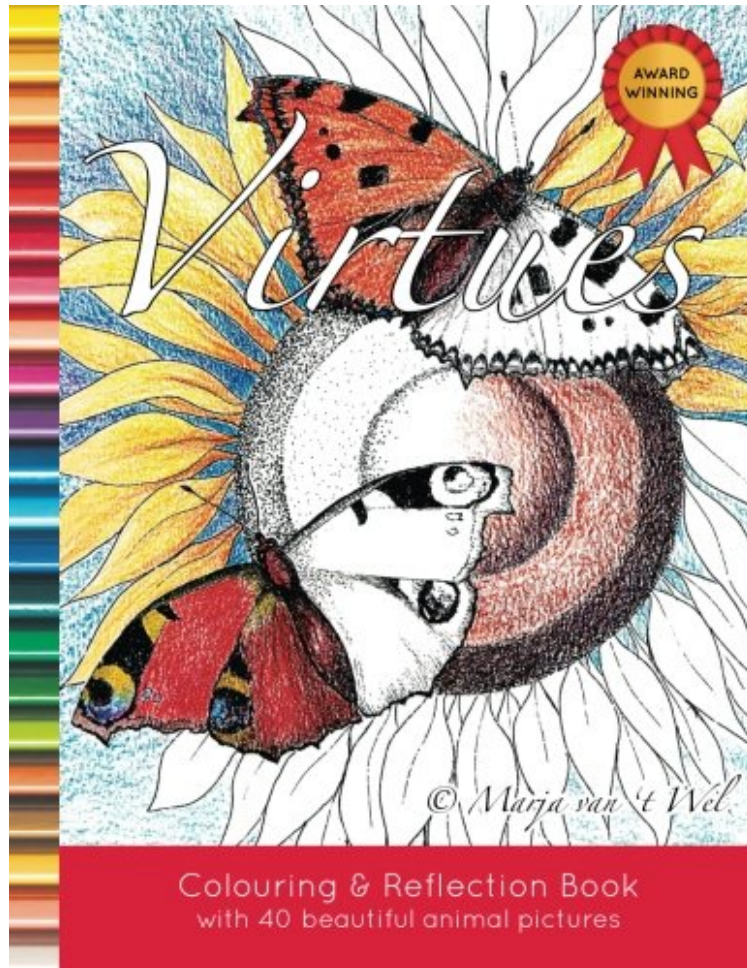


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Virtues Colouring and Reflection Book: with 40 beautiful animal pictures

Marja van 't Wel

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Marja van 't Wel : Virtues Colouring and Reflection Book: with 40 beautiful animal pictures before purchasing it in order to gage whether or not it would be worth my time, and all praised Virtues Colouring and Reflection Book: with 40 beautiful animal pictures:

Did you ever think of learning about determination from a Donkey? Patience from a Turtle? Reverence from a Bear? The animals in 'The Virtues Reflection Colouring Book' bring out our hidden qualities; the inner virtues that are an enormous source of wisdom within each of us. This unique colouring book focuses on calming the mind as you colour

and has additional reflection questions to assist you when dealing with dilemmas and making moral choices in your personal life, relationships, at school or at work. Colouring in is joyful, creative and relaxing on your own, at your own pace or together, in a colouring group where you can share your experiences. **SPECIAL:** The Virtues Reflection Colouring Book was the first colouring book for adults in the Netherlands and was chosen in the top 25 BEST SPIRITUAL BOOKS for its exclusiveness! Jenny Brown at Shareably: "As of the time of this publication, six of the top 20 selling books on Amazon are adult coloring books. Coloring is a hobby that we typically think only little toddlers and kindergartners would enjoy, but it turns out that even adults can benefit from it. Coloring is a low-stress activity that allows an individual to unlock their creative potential. More importantly, it helps relieve tension and pent-up anxiety because it unlocks memories of childhood and simpler times. As psychologist Antoni Martínez explains to The Huffington Post, "I recommend it as a relaxation technique. We can use it to enter a more creative, freer state. I recommend it in a quiet environment, even with chill music. Let the color and the lines flow." Ben Michaelis, a psychologist, says, "There is a long history of people coloring for mental health reasons. Carl Jung [founder of psychology] used to try to get his patients to color in mandalas at the turn of the last century, as a way of getting people to focus and allow the subconscious to let go. Now we know it has a lot of other stress-busting qualities as well." Basically, if you are having a rough day at work or just a bad day in general, then feel free to take out some crayons or colored pencils and start coloring. As a parent with children, I'm sure that you will have some coloring books lying around the house. Pick one up and relax!"