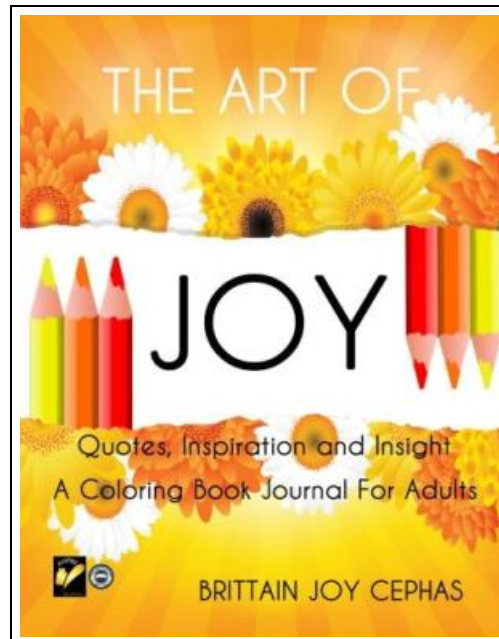


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THE ART OF JOY: QUOTES, INSPIRATION AND INSIGHT A COLORING BOOK JOURNAL FOR ADULTS



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Createspace, United States, 2015. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.It is said joy comes from within us! This is very true. There exists within each of us a natural state of simple and open awareness in which we feel happy, light, and at peace. We are born with this joy. Have you ever taken the time to watch a baby gleefully play with their fingers or toes for hours just cooing away? They are just naturally joyful because they are! As we get older we have many outside influences that start to cloud our natural joy, the so called realities of life. I could list them all however you know them all too well as do I. My purpose in writing and designing this journal is to get you to start focusing back on the inner joy you had as a child. I know for me I remember spending many hours just creating whatever my mind could think of. I drew, I colored, crafted, made dolls and clothes, created makeup and more. I got in the kitchen and experimented with recipes I did all the things that brought out my inner joy. I want you to do the same. Carve out time to reconnect with your inner joy. From it you will find a sense of peace, love, fulfillment and understanding. Each journal week has one Mandala coloring page to help you relax into your joy! I have laced this journal with quotes, scriptures that have uplifted me and inspirations that I hope you will ponder. This journal is for everyone who is looking to rejuvenate their joy!.



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