



Color Me Fearless: Nearly 100 Coloring Templates to Boost Strength and Courage (A Zen Coloring Book)

Lacy Mucklow

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The perfect book for stressed-out adults who want to reconnect, simply and easily, with their inner creativity.

Many of us experience fear every single day: job loss, loneliness, relationships, money, sickness, anxiety, and more. Fear has become infused in our culture, and it affects our day-to-day functioning and quality of life. A simple and inexpensive way to relieve stress is by coloring images, which can be soothing. Some even consider it an alternative to stressors, ultimately aiding in reversing the effects of anxiety. Refocusing your attention on something completely different to engage in a mental, physical, and emotional shift can help break the pattern of consistent stress and allow one to rejuvenate.

Part of the international bestselling *Color Me* series, *Color Me Fearless* is a guided coloring book for adults coping with their own daily fears. Art therapist Lacy Mucklow and artist Angela Porter offer up 100 coloring templates, all designed to boost strength, courage, and confidence. Organized into seven therapeutically themed chapters, readers can explore the benefits of putting pencil (or crayon!) to paper and channel their day-to-day stresses into a satisfying, creative environment.

Color Me Fearless is the perfect way step back from the fears of everyday life, color, and relax!

Don't forget to try *Color Me Happy*, *Color Me Calm*, and *Color Me Stress-Free*!

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From reader reviews:

Mario Rice:

Color Me Fearless: Nearly 100 Coloring Templates to Boost Strength and Courage (A Zen Coloring Book) can be one of your starter books that are good idea. Many of us recommend that straight away because this book has good vocabulary that may increase your knowledge in vocab, easy to understand, bit entertaining but still delivering the information. The writer giving his/her effort to get every word into enjoyment arrangement in writing Color Me Fearless: Nearly 100 Coloring Templates to Boost Strength and Courage (A Zen Coloring Book) although doesn't forget the main stage, giving the reader the hottest along with based confirm resource data that maybe you can be certainly one of it. This great information may drawn you into brand new stage of crucial thinking.

Isabel McNeal:

This Color Me Fearless: Nearly 100 Coloring Templates to Boost Strength and Courage (A Zen Coloring Book) is completely new way for you who has fascination to look for some information since it relief your hunger of knowledge. Getting deeper you upon it getting knowledge more you know otherwise you who still having little digest in reading this Color Me Fearless: Nearly 100 Coloring Templates to Boost Strength and Courage (A Zen Coloring Book) can be the light food for you personally because the information inside this particular book is easy to get by simply anyone. These books build itself in the form which is reachable by anyone, yes I mean in the e-book form. People who think that in reserve form make them feel drowsy even dizzy this reserve is the answer. So there isn't any in reading a e-book especially this one. You can find what you are looking for. It should be here for you actually. So , don't miss the item! Just read this e-book variety for your better life and knowledge.

Clifford Caldwell:

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Harold Smith:

What is your hobby? Have you heard that question when you got learners? We believe that that query was given by teacher on their students. Many kinds of hobby, Everybody has different hobby. And also you know that little person similar to reading or as studying become their hobby. You need to understand that reading is

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