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7.8 9: ADULT
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Just because adult
coloring alone may not

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constitute art therapy, that doesn't mean the activity isn't helpful. Theresa Citerella, an art therapy student at Lesley University in Cambridge, Mass., told Medical Daily that she has seen more people using the coloring books, both in class and in therapy, to help them focus.

The Therapeutic Science Of Adult Coloring Books: How

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