

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



Filesize: 2.81 MB

Reviews

An incredibly wonderful ebook with perfect and lucid explanations. I really could comprehend 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)

[DOWNLOAD](#)

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 re-connected 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?.

[Read The Power of Positive Coloring: Creating Digital Downtime for Self-Discovery \(Paperback\) Online](#)[Download PDF The Power of Positive Coloring: Creating Digital Downtime for Self-Discovery \(Paperback\)](#)

Other PDFs



The Mystery of God s Evidence They Don t Want You to Know of

Createspace, United States, 2012. Paperback. Book Condition: New. 276 x 214 mm. Language: English . Brand New Book ***** Print on Demand *****.Save children s lives learn the discovery of God Can we discover God?...

[Save Book »](#)



Bully, the Bullied, and the Not-So Innocent Bystander: From Preschool to High School and Beyond: Breaking the Cycle of Violence and Creating More Deeply Caring Communities

HarperCollins Publishers Inc, United States, 2016. Paperback. Book Condition: New. Reprint. 203 x 135 mm. Language: English . Brand New Book. An international bestseller, Barbara Coloroso s groundbreaking and trusted guide on bullying-including cyberbullying-arms parents...

[Save Book »](#)



Kindergarten Culture in the Family and Kindergarten; A Complete Sketch of Froebel s System of Early Education, Adapted to American Institutions. for the Use of Mothers and Teachers

Rarebooksclub.com, United States, 2012. Paperback. Book Condition: New. 246 x 189 mm. Language: English . Brand New Book ***** Print on Demand *****.This historic book may have numerous typos and missing text. Purchasers can download...

[Save Book »](#)



California Version of Who Am I in the Lives of Children? an Introduction to Early Childhood Education, Enhanced Pearson Etext with Loose-Leaf Version -- Access Card Package

Pearson, United States, 2015. Loose-leaf. Book Condition: New. 10th. 249 x 201 mm. Language: English . Brand New Book. NOTE: Used books, rentals, and purchases made outside of Pearson If purchasing or renting from companies...

[Save Book »](#)



Who Am I in the Lives of Children? an Introduction to Early Childhood Education, Enhanced Pearson Etext with Loose-Leaf Version -- Access Card Package

Pearson, United States, 2015. Book. Book Condition: New. 10th. 250 x 189 mm. Language: English . Brand New Book. NOTE: Used books, rentals, and purchases made outside of Pearson If purchasing or renting from companies...

[Save Book »](#)