Coloring Book for Students

Stress Relieving Designs with Motivational Quotes

Ronald Holt, D.O. and William Huggett, M.D.
Students are dealing with higher levels of stress now more than ever. It’s no surprise that students can experience exhaustion and burnout. These factors may cause a person to experience mental health symptoms such as anxiety and depression.

*Coloring Book for Students: Stress Relieving Designs with Motivational Quotes* include 18 beautifully created designs with inspirational quotes. This book is designed to help students find strength and encouragement.

Studies have shown that coloring mandalas can calm the brain and decrease stress. Meditative coloring is a great way to rejuvenate.

Best wishes,

Ronald Holt, DO

William Heggatt, MD
“Education is not the learning of facts, but the training of the mind to think.”

Albert Einstein
“To make a great dream come true, the first requirement is a great capacity to dream; the second is persistence.”
Cesar Chavez
“You have to go wholeheartedly into anything in order to achieve anything worth having.”
Frank Lloyd Wright
“When educating the minds of youth, we must not forget to educate their hearts.”
   Dalai Lama
“Education is for improving the lives of others and for leaving your community and world better than you found it.”
Marian Wright Edelman
“Our destiny is not written for us, it’s written by us.”
Barack Obama
“Intelligence plus character, that is the goal of true education.”
Martin Luther King, Jr.
“Success is to be measured not so much by the position that one has reached in life as by the obstacles which he has overcome while trying to succeed.”

Booker T Washington
“Live as if you were to die tomorrow. Learn as if you were to live forever.”
Mahatma Gandhi
“Hope will never be silent.”
Harvey Milk
“Always bear in mind that your own resolution to succeed is more than any other.”

Abraham Lincoln
“When you learn, teach, when you get, give.”
Maya Angelou
“Do not wait for someone else to come and speak for you. It’s you who can change the world.”
Malala Yousafzai
“Be hopeful. Be optimistic. Never lose that sense of hope.”

John Lewis
“The beautiful thing about learning is that no one can take it away from you.”

B.B. King
“Learning is the only thing the mind never exhaust, never fears, and never regrets.”
Leonardo Da Vinci
“Don’t worry about being successful but work toward being significant and the success will naturally follow.”
Oprah Winfrey
“Education is the most powerful weapon which you can use to change the world.”
Nelson Mandela