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

By Andrea Reyna Koehler

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...



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