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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 Grobbsky, 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...



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