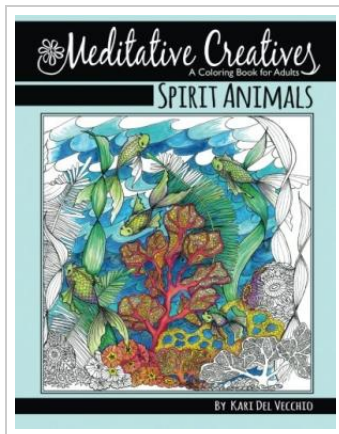




Spirit Animals: Meditative Creatives, Coloring Book for Adults

By Kari M Del Vecchio

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. Kari M Del Vecchio (illustrator). 280 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.Do you remember coloring as a child? How peaceful and free you felt, not to mention how much fun it was. No one telling you what color things should be or how to do it correctly. If you felt like a tree should be pink, you made it pink, before you were most likely told the limiting belief that a tree can't possibly be pink. But this is your coloring book and you can do whatever you want. Did you know when you were coloring you were using the right side of your brain (this is the hemisphere that contains emotion, creativity and intuition). Did you know when you were coloring, tuning out all the distractions of our world, that you were in what's called a basic meditative state? Why did you stop - just because you grew up and your life became too busy? Don't you think that stopping this simple activity might be crazier than coloring a tree pink? I have created this coloring book...



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Random House USA Inc, United States, 2015. Paperback. Book Condition: New. 224 x 150 mm. Language: English . Brand New Book. Academy Award winning actress and New York Times bestselling author Julianne Moore brings us more adventures from Freckleface Strawberry! Picky eaters...