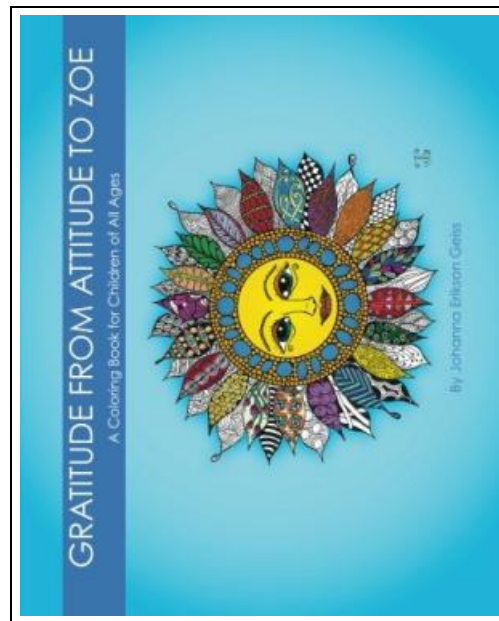


Gratitude from Attitude to Zoe: A Coloring Book for Children of All Ages



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Reviews

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(Eliane Bednar)

GRATITUDE FROM ATTITUDE TO ZOE: A COLORING BOOK FOR CHILDREN OF ALL AGES



Johanna Erikson Geiss, United States, 2015. Paperback. Book Condition: New. 254 x 203 mm. Language: English . Brand New Book ***** Print on Demand *****.This is a coloring book that explores the super power of gratitude. Each page has an A to Z Gratitude writing paired with an illustration for you to color. If you and I were sitting together in a coffee shop I would tell you how my gratitude journey started. I would start by introducing you to Neahma, an old wrinkled Native American Indian journey guide who I first met when she was stirring a pot outside of a teepee in one of my night dreams. She has silvery white hair and a wrinkle lined face, she wears bright colors like rich yellows and deep purples and when we meet now during Shaman journeys, instead of a night dream, she gives me life's lessons of wisdom. On one such journey she gifted me with this lesson: JoJo, when you find yourself swirling in chaos first you have to stop the spin, you can grab a tree or anything solid and stable even if you are grabbing it in your mind's eye. Grab a hold and hang on until you are still. Once you stop the spin start making a list of everything you are grateful for, make lists in your mind, make them on paper, write them with a stick in the earth. Make gratitude lists and their magic will save you. I have found this advice from Neahma to be a super power over the last 20 years. My wish for you is that you also follow Neahma's lesson, become still by coloring in this book, make gratitude lists of your own and find your super power, because gratitude is a super power, one we all...



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