



## Rise, Bloom and Shine!: A Grown Up Color-It-Yourself Journal (Paperback)

By Mulenga P K 1

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Have you colored something lately? If you think you have outgrown coloring books, pencils and markers - think it over. This is more useful than just coloring pages. It also a journal for unplugging from distracting social media devices and handwriting your notes, and reviewing them over time. Why should the kids have all the fun, when it s just as easy for adults like you to savor the possible benefits of creative imagination, feeling carefree, thinking stress free, - relaxing to restore peace and gladness? By creating unique visual images of graphic design patterns and flowers in their natural state, coloring pages serve as a familiar place for developing positive emotions and memories while journaling your personal thoughts or ideas. This is thoughtfully designed to help you warm the heart with the gratifying experience of your own coloring. Choose your favorite colors as you reflect on the aroma of a fresh rose, or the allure of a bright sunflower. There is a garden variety of flowers for you to explore, graphs for your own drawings and unique patterns...



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