



C Is for Courage: A Coloring Book Journal for Living with Cancer (Paperback)

By Chloe McFeters

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. From the moment of diagnosis, cancer is a roller-coaster ride of emotions, changing plans and circumstances, as one copes with the pains, problems and challenges of the disease. C is for Courage offers a place to step off of the ride, a portable sanctuary for artful distraction and a platform for quiet contemplation of life in the face of the uncertainties that living with, fighting, and surviving the disease present. The journal prompts are designed to invite you to write about the practical and emotional aspects of the journey with cancer. The mandalas and abstract patterns offer a means to disengage from concerns and fears and let the mind and senses flow with colors and creative self-discovery. C is for Courage is a quiet, gentle ally for processing the experience of cancer.



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