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Believe in Yourself: An Adult Coloring Book featuring Positive Affirmations

I. M. Coloring, Don Cummings

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You deserve a break, and coloring is a wonderful way to relax and enjoy yourself. This adult coloring book is filled with beautiful and unique designs featuring positive affirmations.Thinking positive thoughts about yourself will build confidence, and enable you to cope with the stresses of everyday life. Combine that with the therapeutic benefits of coloring, and it will turn on your imagination, awaken your senses, and give you hours of relaxation.

Get started coloring today!
22 unique designs.
Each image is printed twice!
No bleed-through because every coloring page is on a separate piece of paper.
Anti-stress management. Flowers, Butterflies, Animals and many different patterns.
Positive Affirmations on every coloring page.
Use your own coloring tools. Colored pencils,crayons, or markers.

What's inside! 22 Positive Designs!
*Everything will be Okay
*I am Beautiful
*Stay Confident
*Be Proud of Yourself
*You Can Do Anything
*You Can Do It!
*You Are a Winner!
*Never Give Up.
*You're Never Alone
*You Are Unique
*Be Confident and Strong
*Think Positive Be Positive
*Think Happy Thoughts
*Be at Peace
*You are Special
*Keep Smiling!
*Today is a New Day
*Keep Your Chin Up!
*You're an Amazing Person!
*Be Gentle With Yourself.
*You Matter
*Have Courage

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From reader reviews:

Dawn Spigner:

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Diane Worrell:

Are you kind of occupied person, only have 10 or 15 minute in your moment to upgrading your mind talent or thinking skill perhaps analytical thinking? Then you are receiving problem with the book compared to can satisfy your limited time to read it because all of this time you only find guide that need more time to be examine. Believe in Yourself: An Adult Coloring Book featuring Positive Affirmations can be your answer as it can be read by you who have those short free time problems.

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Michelle Oquinn:

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