



Color Your Mind: A Coloring Book for Those with Alzheimer's

Maria Shriver, Brita Lynn Thompson (Illustrations)

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Maria Shriver's *Color Your Mind: A Coloring Book For Those With Alzheimer's* is a coloring book for senior citizens. It's designed to provide both relaxation and cognitive stimulation for patients afflicted with Alzheimer's, a disease that affects millions of people worldwide. *Color Your Mind* consists of 24 beautifully designed patterns intended to stimulate the mind and provoke thoughtfulness. The designs are categorized within one of the six pillars of health, each with accompanying prompts and advice from Maria Shriver. Subjects include: Mental Physical Nutrition Well-Being Sleep & Relaxation Social Color Your Mind is both a functional tool and a fun activity book for patients and caregivers alike. By combining written strategies with fun coloring, this book aims to be an inspirational and easy way to incorporate lifestyle changes into a daily routine and improve one's overall quality of life. Studies have shown that constant cognitive stimulation and basic lifestyle choices such as diet and exercise can stave off Alzheimer's symptoms. Color Your Mind seeks to spark creativity, reduce stress and diminish the risk factors contributing to Alzheimer's progression.

Color Your Mind: A Coloring Book for Those with Alzheimer's Details

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