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Color for Clarity: Adult Coloring Book Meditation Prompts (Paperback)

By Kristal Norton

Peddler Arts, United States, 2015. Paperback. Condition: New. Tara Leaver (illustrator). Language: English . Brand New Book ***** Print on Demand *****. A beautifully illustrated coloring book specifically designed to prompt inner exploration and help you gain clarity in your life - featuring six different artists. We all have the answers we seek, right within us; but in this fast-paced world, it's easy to get caught up in the hustle and bustle. We make quick, reactionary decisions. We overwork to the point of exhaustion. We dismiss the value of quiet and stillness in our lives as a way to improve our well-being and access our inner wisdom; yet that is exactly what we crave. Coloring is a perfect tool for allowing our minds to let go. In the repetition of the crayon stroking the paper, we relax, breathe, and begin to feel calm. Color for Clarity is a guided coloring book designed to help remind you to stay present and deeply listen within. In this book, you'll find 50 beautiful coloring pages mindfully illustrated by six different artists from across the globe; each page featuring a word or question to prompt inner exploration and help you gain clarity...



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