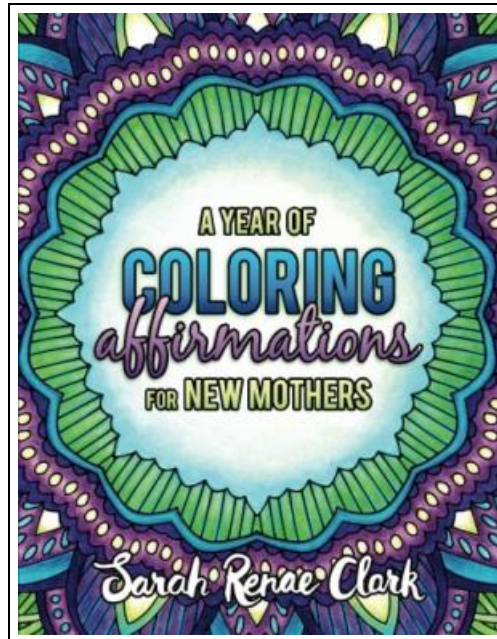


A Year of Coloring Affirmations for New Mothers: Adult Coloring Book (Paperback)



Filesize: 6.95 MB

Reviews

The ebook is straightforward in read better to fully grasp. I could possibly comprehended every little thing out of this composed e pdf. I found out this ebook from my dad and i suggested this pdf to find out.
(Prof. Lorine Grimes)

A YEAR OF COLORING AFFIRMATIONS FOR NEW MOTHERS: ADULT COLORING BOOK (PAPERBACK)

[DOWNLOAD](#)

Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Combine the therapeutic art of coloring with the power of positive thinking! A Year of Coloring Affirmations for New Mothers is an adult coloring book that includes 52 coloring pages of positive affirmations to give new mothers the encouragement, confidence, inner strength and coping abilities they need to get through the unexpected ups and downs of the early years of motherhood. Motherhood is something that nobody can really prepare for. You can read every book, follow every routine, do everything right, have the perfect baby, and still not cope. Sometimes it's hormones, sometimes it's post natal depression, and sometimes it's just a bad day. In those moments, it's hard to ask for help, but sometimes all it takes is an encouraging word or a boost of confidence to get through. One positive thought can change your entire day. Affirmations can sometimes feel forced and it can be hard to embrace them. We are encouraged by experts to repeat our affirmations out loud, multiple times a day. Coloring page affirmations combine the therapeutic art of coloring with the power of positive thinking and visualization. Through the meditation and mindful focus of coloring, you are absorbing the positive message on each page without having to force yourself to repeat it. You are expanding the concept of positive affirmations to appeal to more of your senses - rather than just speaking and hearing, you can now touch and visualize as well. By working on the same page for multiple days, you are establishing positive thoughts in your long term memory and changing your entire way of thinking. When your baby is crying because they don't want to have a...

[Read A Year of Coloring Affirmations for New Mothers: Adult Coloring Book \(Paperback\) Online](#)[Download PDF A Year of Coloring Affirmations for New Mothers: Adult Coloring Book \(Paperback\)](#)

Other PDFs



The Mystery of God's Evidence They Don't Want You to Know of

Createspace, United States, 2012. Paperback. Book Condition: New. 276 x 214 mm. Language: English . Brand New Book ***** Print on Demand *****. Save children's lives learn the discovery of God Can we discover God?...

[Download Document »](#)



You Shouldn't Have to Say Goodbye: It's Hard Losing the Person You Love the Most

Sourcebooks, Inc. Paperback / softback. Book Condition: new. BRAND NEW, You Shouldn't Have to Say Goodbye: It's Hard Losing the Person You Love the Most, Patricia Hermes, Thirteen-year-old Sarah Morrow doesn't think much of the...

[Download Document »](#)



Choose the Perfect Baby Name: Teach Yourself

Hodder & Stoughton General Division. Paperback. Book Condition: new. BRAND NEW, Choose the Perfect Baby Name: Teach Yourself, Victoria Wilson, Whether you're expecting, planning or just interested, Choose the Perfect Baby Name will help you...

[Download Document »](#)



Brown Paper Preschool: Pint-Size Science : Finding-Out Fun for You and Young Child

Book Condition: Brand New. Book Condition: Brand New.

[Download Document »](#)



3-minute Animal Stories: A Special Collection of Short Stories for Bedtime

Anness Publishing. Paperback. Book Condition: new. BRAND NEW, 3-minute Animal Stories: A Special Collection of Short Stories for Bedtime, Nicola Baxter, Andy Everitt-Stewart, This is a very special selection of children's stories, specially devised to...

[Download Document »](#)