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Portable Color Me Fearless: 70 Coloring Templates to Boost Strength and Courage (Paperback)

By Lacy Mucklow

Rock Point, United States, 2016. Paperback. Book Condition: New. Dr Angela Porter (illustrator). Language: English . Brand New Book. The perfect book for stressed-out adults who want to reconnect, simply and easily, with their inner creativity while on the go. Many of us experience fear every single day: job loss, loneliness, relationships, money, sickness, anxiety, and more. Fear has become infused in our culture, and it affects our day-to-day functioning and quality of life. A simple and inexpensive way to relieve stress is by coloring images, which can be soothing. Some even consider it an alternative to stressors, ultimately aiding in reversing the effects of anxiety. Refocusing your attention on something completely different to engage in a mental, physical, and emotional shift can help break the pattern of consistent stress and allow one to rejuvenate. Part of the international bestselling Color Me series, Color Me Fearless is a guided coloring book for adults coping with their own daily fears. Art therapist Lacy Mucklow and artist Angela Porter offer up 70 coloring templates, all designed to boost strength, courage, and confidence. Organized into seven therapeutically themed chapters, readers can explore the benefits of putting pencil (or crayon!) to paper and channel their day-to-day...



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