

(Download free ebook) Gratitude Coloring Book Journal

# Gratitude Coloring Book Journal

*Pam Vale*

*audiobook / \*ebooks / Download PDF / ePub / DOC*



DOWNLOAD



+

READ ONLINE

#1150753 in Books 2016-03-05Original language:EnglishPDF # 1 9.00 x .24 x 6.00l, .33 #File Name:  
1530317223104 pages | File size: 74.Mb

**Pam Vale : Gratitude Coloring Book Journal** before purchasing it in order to gage whether or not it would be worth my time, and all praised Gratitude Coloring Book Journal:

0 of 0 people found the following review helpful. I love Pam Vale's 12 step booksBy Candace MiddletonI love Pam Vale's 12 step books. All of them are full of encouragement, hope, and love. I love how gratitude is brought out in this book with hope and yet reminding me of being grateful even for the smallest of things in my life.0 of 0 people found the following review helpful. Wonderful travel size book for coloring as well as journaling!By ChrisThis was my first

purchase from this artist. I am really enjoying the pictures to color on the right plan to use the left side, as well as page behind coloring page to empty my thoughts out before I try going to sleep tonight!!0 of 0 people found the following review helpful. ... phrases accompany pages for notes and journaling alongside the beautiful coloring imagesBy Barbara CardiffReflective and inspirational phrases accompany pages for notes and journaling alongside the beautiful coloring images. This book is a gentle meditative journey that invokes a caring spirit.

Coloring Book Journals are a fun, recovery support tool for yourself or as a thoughtful gift. Including over 25 original, hand drawn coloring images with inspirational 12 step and recovery sayings along with 48 journaling pages. All coloring images in this book are original drawings by Pam Vale, including a wide variety of themes, such as nature, flowers, birds, zentangles, Butterflies, owls, hearts, dream-catchers, dragonflies, and more! Coloring can quiet the mind, stimulate the imagination and help organize your thoughts. Journaling can provide clarity and perspective on your path to peace and serenity. This coloring book journal is arranged in small bites in hopes of helping you create a mindful, daily habit of gratitude and self-reflection.