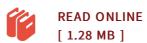




Peace Journal: Creating Calm Through Journaling, Coloring and Doodling (Notebook, Diary) (Oversized Journal) (Journals)

By Frank Van Uytrecht

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. Frank Van Uytrecht (illustrator). 254 x 203 mm. Language: English . Brand New Book ***** Print on Demand *****.Peace Journal: Where Coloring, Doodling and Journaling Meet Up for Mindfulness Thoughts. We have them all the time. What do we do? We can t get away from them like a far off vacation in a sunny locale. So the Peace Journal is here to assist you in finding deeper meaning, becoming mindful all while having fun. The Peace Journal helps mold your thoughts into tools for transformation. Within the pages of Peace Journal you will find space to fly, amazing adult coloring drawings that you ll have free reign with coloring in and space to doodle. In addition to Mindful Minutes prompts to keep your journaling mindfully moving along. Peace Journal skillfully assembles 3 amazing, creative therapies for a potentially perfect healing synergy. The first one bringing coloring, which has been shown to bring calm, stress relief, and create mindfulness in your daily life. Thoughts of coloring takes you to a simpler time, when you were a child and cracked up a box of Crayons, but did you know that...



Reviews

It is an awesome publication which i actually have ever read through. it had been writtern really properly and valuable. I found out this book from my i and dad recommended this pdf to discover.

-- Doyle Schmeler

This book is definitely not simple to begin on studying but quite fun to see. I actually have read and that i am sure that i will gonna read through yet again once again in the foreseeable future. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- Brennan Koelpin