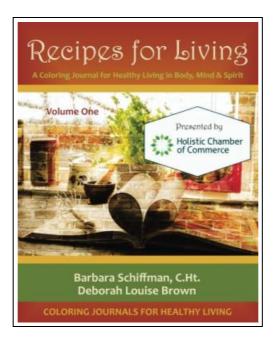
Recipes for Living: A Coloring Journal for Healthy Living in Body, Mind Spirit (Paperback)



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Reviews

This is actually the best ebook we have read till now. Indeed, it can be enjoy, nevertheless an interesting and amazing literature. You will not feel monotony at whenever you want of the time (that's what catalogs are for regarding should you question me). (Jamar Stracke)

RECIPES FOR LIVING: A COLORING JOURNAL FOR HEALTHY LIVING IN BODY, MIND SPIRIT (PAPERBACK)



Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Is your Life a banquet of experiences? Taste them all to discover the treats that stimulate your mind, satisfy your heart and feed your soul. Barbara Schiffman Deborah Louise Brown At Coloring Journals for Healthy Living we ve created a series of Recipes for Living transformational coloring journals to share the knowledge and inspiration of experts in Body, Mind, Spirit, Business and Planet Wellness. Each unique edition offers a smorgasbord of useful tools, practical tips and uplifting advice along with our exclusive coloring pages. In this curated collection, we proudly present the expertise of eight members of the Holistic Chamber of Commerce: Bette Steflik, Debbie Spector Weisman, Hamad Shirazi, Karen Sachs, Linda Orr Easthouse, Lynne Grobsky, Nand Harjani and Wing Piderman. The enlivening essays, insightful journaling prompts and invigorating exercises from our wellness experts infuse this multi-media life cookbook with a full spectrum of creative opportunities designed to stimulate brain balance -- visual (seeing, reading), auditory (listening), kinesthetic (coloring, writing), left brain (listing, planning, journaling) and right brain (coloring, doodling, visualizing). We invite you to enjoy the feast! Chapters include: * Feng Shui Bedroom Design for Peace and Harmony by Bette Steflik * Revealing the Hidden Guidance in Dreams by Debbie Spector Weisman * Primal Movement for Vital Health by Hamad Shirazi * Finding Your Essence Through Art by Karen Sachs * Natural Healing Approaches for Inflammation by Linda Orr Easthouse, MA * Sound Healing with Your Voice by Lynne Grobsky * Understanding the Aura as a Healing Tool by Nand Harjani * Soul Energy Healing by Wing Piderman, CAIEHP ******* Recipes for Living books are edited by Barbara Schiffman and Deborah Louise Brown, and designed and illustrated by...

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