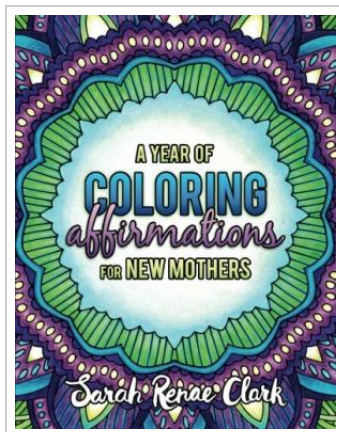




A Year of Coloring Affirmations for New Mothers: Adult Coloring Book (Paperback)

By Sarah Renae Clark

Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Combine the therapeutic art of coloring with the power of positive thinking! A Year of Coloring Affirmations for New Mothers is an adult coloring book that includes 52 coloring pages of positive affirmations to give new mothers the encouragement, confidence, inner strength and coping abilities they need to get through the unexpected ups and downs of the early years of motherhood. Motherhood is something that nobody can really prepare for. You can read every book, follow every routine, do everything right, have the perfect baby, and still not cope. Sometimes it s hormones, sometimes it s post natal depression, and sometimes it s just a bad day. In those moments, it s hard to ask for help, but sometimes all it takes is an encouraging word or a boost of confidence to get through. One positive thought can change your entire day. Affirmations can sometimes feel forced and it can be hard to embrace them. We are encouraged by experts to repeat our affirmations out loud, multiple times a day. Coloring page affirmations combine the therapeutic art of coloring with the...



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