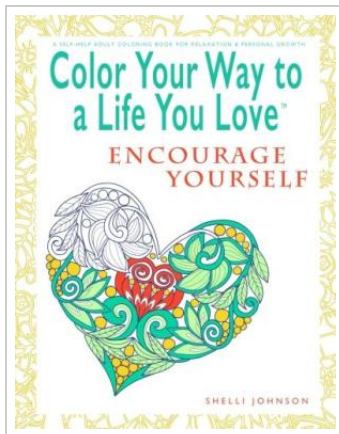




Color Your Way to a Life You Love: Encourage Yourself (a Self-Help Adult Coloring Book for Relaxation and Personal Growth) (Paperback)

By Shelli Johnson

Alpha Doll Media, LLC, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.A stress-relief how-to guide to help you get from stuck to thriving in 30 days. Ever wish you had your own cheerleader? Somebody who would give you a positive nudge right when you need it the most? Someone who is a rock you can always count on? Well, the great news is that you've got you! This is not just another coloring book, it's also an invitation for you to delve deeper into who you are so you can find out what makes you come alive. With that in mind, I invite you inside these pages on a creative self-help adventure. You'll unleash your artistic side with 60 calming designs patterns to color while you do daily small-sized activities aimed at: 1. helping you heal yourself 2. inspiring you to create a life you love. My hope is that you'll use these pages to ignite your imagination, discard your limitations, free your inner creator. Other books in this motivation inspiration series (available now or coming soon): Color Your Way to a Life You Love: Journal Color Your Way...



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