

PDF Kindle Be Grateful and Color: Channel Your Stress into a Mindful, Creative Activity

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In this soothing book for overworked and overstimulated adults, art therapist Lacy Mucklow and artist Angela Porter offer beautifully crafted coloring templates for grown-ups looking to unwind in a demanding digital age. Put down your cell phone. Shut off the TV. Grab some colored pencils and color your way into being mindful of all the little things in life that make you grateful! Be Grateful and Color is the perfect way to practice mindful activity. This coloring book for grown-ups comes with gorgeous templates featuring images and shapes designed to remind you of the little things in life. There's nothing better than coloring these ornate templates after a long day. Stop worrying about work, kids, relationships, and what the dog is currently chewing on, and focus on appreciating simple things, like nature, animals, food, health and wellness, peace, and companionship. Instead of turning to a screen, color yourself grateful with this soothing, relaxing pastime. Also available in this series Be Calm and Color and Be Stress-Free and Color.


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Sommaire

Étape 1 -

Commentaires

Matériaux

Outils

Étape 1 -