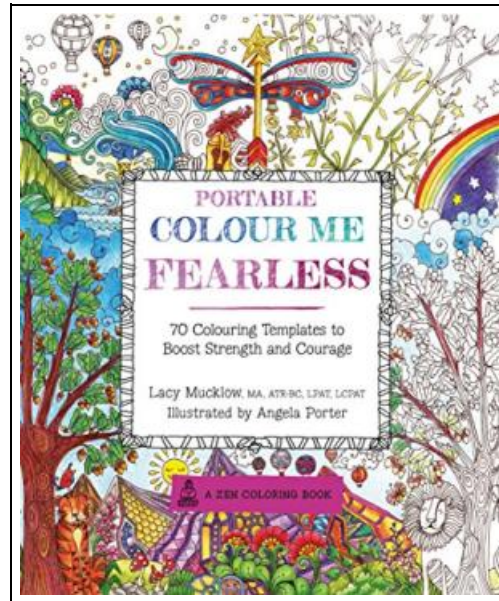


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Reviews

This book will be worth buying. Better then never, though i am quite late in start reading this one. You may like how the blogger compose this publication.

(Mrs. Kylie Oberbrunner II)

PORTABLE COLOUR ME FEARLESS (PAPERBACK)



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Race Point Publishing, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book. The perfect book for stressed-out adults who want to reconnect, simply and easily, with their inner creativity while on the go. Many of us experience fear every single day: job loss, loneliness, relationships, money, sickness, anxiety, and more. Fear has become infused in our culture, and it affects our day-to-day functioning and quality of life. A simple and inexpensive way to relieve stress is by colouring images, which can be soothing. Some even consider it an alternative to stressors, ultimately aiding in reversing the effects of anxiety. Refocusing your attention on something completely different to engage in a mental, physical, and emotional shift can help break the pattern of consistent stress and allow one to rejuvenate. Part of the international bestselling Color Me series, Colour Me Fearless is a guided colouring book for adults coping with their own daily fears. Art therapist Lacy Mucklow and artist Angela Porter offer up 70 colouring templates, all designed to boost strength, courage, and confidence. Organised into seven therapeutically themed chapters, readers can explore the benefits of putting pencil (or crayon!) to paper and channel their day-to-day stresses into a satisfying, creative environment. Don't forget to try Portable Colour Me Stress-Free, Portable Colour Me Calm, Portable Colour Me Happy, and the full-sized coloring books, Colour Me Stress-Free, Colour Me Calm, Colour Me Happy, and more!.

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