



Color Your Way to a Life You Love: Journal (a Self-Help Adult Coloring Book for Relaxation and Personal Growth) (Paperback)

By Shelli Johnson

Alpha Doll Media, LLC, 2017. Paperback. Condition: New. Language: English. Brand New Book
***** Print on Demand *****. A stress-relief diary to help you get from where you are now to where
you want to be. A companion to the Color Your Way to a Life You Love(TM) series, this journal
provides you with more opportunities to record your thoughts, work through what s got you
challenged in your life, doodle your musings ideas, as well as list all your successes achievements
along the way. This is not just another coloring book, it s also an invitation for you to delve deeper
into who you are so you can find out what makes you come alive. With that in mind, I invite you
inside these pages on a creative self-help adventure. You ll unleash your artistic side with 60
calming designs patterns to color while you: 1. write to help you identify what s holding you back,
2. clarify the actions you need to take to move yourself forward so you can heal create a life you
love, 3. give yourself some much-needed self-compassion. My hope is that you ll use these pages to
ignite your imagination, discard your limitations,...



Reviews

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