



Coloring Peaceful Quotes: Designs with Famous Quotes about Peace (Coloring with Quotes Series)

By Michelle James

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 254 x 203 mm. Language: English . Brand New Book ***** Print on Demand *****.Coloring these designs -- with quotes about peace from famous people -- will give you something to ponder while you relax and color. You can even frame your favorites! With thoughtful insights on finding peace of mind from leading thinkers (including Abraham Lincoln, the Dalai Lama, Marie Curie, and many more), Coloring Peaceful Quotes is recommended for casual enjoyment, inexpensive relaxation, mindful meditation, and therapeutic use. Here's what many experts say are some of the benefits of all-ages coloring books: Relaxation and stress-relief. A regular opportunity to "clear your mind" and to "collect one's thoughts." "Unplug" from strain of being online 24/7, in an engaging and tactile way. Easy to do -- as simple or as complex as you like. "Anybody can do this." A familiar tool for Art Therapy, which can be "cathartic and therapeutic." Nostalgic reminder of life's simple, gentle pleasures, while calming one's "inner child." Helps to learn to focus on the present, without "fear of the future" or "ruminating on the past." May be used as a mindful or mindless...



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