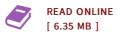




Recipes for Living: A Coloring Journal for Healthy Living in Body, Mind Spirit (Paperback)

By Deborah Louise Brown, Barbara Schiffman, Coloring Journals For Healthy Living

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ****** Print on Demand ******. Is your Life a banquet of experiences? Taste them all to discover the treats that stimulate your mind, satisfy your heart and feed your soul. Barbara Schiffman Deborah Louise Brown At Coloring Journals for Healthy Living we ve created a series of Recipes for Living transformational coloring journals to share the knowledge and inspiration of experts in Body, Mind, Spirit, Business and Planet Wellness. Each unique edition offers a smorgasbord of useful tools, practical tips and uplifting advice along with our exclusive coloring pages. In this curated collection, we proudly present the expertise of eight members of the Holistic Chamber of Commerce: Bette Steflik, Debbie Spector Weisman, Hamad Shirazi, Karen Sachs, Linda Orr Easthouse, Lynne Grobsky, Nand Harjani and Wing Piderman. The enlivening essays, insightful journaling prompts and invigorating exercises from our wellness experts infuse this multi-media life cookbook with a full spectrum of creative opportunities designed to stimulate brain balance -- visual (seeing, reading), auditory (listening), kinesthetic (coloring, writing), left brain (listing, planning, journaling) and right brain (coloring, doodling, visualizing). We invite you to enjoy the feast! Chapters...



Reviews

A new electronic book with a new point of view. it was writtern extremely completely and beneficial. Its been written in an extremely straightforward way in fact it is simply following i finished reading this publication through which really altered me, alter the way i really believe.

-- Dr. Florian Runte

This book is great, it was writtern quite flawlessly and helpful. You will not truly feel monotony at whenever you want of your time (that's what catalogs are for concerning if you ask me).

-- Sterling Kris

Other PDFs



Kidz Bop - A Rockin' Fill-In Story: Play Along with the Kidz Bop Stars - and Have a Totally Jammin' Time! Adams Media. PAPERBACK. Book Condition: New. 144050573X.



Weebies Family Halloween Night English Language: English Language British Full Colour

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Children's Weebies Family Halloween Night Book 20 starts to teach Pre-School and Junior Children how to read with this...



Dating Advice for Women: Women s Guide to Dating and Being Irresistible: 16 Ways to Make Him Crave You and Keep His Attention (Dating Tips, Dating Advice, How to Date Men)

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand ******. Dating advice for women Sale price. You will save 66 with this offer. Please hurry up! Women...



Dont Line Their Pockets With Gold Line Your Own A Small How To Book on Living Large

Madelyn D R Books. Paperback. Book Condition: New. Paperback. 106 pages. Dimensions: 9.0in. x 6.0in. x 0.3in.This book is about my cousin, Billy a guy who taught me a lot over the years and who can teach you a lot. Everyone who...



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

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...



Adult Coloring Book Birds: Advanced Realistic Bird Coloring Book for Adults

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 254 x 203 mm. Language: English. Brand New Book ***** Print on Demand *****. Take your coloring to the next level with this Advanced Adult Coloring Book of Birds! Get more...