

Our book **Balance With Colour**: *To avoid sliding into depression* came about as a result of the day-to-day stresses, negativity and scaremongering that we were experiencing, and that came on top of the grief and trauma we were suffering at the time. What we discovered was that colours in Nature can lift our spirits if we put our attention on the positive messages, or words, that came to our minds as we focus on what we see Nature has provided, or we imagine seeing it, in our chosen colour. We become calmer and more able to manage our emotions so that we do not slide into a depression. **Balance With Colour** has made us more empathetic and caring for our environment and our planet.

We naturally wanted to share what has helped us to balance our thinking with anyone who is feeling anxious or overwhelmed with their day-to-day problems.