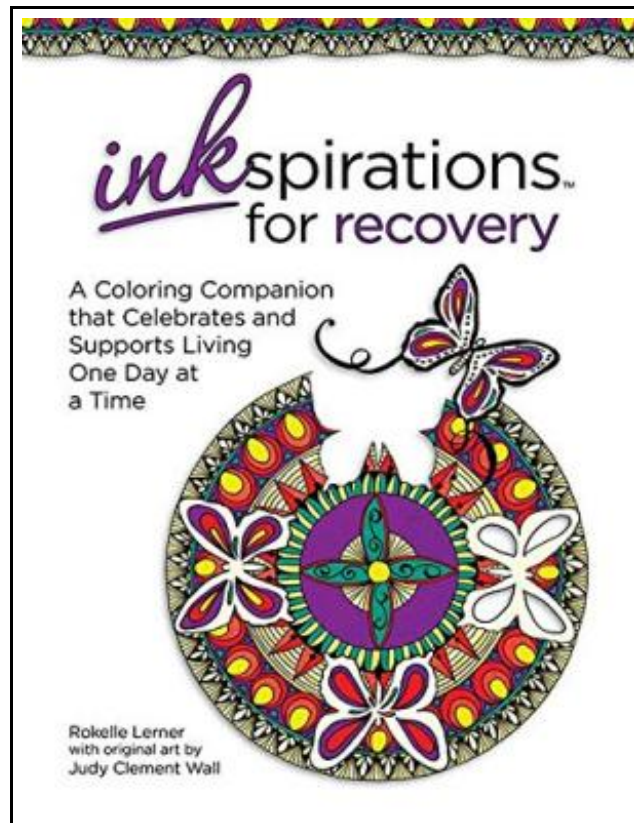


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(Dr. Carmine Hayes MD)

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HEALTH COMMUNICATIONS, United States, 2016. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book. It s official: Coloring books for adults have gone mainstream with millions of grown-ups unabashedly enjoying the hobby worldwide. Now, for the first time, a leader in the recovery field has created a coloring book specifically for the millions of people who are living healthier, more fulfilling lives using the Twelve-Step principles. And while everyone could use a little inkspiration, coloring offers unique benefits to people in recovery. For example: A primary issue for those in recovery is the inability to find peace without the use of alcohol or other substances; coloring calms the mind and helps you de-stress. Coloring is meditative--it allows you to stop overthinking and to simply be in the moment. Many children who grew up in chaotic alcoholic homes missed out on the simple creative pleasures of childhood, like coloring; this allows anyone to explore their playful, creative sides. Once free of addictive substances, people often experience a tremendous void--a new hobby like coloring can help fill the void in a healthy way and spark interest in other artistic avenues. For people who struggle with negative self-talk or the need to be perfect, coloring is great because there are no rules! It s an artistic activity that requires no skill set or mastery--it s just fun. What s Unique About Inkspirations? Gorgeous original art that will captivate women and men with diverse imagery, everything from mandalas and meditative patterns to nature scenes, animals, and mantras with room to create custom patterns and doodles. Encouraging quotes and affirmations will help quiet negative thoughts. Thick stock paper allows readers to use colored pencils, markers, or watercolors. Perforated pages encourage framing or sharing finished pieces. How-to section by illustrator and...



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