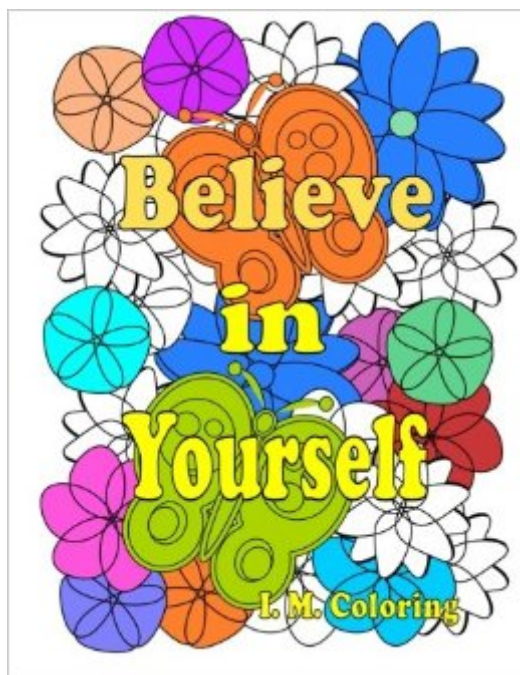


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# Believe In Yourself: An Adult Coloring Book Featuring Positive Affirmations



## Synopsis

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

## Book Information

Paperback: 92 pages

Publisher: CreateSpace Independent Publishing Platform; 1 edition (March 29, 2016)

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Product Dimensions: 8.5 x 0.2 x 11 inches

Shipping Weight: 8.8 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars Â Â See all reviews Â (8 customer reviews)

Best Sellers Rank: #539,018 in Books (See Top 100 in Books) #31 in Â Books > Crafts, Hobbies & Home > Crafts & Hobbies > Framing #621 in Â Books > Arts & Photography > Drawing > Coloring Books for Grown-Ups > Animals #46941 in Â Books > Humor & Entertainment

## Customer Reviews

I decided to join the adult color book craze. I looked at many and really liked the look of this book. The positive messages are great and each design is printed twice so there's room for error or extra creativity. The pages are one sided so they don't bleed through to the next design. I love it and am glad I compared before buying!

This is my first venture into the wonderful world of coloring books for adults. I must say that this was a beautifully put together book! I was impressed with the wide variety of images presented. I especially enjoyed the pages that had wildlife sort of woven into the intricate designs of the background. A feature that I found to be especially helpful was the fact that each image is presented twice in the book. As I said before, I'm new to this sort of book so I don't know if this is common practice or not. However, I thought it was a brilliant idea to have doubles to color! If my family ever caught me coloring in this book, they would certainly want to join in! (Thus my appreciation for the doubles! haha)I received a free copy of this book in exchange for my honest review.

This is my first colouring book as an adult and I absolutely love it. The pictures are beautiful and inspiring! I love that there are double copies of each page as I often want to try something different once I have completed the first version! But even 2 copies hasn't proved adequate in my family. I've had to make multiple copies of several pages as my kids have seen me colouring the lovely illustrations and wanted to join in :)

I don't usually colour much, but I'm a great believer in using positive affirmations, and I jumped at the chance when asked to review this "positive affirmation" colouring book. I loved the selected phrases used in it, and the animal / nature theme of the pictures. Nothing too detailed for a "colouring newbie" like me to get frustrated with, but plenty of variety. I also liked that all of the pictures are repeated (chance for me to have another go if I go wrong, or if I want to repeat a phrase with a different look), and that they are single-sided - so no problem with some of my pens bleeding through. (This let me put a page a blank page underneath too, just to be sure.)So, yes, I've already enjoyed using this book, and think it's a great way to encourage positive thoughts.

Recommended.\*\*\*I received a complimentary copy of this Coloring book in return for an honest review of the product.\*\*\*

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