



Quiet The Mind: An all-age, art therapy activity book to encourage finding peace first from within.

(Volume 1)

Lynette Rozine Prock

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This 100-page, illustrated activity book inspires and encourages positive thinking and mindful meditation. The all-age art therapy activities in "Quiet The Mind" include: COLORING • AFFIRMATIONS • VISUALIZATION EXERCISES • JOURNALING • MANDALAS • A SCAVENGER HUNT and much more! Turn your attention away from the external world in towards your own personal power by coloring dozens of line art illustrations. Positive affirmations scattered throughout the book deliver encouragement and reminders of self-worth. Lined pages offer plenty of room for a personal diary. Not sure what to write about? Quiet the Mind provides a plentitude of suggestions. The book also contains instructions for creating mandala art, as well as exercises that will reveal insights you may not have been aware of. Coloring and keeping a diary (at any age) are simple ways to find peace from within. Visit MyDreamsMatter.com for more inspirational fun!

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Precisely why? Because this Quiet The Mind: An all-age, art therapy activity book to encourage finding peace first from within. (Volume 1) is an unordinary book that the inside of the reserve waiting for you to snap the item but latter it will distress you with the secret that inside. Reading this book alongside it was fantastic author who all write the book in such incredible way makes the content within easier to understand, entertaining approach but still convey the meaning totally. So , it is good for you because of not hesitating having this any more or you going to regret it. This amazing book will give you a lot of advantages than the other book have got such as help improving your proficiency and your critical thinking approach. So , still want to hold off having that book? If I have been you I will go to the book store hurriedly.

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