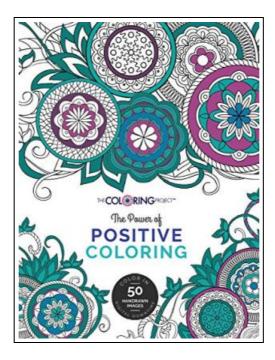
The Power of Positive Coloring: Creating Digital Downtime for Self-Discovery (Paperback)



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Reviews

An incredibly wonderful ebook with perfect and lucid explanations. I really could comprehended every little thing using this written e publication. It is extremely difficult to leave it before concluding, once you begin to read the book.

(Tomas Flatley)

THE POWER OF POSITIVE COLORING: CREATING DIGITAL DOWNTIME FOR SELF-DISCOVERY (PAPERBACK)



Made for Success Publishing, 2017. Paperback. Condition: New. Language: English . Brand New Book. This not your grandma s adult coloring book! This personal development coloring book is a tool for creating Digital Downtime, making time to disconnect from devices in order to get reconnected with yourself and with others! The Power of Positive Coloring pairs the power of coloring s meditative mental drift with purposeful personal development components to elevate this already mindful activity and to amplify growth with intentional practice activities. Coloring is SIMPLE. You can do it at your own pace. You are not bound by any RULES there is no RIGHT or WRONG way to express your creativity. Access your inner artist without your inner critic! Quiet that mental chatter that holds your creativity hostage and spend some time relaxing, pondering, reflecting and growing. Be inspired. With encouraging quotes, thought-provoking prompts and open-ended questions, you can color, relax, have fun AND walk away with practical, tangible actions to further your own personal development. Flex your creative muscles! Coloring prompts the act of slowing down, the act of focusing on one thing, as well as creativity and self-expression. Coloring is both a mental massage AND a trip to the mental gym, at the same time! Get Clarity. Coloring has the ability to get you out of your head, and focus your concentration on something intentional, whether it be an idea, a concept, a thought or a mantra. Each of the 50 illustrations features patterns to color with motivational words. They are hand drawn by our global team of illustrators and designed with varying levels of complexity, perfect for markers, gel pens, watercolors or colored pencils. Relax, rejuvenate and get ready for a creative adventure of self-discovery! What will YOU color and contemplate?



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