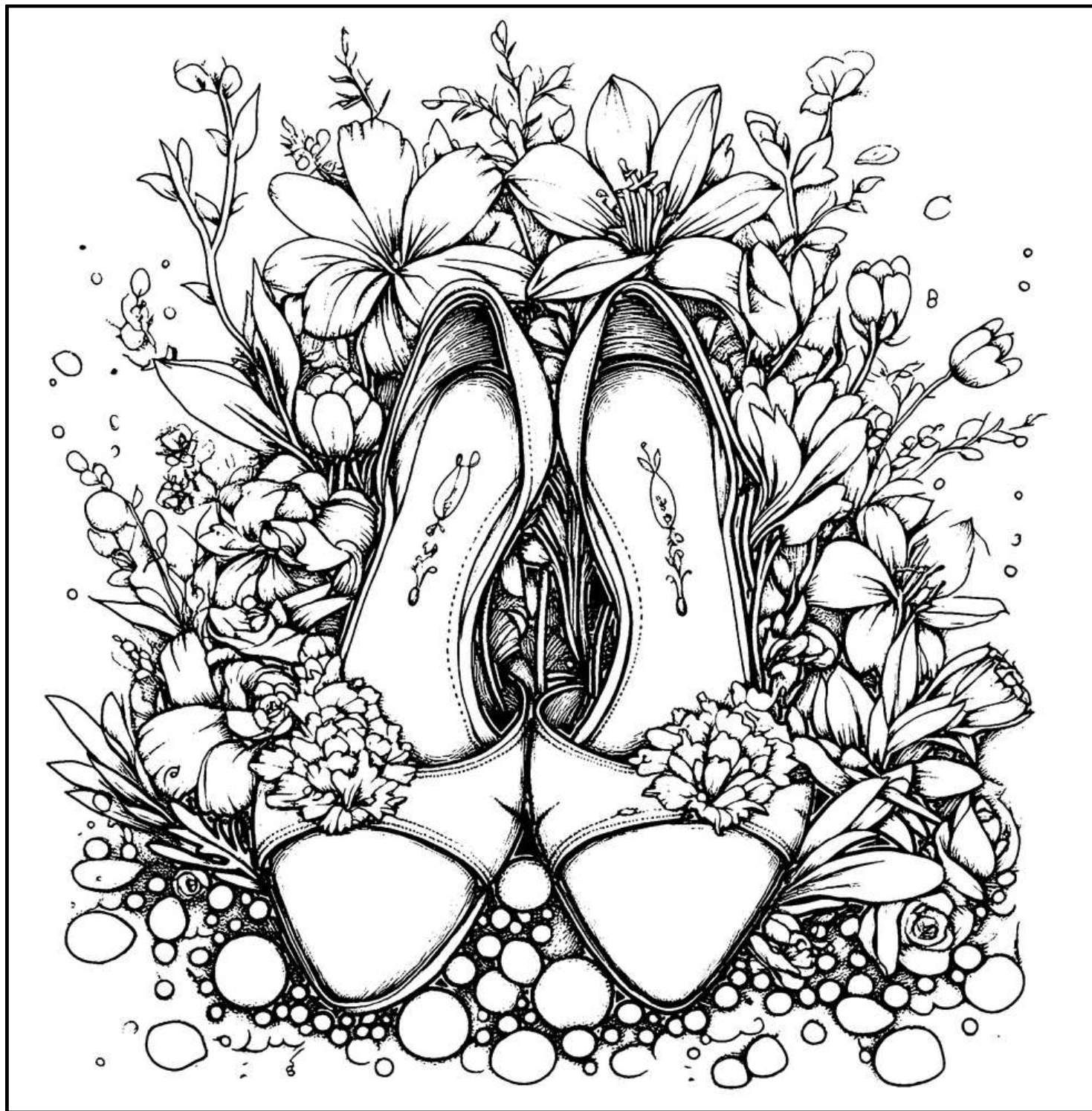
*A fairy resides in a globe of light,
where flowers share secrets and butterflies protect dreams.*





*Perhaps a fairy once danced here and left behind her shoes so the
flowers wouldn't feel lonely.*



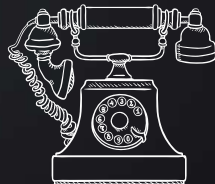


*She didn't just wear the dress — she wore the blessing of a garden,
stitched with petals and spun with charm.*





*This phone doesn't call people; it speaks to the moon,
butterflies, and dreams forgotten by morning.*





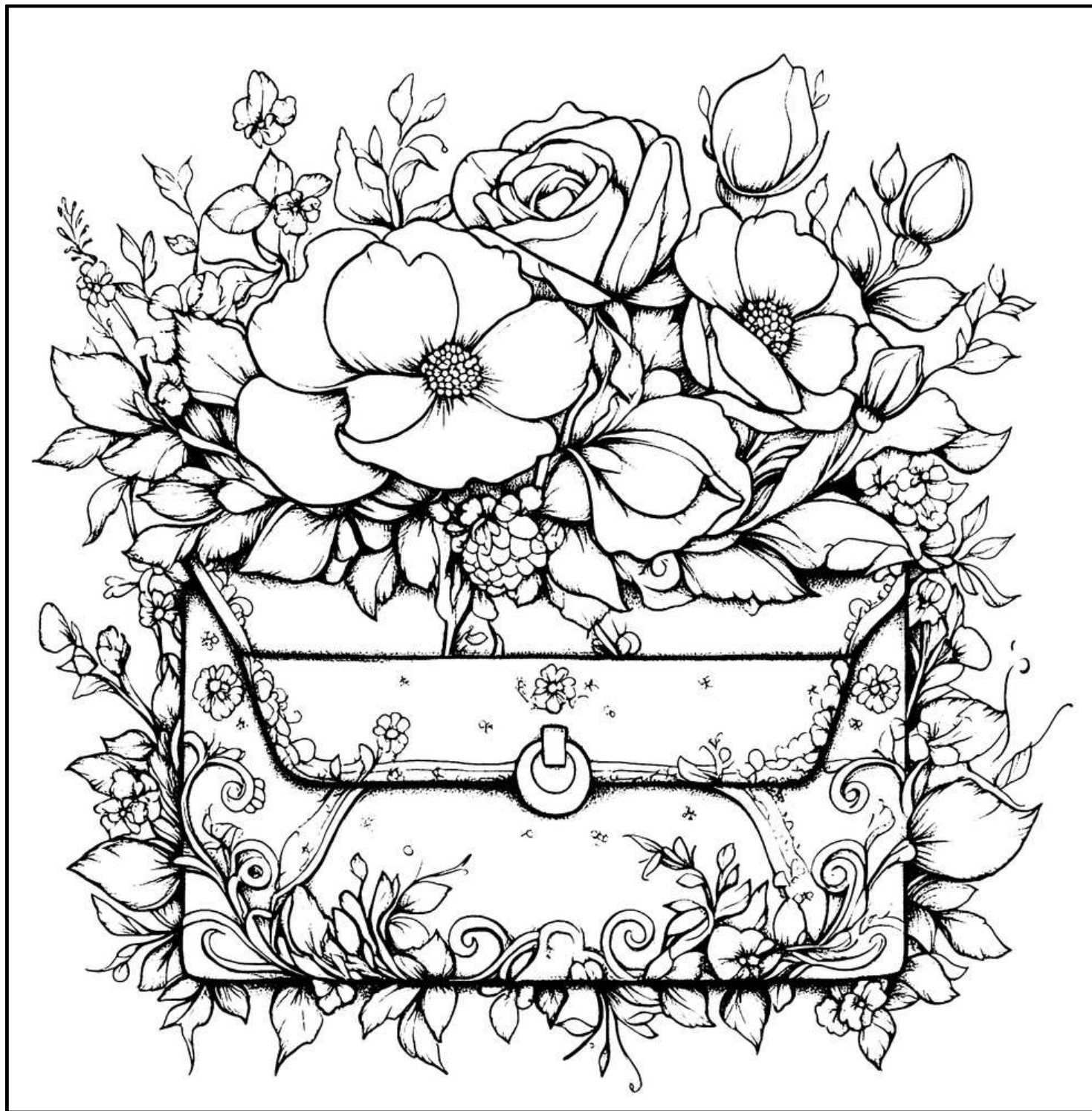
*In her hands, she held a crystal and a moon—
the whisper of a story not yet written.*





*Not every purse holds coins; some carry the scent of flowers,
a quiet wish, and a touch of magic for rainy days.*





*When queens come together, they don't gossip.
Instead, they share spells while enjoying lemonade.*





In every apple-filled boot hides a story from childhood.



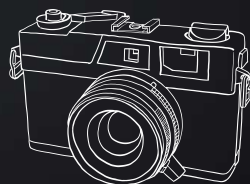


*Pedaling through flowers and dreams,
she brought her heart to the gates of a fairy-tale city,
where imagination blooms for eternity.*





*In an instant, —
Two hearts create a single memory.*





*Little sparks flicker in the fireplace,
quietly sharing secrets that only dreamers can hear.*





*A magical boot overflowing with flowers and apples,
as if kindness itself had taken a stroll.*





*In the land of birthdays, every cake conceals a wish,
Every candle whispers a dream,
And every smile adds a sprinkle of magic.*





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kpotapenko212@gmail.com

ISBN: 9798284139196



HELLO!

Your feedback means a lot!



I hope you've been having a relaxing time with the coloring book! Coloring has always been my favorite way to unwind, and I'm so glad I can share this joy with you. Every piece of feedback helps me improve and create even more enjoyable books.

If you have a moment, I'd love your help with a quick favor. It won't take long:

- 1 Head over to Amazon**
- 2 Find the book and scroll down to the review section**
- 3 Choose a star rating that matches your thoughts, and leave a few words**

That's it!



Thank you so much for your support! Your feedback helps me grow and create books that you'll continue to love.

**Warm regards,
Roberta Jarvis**

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