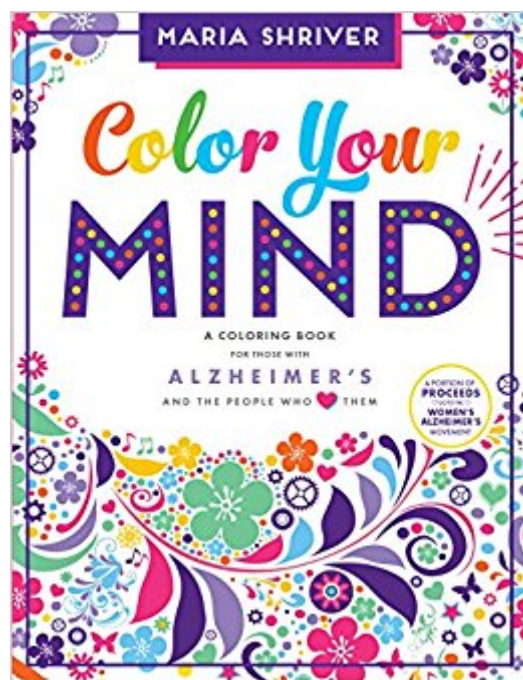




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# Color Your Mind: A Coloring Book For Those With Alzheimer's And The People Who Love Them



## Synopsis

Color Your Mind: A Coloring Book for Those with Alzheimer's and the People Who Love Them is an innovative book filled with both information and inspiration. Authored by award-winning journalist, best-selling author, and Alzheimer's advocate Maria Shriver and developed with insights from caregivers, neurologists, psychologists, and, of course, people with Alzheimer's, it is written as a resource for caregivers, family, and friends to help forge communication and connection with people with Alzheimer's or other forms of dementia. Coloring is a creative outlet, a way to relieve stress, and even a way to connect with other people--all benefits that contribute to overall well-being. Yet, Color Your Mind is more than just a coloring book! Throughout this book are coloring pages, activity suggestions, and prompts for shared reflection and conversation. This book is entirely unique in that it connects coloring with helpful information surrounding well-being, social connection, nutrition, exercise, moving the mind, and sleep--all valuable lessons for a fulfilling, balanced life. Color Your Mind is a coloring book in a category all its own; it is the first and only coloring book created specifically for people with Alzheimer's. Eagerly anticipated, Color Your Mind has thousands of pre-orders. Color Your Mind is featured on the April 26, 2017 episode of The Doctors on CBS, in the June 2017 issue of Oprah magazine, and was noted in Maria Shriver's recent acceptance speech when she was recognized by the Alzheimer Foundation with their first ever Alzheimer's Foundation Lifetime Achievement Award (March 28, 2017). "This coloring book fills an unmet need and it can facilitate meaningful time and interactions between people with Alzheimer's, their family members and caregivers." -- Dr. Richard Isaacson

## Book Information

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Product Dimensions: 8.5 x 0.4 x 11 inches

Shipping Weight: 12.8 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars 36 customer reviews

Best Sellers Rank: #35,454 in Books (See Top 100 in Books) #26 in Books > Health, Fitness & Dieting > Mental Health > Dementia #48 in Books > Self-Help > Art Therapy & Relaxation #81 in Books > Arts & Photography > Drawing > Coloring Books for Grown-Ups > Animals

## Customer Reviews

“This coloring book fills an unmet need and it can facilitate meaningful time and interactions between people with Alzheimer’s, their family members, and caregivers.” -- Dr. Richard Isaacson, Director of the Neurology Residency Training Program and Director of the Alzheimer’s Prevention Clinic, Weill Cornell Memory Disorders Program at Weill Cornell Medical College/NewYork-Presbyterian Hospital "I am very impressed with the layout of the book. The creative ideas, formats, and the simple yet captivating projects are adequate for the clients you are reaching out to. Color Your Mind allows for individual creativity and it also encourages care-givers and families to become involved. Bonding through coloring, drawing, music, crafting, laughing , as well as, a positive sense of humor provide an unthreatening atmosphere for dementia, or Alzheimer’s patients to live, love and flourish."- Sister Conchessa Johnston, Director at Memory Care Center, University of The Incarnate Word

Maria Shriver: Peabody and Emmy-winning journalist and producer Six time New York Times best-selling author NBC News Special Anchor reporting on the shifting roles, emerging power and evolving needs of women in modern life. Maria creates socially conscious television, books, films and digital media with the purpose of informing, inspiring and igniting hearts and minds in a discussion that produce positive impact in the world. Shriver’s work is driven by her belief that all of us have the ability to be what she calls Architects of Change people who see a problem in their own life or the community around them, then step out of their comfort zone and do what it takes to create the solution. Her website, MariaShriver.com, features life stories and life lessons from Architects of Change aimed at inspiring people to use their own ideas, influence and initiative to go out and make an impact on our world. Maria is one of the nation’s leading advocates for families struggling with Alzheimer’s disease. Her father, Sargent Shriver, was diagnosed with the disease in 2003 and passed away from it in 2011 at the age of 95. In 2009, Shriver co-executive produced the Emmy Award-winning four-part HBO documentary series called The Alzheimer’s Project, which opened millions of people’s eyes to the devastating disease. One of the films in the series, “Grandpa, Do you Know Who I Am?” was honored by the Academy of Television Arts & Sciences for exemplifying “television with a conscience” and was based on Shriver’s best-selling children’s book dealing with Alzheimer’s. In 2009, Shriver testified before the U.S. Senate Special Committee on Aging to encourage Congress to make Alzheimer’s a national legislative priority. Shriver’s voice was

instrumental in the December 2010 passage of the National Alzheimer's Project Act. In addition, Shriver serves on the advisory board of the Lou Ruvo Center for Brain Health in Las Vegas and continues to advocate for patients and families alike.

Amazing!!! Love all their stuff!!!

Wow! I've had two loved affected by Alzheimer's. I've always been a fan of Blue Star's coloring books, and when I saw this one I had to have it. This book is extremely well thought out, from the beautiful design, and the thoughtful tips, to the graphics, this is a quality book and a no-brainer.

I loved Maria's book. It gave me an insight into my own issues with a brain disorder. I would like to color with my son but he is not into it as much as I am. I was always into drawing, doodling and such. Now, that I have slowed down, this is just right for me and it doesn't stress me out.

My father suffered from dementia and I didn't have a resource like the "Color Your Mind" book at the time. After buying a copy and reading through it for another friend it would have been great to have this activity to do with my Dad. Trying to walk the fine line between conversations that reached dead ends quickly or doing something with our hands demonstrates that this book is a great choice for the caregiver or family. I will buy it as a gift for others.

Bought it for my mom and she LOVES it...she is 94...and looks forward to drawing in it daily!!! Her mind is good and it's perfect for her...totally adds to her life. Don't think it has to be only for Alzheimer's or dementia...at all...can just be for keeping one active and thinking and creating....i highly recommend it and she loves spending time together coloring!!!

I absolutely LOVE the new Color your Mind book from Maria Shriver and Blue Star. They did an amazing job. I can't wait to use it!

Even if this were "just" a coloring book, I'd give it a 5-star review-- but it's so much more! The book also contains a lot of helpful information and advice. Highly recommended!

This is a wonderful book having colored pencils and my dementia mom and I are enjoying coloring together.. Bright colors that my mom likes. christine

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