



Relaxation Time Coloring: Calm Coloring Book

By Jenna Neuville

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 222 x 152 mm. Language: English . Brand New Book. Relaxation Time Coloring or mandalas is a fun way to relax, take a break and get us out of the inner dialogue that we carry on. Research has shown that we have approximately, 60,000 thoughts a day and 75 of them are negative. To do your own test, set the timer for 10 minutes and just write whatever thoughts comes into your head. How much was negative? Relaxation Time coloring is very simple and straight forward. It has been documented that when you engage in right brain activities like coloring or painting, blood pressure drops and endorphins are released. Through this no thought process you can suspend inner dialogue and be in the stillness.



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