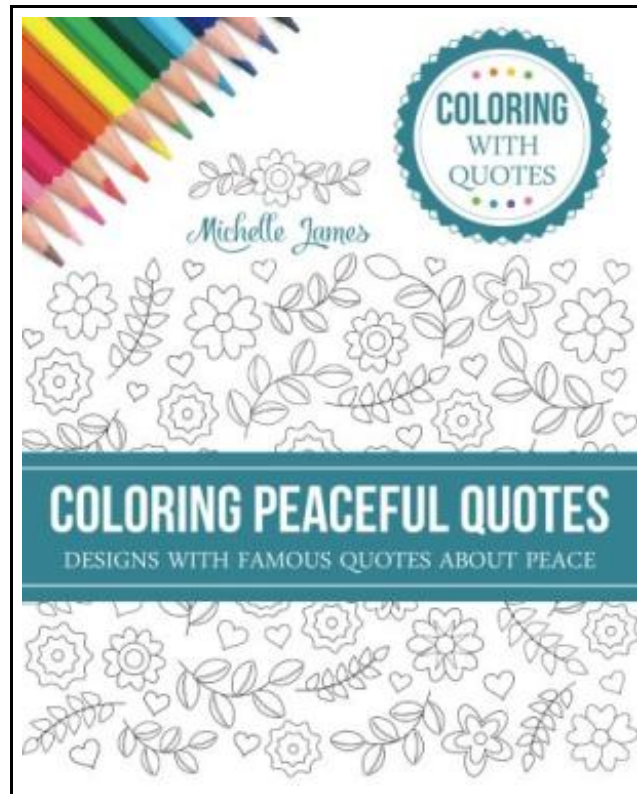


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Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 254 x 203 mm. Language: English . Brand New Book ***** Print on Demand *****.Coloring these designs -- with quotes about peace from famous people -- will give you something to ponder while you relax and color. You can even frame your favorites! With thoughtful insights on finding peace of mind from leading thinkers (including Abraham Lincoln, the Dalai Lama, Marie Curie, and many more), Coloring Peaceful Quotes is recommended for casual enjoyment, inexpensive relaxation, mindful meditation, and therapeutic use. Here's what many experts say are some of the benefits of all-ages coloring books: Relaxation and stress-relief. A regular opportunity to "clear your mind" and to "collect one's thoughts." "Unplug" from strain of being online 24/7, in an engaging and tactile way. Easy to do -- as simple or as complex as you like. "Anybody can do this." A familiar tool for Art Therapy, which can be "cathartic and therapeutic." Nostalgic reminder of life's simple, gentle pleasures, while calming one's "inner child." Helps to learn to focus on the present, without "fear of the future" or "ruminating on the past." May be used as a mindful or mindless activity, as needed, either as a focus, or while multitasking. Opportunity to share images and feelings with others. Creative outlet for self-expression and "self-care," yet readily accessible and inexpensive. The physical sensation of coloring creates "a shift from the linguistic cortex to the somatosensory cortex." An absorbing, healthful hobby which can be fruitful in "five minutes or five hours." A helpful tool for mindfulness, demanding "an open and receptive, nonjudgmental awareness of your present-moment experience." And, of course, "It's just fun and enjoyable to color." "The gathering of attention and the contact with beauty in the present moment can be a great beginning to..."



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