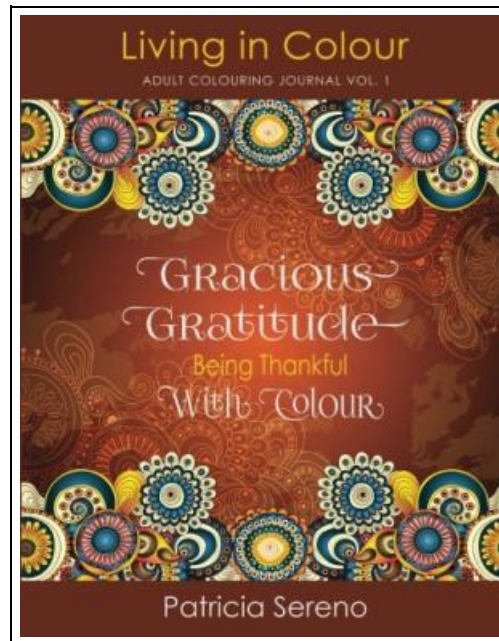


## Gracious Gratitude: Being Thankful with Colour (Paperback)



Filesize: 8.57 MB

### **Reviews**

*Extensive guide! Its such a very good read. I really could comprehend almost everything out of this created ebook. You will like how the writer write this ebook.*

**(Katherine Feil)**

## GRACIOUS GRATITUDE: BEING THANKFUL WITH COLOUR (PAPERBACK)



Imago Mystic Arts, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Gracious Gratitude - Being Thankful With Colour In this Volume 1 of the Living in Colour - Adult Colouring Journal Series, you will find a quiet activity to calm your mind and feed your soul. Life has its ups and downs. With this series, you can creatively express what you are experiencing. Most importantly, it's about taking time for yourself. Gracious Gratitude - Being Thankful With Colour has been intentionally created to support you and your creative expression of being thankful. Colouring allows your brain to switch off, can reduce anxiety and create focus. It is a creative yet a peaceful and mindful meditation. Colouring is good for you. Colouring is a calming activity that relaxes you and allows your mind the rest it needs while you express being thankful with colour. You will find working with these Mandalas to be meditative and healing. As you focus on colouring, its relaxing properties are a straightforward and helpful way to support you and your process. The second half of this book is a journal where you can record any thoughts, feelings or reflections for later review. What you get in this Colouring Journal: 30 Inspirational quotes on Gratitude 30 Beautiful hand drawn Mandalas Mandalas are single sided and printed on bright white paper Over 60 Lined pages for journaling your process Large format 8.5 x 11.0 pages So take a break from the busyness of modern life and choose some coloured pencils, crayons or pens, create your sacred space and explore Gracious Gratitude - Being Thankful With Colour Enjoy your time creating beauty as you embark on this inspiring journey of self-expression!.



**[Read Gracious Gratitude: Being Thankful with Colour \(Paperback\) Online](#)**



**[Download PDF Gracious Gratitude: Being Thankful with Colour \(Paperback\)](#)**

## Other PDFs



### **Comic Illustration Book For Kids With Dog Farts FART BOOK Blaster Boomer Slammer Popper, Banger Volume 1 Part 1**

CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 234 pages. Dimensions: 9.0in. x 6.0in. x 0.5in.BONUS - Includes FREE Dog Farts Audio Book for Kids Inside! For a...

[Save PDF »](#)



### **Childrens Educational Book Junior Vincent van Gogh A Kids Introduction to the Artist and his Paintings. Age 7 8 9 10 year-olds SMART READS for . - Expand Inspire Young Minds Volume 1**

CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 26 pages. Dimensions: 9.8in. x 6.7in. x 0.2in.Van Gogh for Kids 9. 754. 99-PaperbackABOUT SMART READS for Kids. . ....

[Save PDF »](#)



### **Wacky Stories with Twist Endings Volume 1**

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Everything about Andy is too good to be true, so what is his...

[Save PDF »](#)



### **Funny Poem Book For Kids - Cat Dog Humor Books Unicorn Humor Just Really Big Jerks Series - 3 in 1 Compilation Of Volume 1 2 3**

CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 132 pages. Dimensions: 9.0in. x 6.0in. x 0.3in.LIMITED-TIME SPECIAL: Special Bonus Inside! Thats right. . . For a limited time...

[Save PDF »](#)



### **By the Fire Volume 1**

CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 130 pages. Dimensions: 9.0in. x 6.0in. x 0.3in.By the Fire is an exciting new Bi-Monthly publication featuring new works by...

[Save PDF »](#)