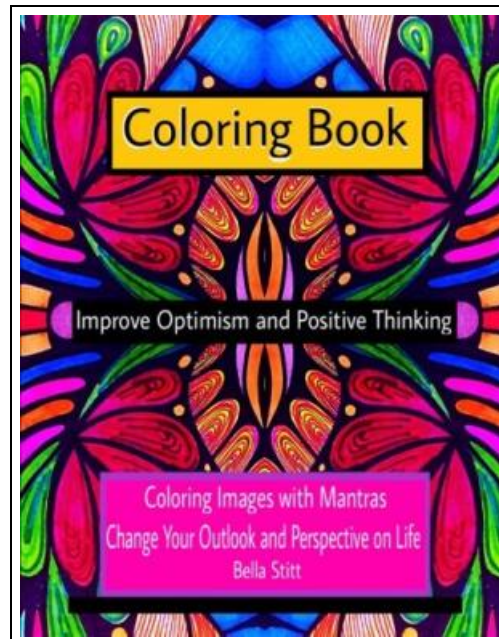


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Reviews

It is just one of the best publications. This can be for anyone who states that there was not a well worth reading through. Once you begin to read the book, it is extremely difficult to leave it before concluding.


(Tara Jerde)

COLORING BOOK IMPROVE OPTIMISM AND POSITIVE THINKING: COLORING IMAGES WITH MANTRAS CHANGE YOUR OUTLOOK AND PERSPECTIVE ON LIFE (PAPERBACK)



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Createspace Independent Publishing Platform, 2015. Paperback. Condition: New. Large Print. Language: English . Brand New Book ***** Print on Demand *****.Best selling author, certified cognitive therapist Bella Stitt composed this book, keeping in mind that feeling calm and relaxed creates an optimal time to receive and internalize positive messages that a person is unable to process when feeling stressed. For that reason, she added mantras (positive messages/affirmations) above her symmetrical drawings. Coloring symmetrical images allows one to choose and use same colors on all four parts of the picture, and is considered to bring a deeper form of relaxation and meditation because both sides of the brain are being utilized. It is very important to overcome and counter negative thoughts and experiences with positive images and encouraging beliefs! This coloring book can help to do that.

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