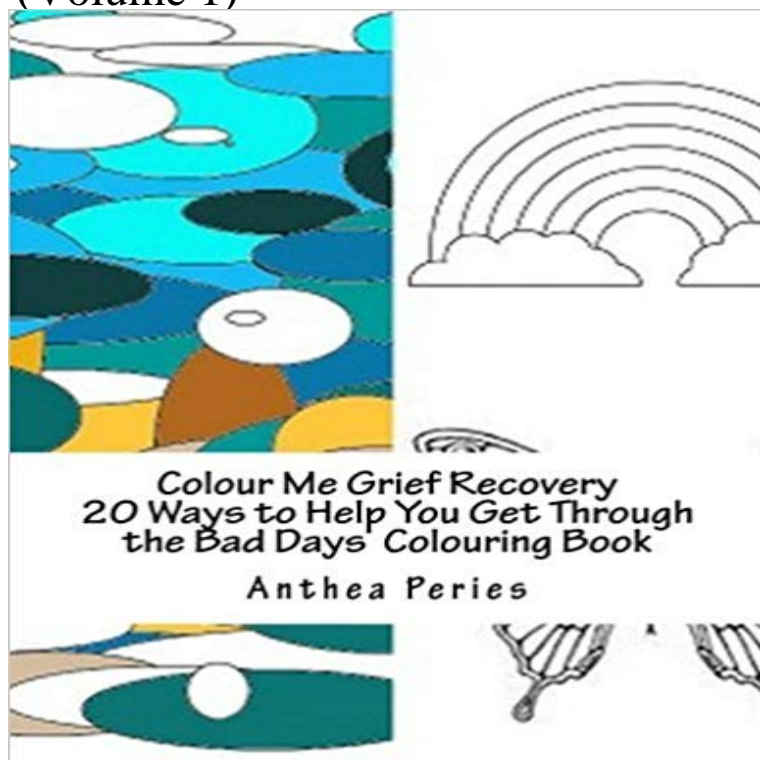


Colour Me Grief Recovery: 20 Ways to Help You Get Through the Bad Days Colouring Book (Self-Help Inky Art Therapy Colouring Book) (Volume 1)



I am so sorry for your loss. You know how much pain you feel and you just want to stop thinking about it all? This book will enable you to take time to pause and pay attention to the present moment, observing the details of the world around you; sights, smells, sounds and tastes that you experience besides the thoughts and feelings that pass through your mind, especially when things are not so pleasant. Paying attention to the present moment by colouring in beautiful illustrations and inspirational words can help improve your well-being; feel relaxed, calm and less anxious when emotionally upset, obsessed and stressed. Positive, therapeutic words will sink into your sub-conscious mind to help support shifting your state of mind to a higher level. Attentively and creatively colouring peaceful images and uplifting power words in this book will enable you to focus on taking in the details of the imagery while absorbing encouraging words as you carefully fill them in with wonderful, vibrant colour. This book can be kept as a keepsake, given as a gift; used at any time such as a rainy afternoon, after a busy day at work or late evening just before bedtime. It is a de-stressing and calming collection of inspirational words with medium and large sized letters and imagery to colour and focus the mind on the present moment. Creativity can help replace stress and anxiety and you do not need to be an artist to colour in inspirational words and a variety of medium size images featuring: nature; birds; butterflies; flowers; landscapes; symbols; patterns and mandalas. This book is printed on a single page with the reverse left blank for notes or you can cut out and keep as a reminder for displaying or framing. This book is the first of the Colour Me Self-Help Inky Art Therapy Series. Getting Through Your Bad Days Every day seems like a bad day. The overwhelming effort of everyday living

and non-stop demands can simply become too great to bear for a time. We give in and collapse, letting ourselves become engulfed and pulled down by our emotional burdens. When were in that state of mind it can be extremely hard to find a way out, to see daylight and be able to breathe in the fresh air again. It can be necessary to simply take a break and to feel your emotions for a while, before taking another step.

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