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The Secret Alphabet Coloring Book Designed by Artist Grace Divine How I Healed Body Mind from Hyperactivity Anxiety Using Art Therapy! Right Left Brain Exercises Develop Mindful Creation Awareness Learn to Relax de-Stress

By Grace Divine

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.My name is Grace Divine. I am a visual artist. Please note: I am NOT a medical doctor and so everything in this book is only my opinion based on personal experience as a lay person. And I don't profess to have found a cure for anxiety and hyperactivity. However, all that I am saying is that I suffer from these conditions and CREATING ART has helped me feel better. Therefore, in this book, I have designed exercises to share my creative process with other people. In the process of creating this book, a phrase came to me which I think defines what I was trying to achieve here. I call this, the MINDFUL CREATION AWARENESS PROCESS. Anxiety and hyperactivity are epidemic. And if you have them, you know what I mean when I say, anxiety feels awful. I love to create art because while I do it, it feels good. I have taught myself to use anxiety and hyperactivity to be creative, to create and to be productive! And this is what I am trying to share with...



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