



Transform: With Word and Color

By Relaxed Venues

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Standard Paperback (6 x 9) Consumable Metamorphosis Having passed Blue Monday, the most depressing day of the year, time to gear up for a new you. TRANSFORM yourself through word and color. A journal to keep track of your thoughts through daily writing and coloring. Monthly reports are also available to reflect on your life - to grow, learn and develop - to be the person you have always wanted to be. Push through the diminished sunshine in the western hemisphere, with increased vitamin D supplements and do not let seasonal affective disorder drain you. Engage is reflection, meditation and life giving activities.



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