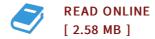




Inkspiration for Recovery: A Color Companion That Celebrates and Supports Living One Day at a Time (Paperback)

By Rokelle Lerner, Judy Clement Wall

HEALTH COMMUNICATIONS, United States, 2016. Paperback. Book Condition: New. 279 x 216 mm. Language: English. Brand New Book. It's official: Coloring books for adults have gone mainstream with millions of grown-ups unabashedly enjoying the hobby worldwide. Now, for the first time, a leader in the recovery field has created a coloring book specifically for the millions of people who are living healthier, more fulfilling lives using the Twelve-Step principles. And while everyone could use a little inkspiration, coloring offers unique benefits to people in recovery. For example: A primary issue for those in recovery is the inability to find peace without the use of alcohol or other substances; coloring calms the mind and helps you de-stress. Coloring is meditative--it allows you to stop overthinking and to simply be in the moment. Many children who grew up in chaotic alcoholic homes missed out on the simple creative pleasures of childhood, like coloring; this allows anyone to explore their playful, creative sides. Once free of addictive substances, people often experience a tremendous void--a new hobby like coloring can help fill the void in a healthy way and spark interest in other artistic avenues. For people who struggle with negative self-talk...



Reviews

Extensive manual for publication fans. It is actually filled with knowledge and wisdom You can expect to like how the author compose this pdf.

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This composed pdf is excellent. We have go through and that i am certain that i am going to likely to read again once more down the road. I am just happy to explain how this is basically the very best publication i have go through within my own daily life and can be he best publication for actually.

-- Anika Kertzmann

Other Kindle Books



Do Monsters Wear Undies Coloring Book: A Rhyming Children's Coloring Book (Paperback)

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. Mark Smith (illustrator). 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****. A #1 Best Selling Children s Book Is Now A Coloring Book! Parents and...



Twitter Marketing Workbook: How to Market Your Business on Twitter (Paperback)

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. Workbook. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****. Twitter Marketing Workbook 2016 Learn how to market your business on Twitter for free A best-selling...



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Paraxus International, Inc., United States, 2012. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****. Please go to // and shapes for some high resolution sample pages. Learn Chinese - Basic Skills for...



Jape the Grape Ape from Outer Space Episode Three: Who Stole the Stars? (Paperback)

AUTHORHOUSE, United States, 2007. Paperback. Book Condition: New. Erik Rodenhiser (illustrator). 279 x 216 mm. Language: English. Brand New Book ***** Print on Demand *****. This book is hysterically funny; I love it. I love Japes sense of humor. He...



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Createspace, United States, 2015. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****. This book written by attorneys and published by Davenport Press provides a quick review of law and a good range...



Child's Health Primer for Primary Classes (Paperback)

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 279 x 216 mm. Language: English. Brand New Book ***** Print on Demand ******.Description Notice: This Book is published by Historical Books Limited (as a Public Domain Book, if...