

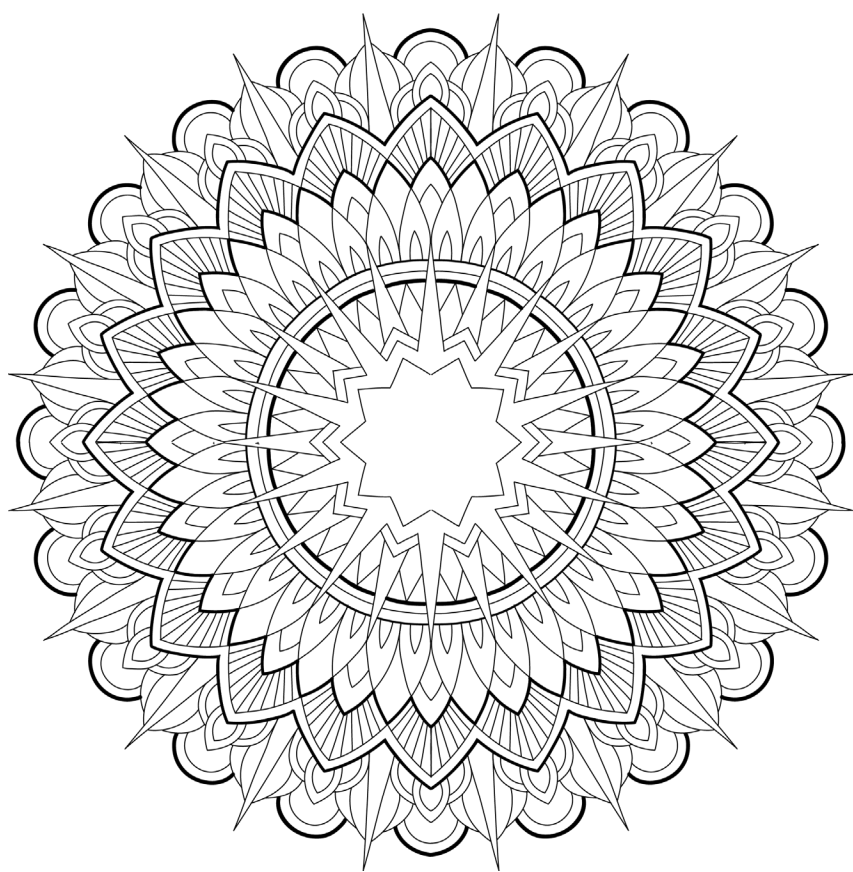
YOU DON'T FIGHT ALONE

You Don't Fight Alone is dedicated to providing you with connection and strong support. We strive to make mental health part of the normal conversation.

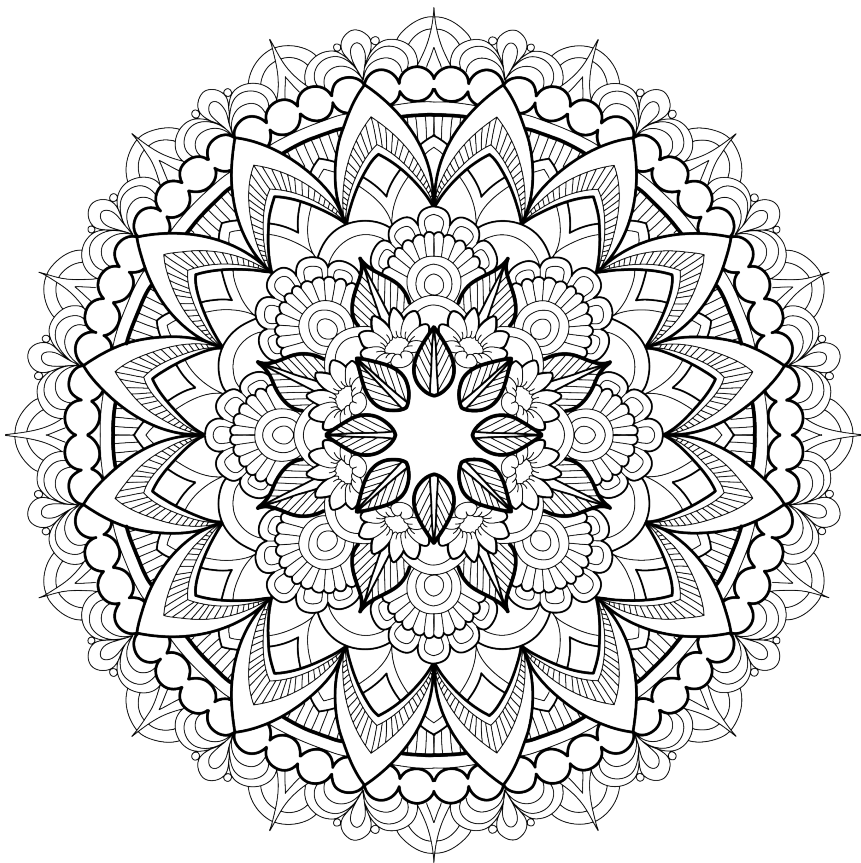
Wherever you are today, know that you are not alone. There are those of us who have been there before you, those of us with you, and those of us who will follow. Your mental health struggles don't have to stand in the way of your success.

This coloring book is meant as a tool for self-soothing, mindfulness, and distraction. We hope you find solace in its pages.

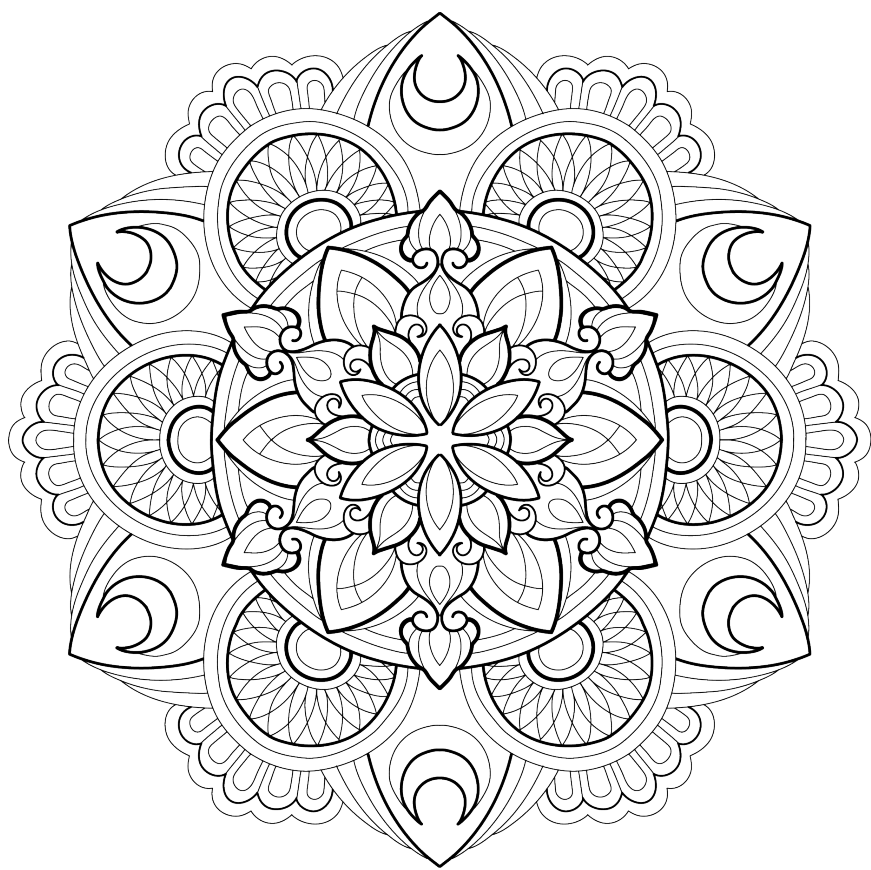
CREATE



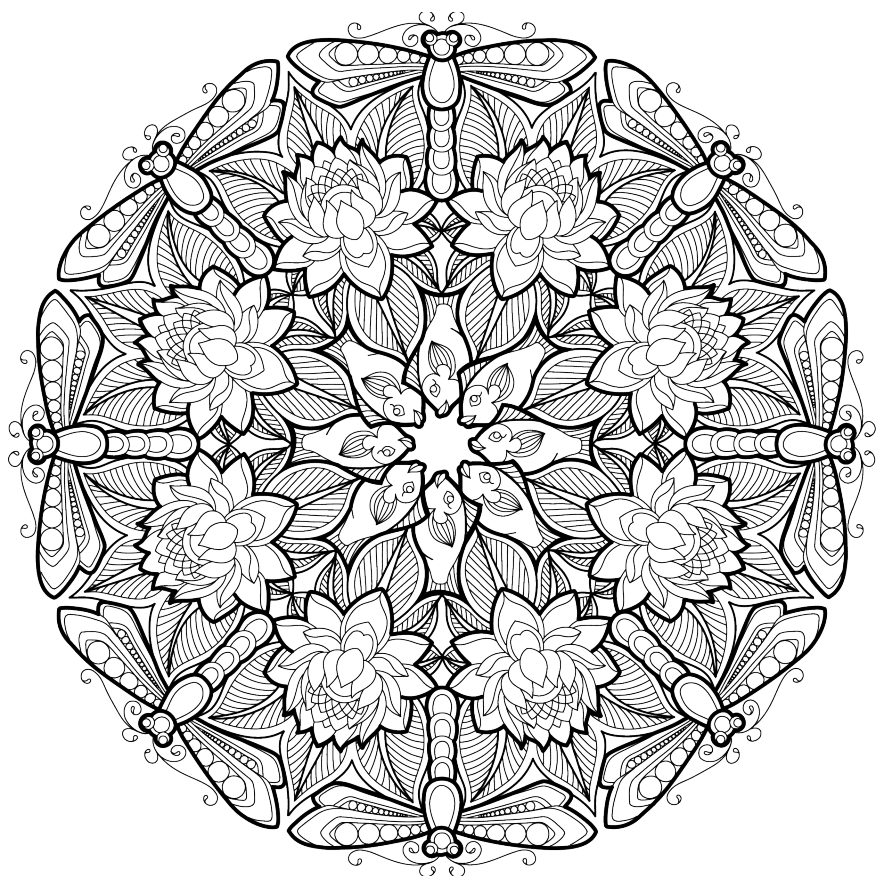
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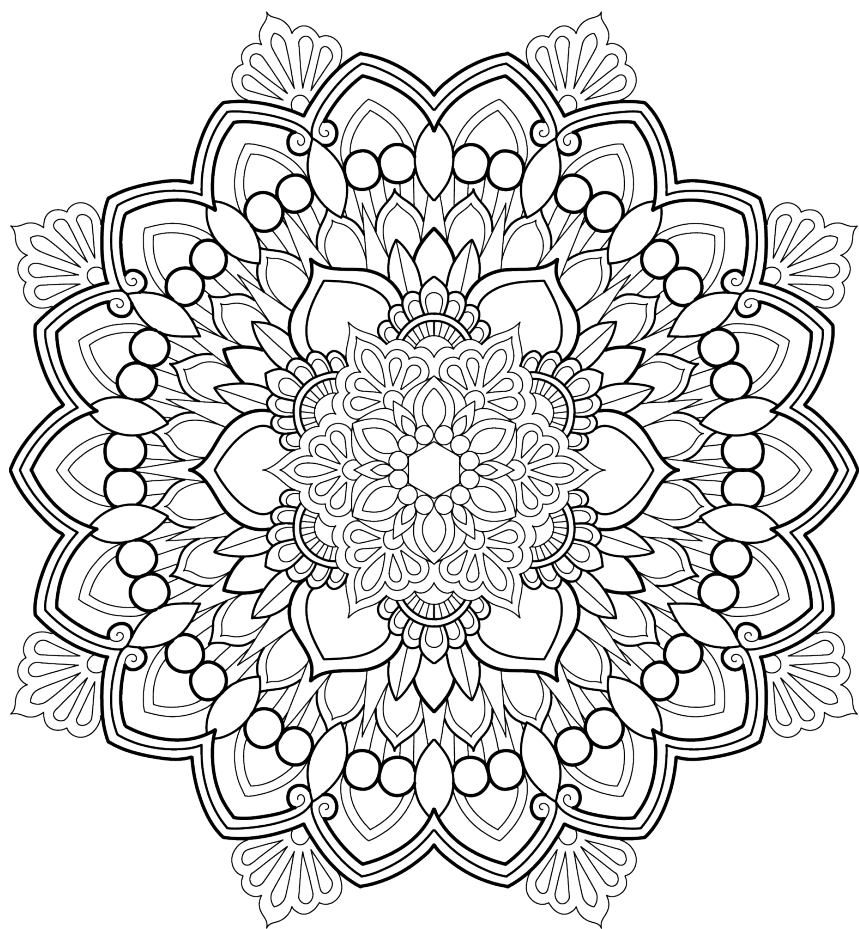


DOODLE

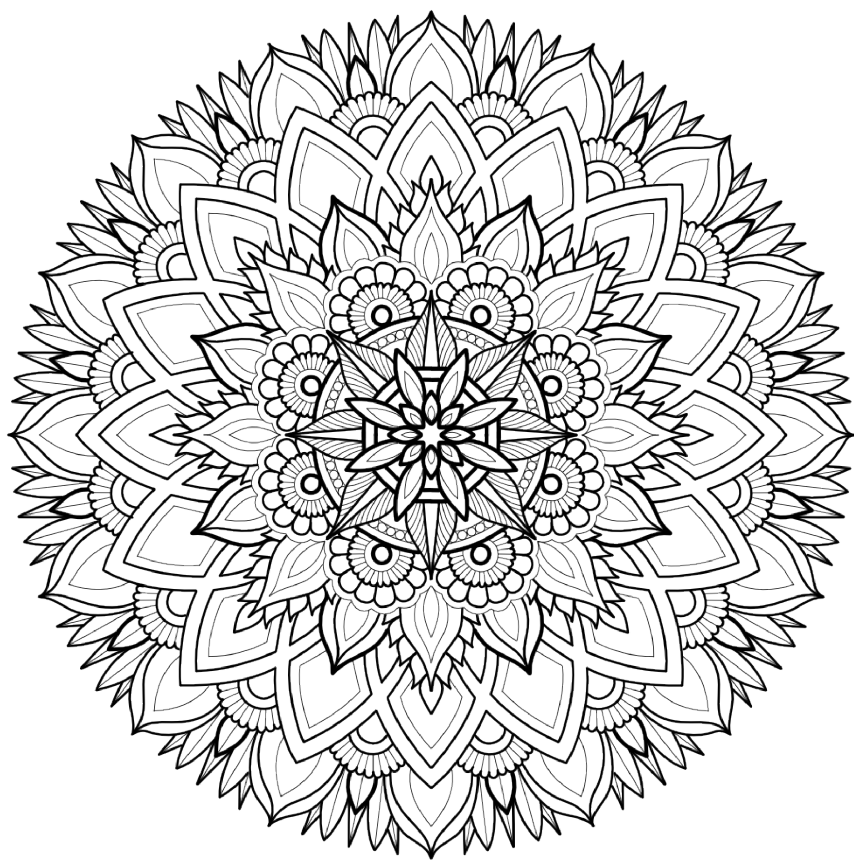


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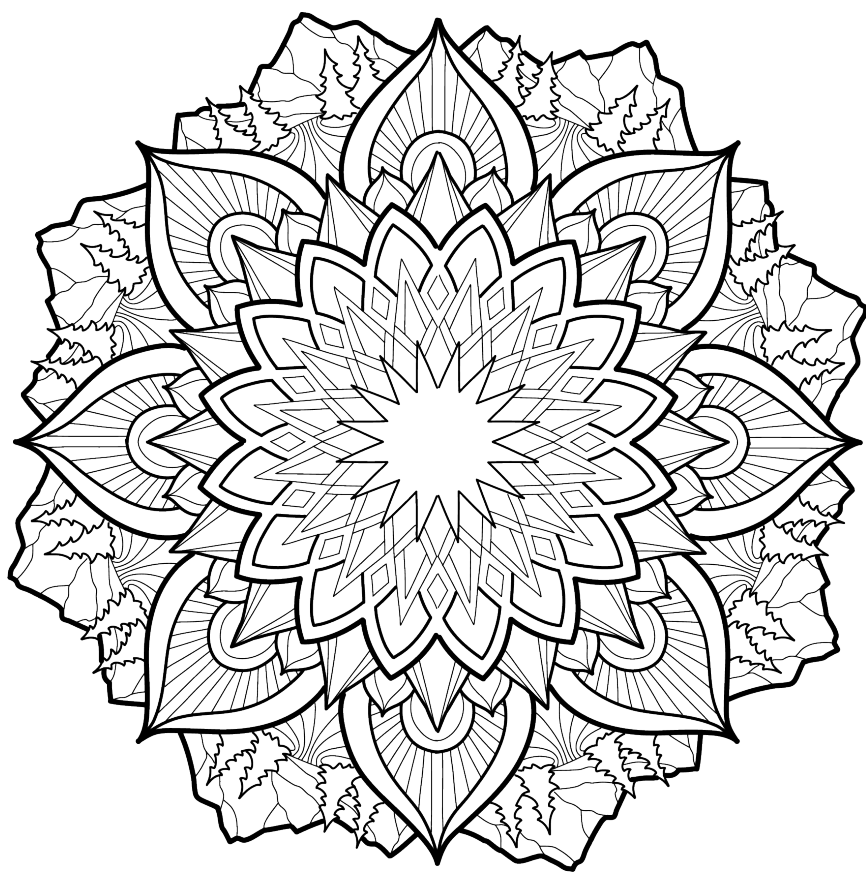




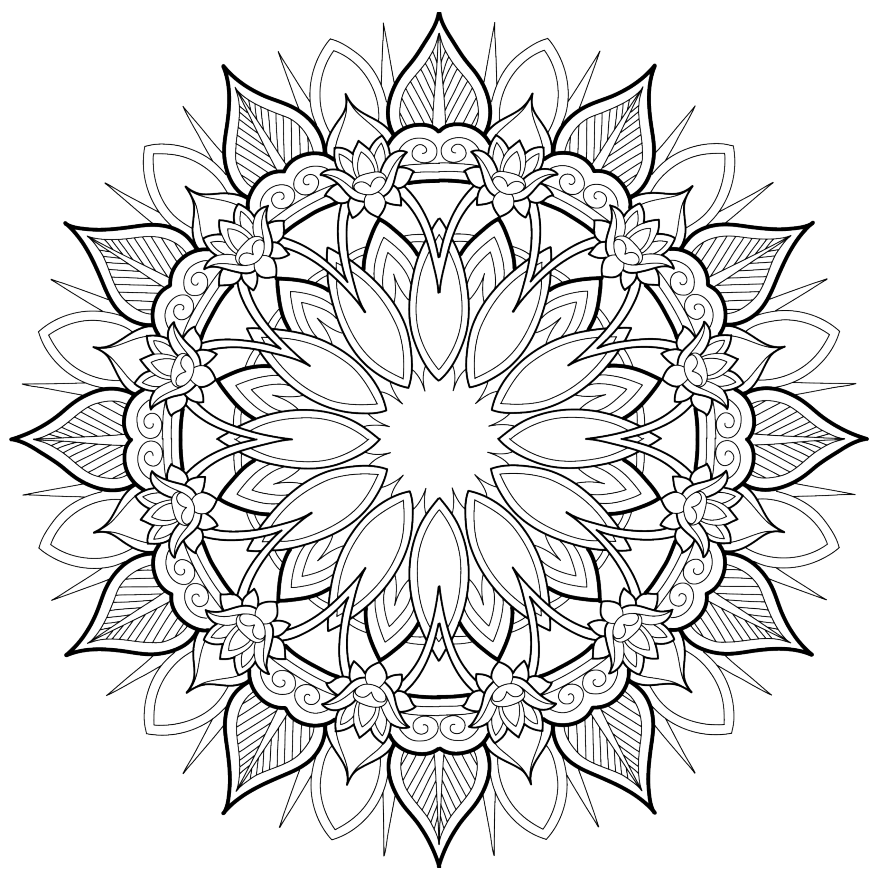
DRAW



This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



IMAGINE



[illegible]

You Don't Fight Alone would like to thank the
following artists for their contributions:

Jes Saunders for the mandala pages

Jef Crozier for the book cover art

YOU DON'T FIGHT ALONE®

Denver, Colorado
youdontfightalone.org