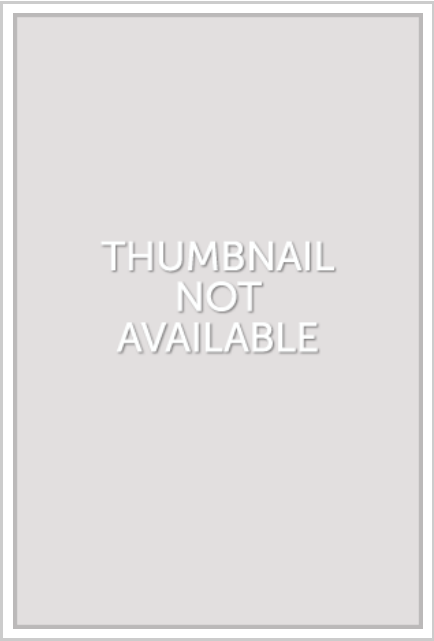



DOWNLOAD PDF

# Seat of Your Soul Adult Coloring Book: For Calm Relaxation 20 Drawings X 2 Pages for Each 40 Full Pages of Animals Nature Stress Anxiety Relief in Minutes Your Perfect Mindfulness Tool (Paperback)

By Seat Of Your Soul

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.COLORING REDUCES STRESS ANXIETY - Coloring is a meditative type of practice that allows the fear-center of your brain to relax - which allows you to relax and reduces your overall stress. COLORING IS FUN SOCIAL - Adult coloring is being done individually and in groups and events these days - so get coloring with your family, friends, or even solo with some relaxing music. COLORING TRAINS YOUR MIND TO FOCUS - It takes us great focus and concentration to color within the lines. Clinical counselor Leslie Marshall says that coloring quot;opens up the frontal lobe of the brain (the home of organizing and problem solving) and focuses the mindquot; by allowing us to forget our worries. COLORING BOOSTS YOUR CREATIVITY - Your coloring book is your work of art! It doesn t matter what anyone else thinks - it s your Picasso. Have fun and be child like creating your masterpiece! COLORING IS LIKE MINDFULNESS MEDITATION - Being mindful is a critical skill in our increasingly busy world, and coloring allows your other external...

READ ONLINE
[ 2.53 MB ]

### Reviews

*Merely no words and phrases to spell out. It is actually writter in basic words and phrases instead of difficult to understand. Your way of life span will probably be enhance as soon as you complete reading this article ebook.*

-- ***Lauren Quitzon***

*This is actually the finest publication i actually have study right up until now. We have study and so i am confident that i am going to planning to go through again again in the foreseeable future. I am just effortlessly will get a delight of studying a published book.*

-- ***Lori Bernier***