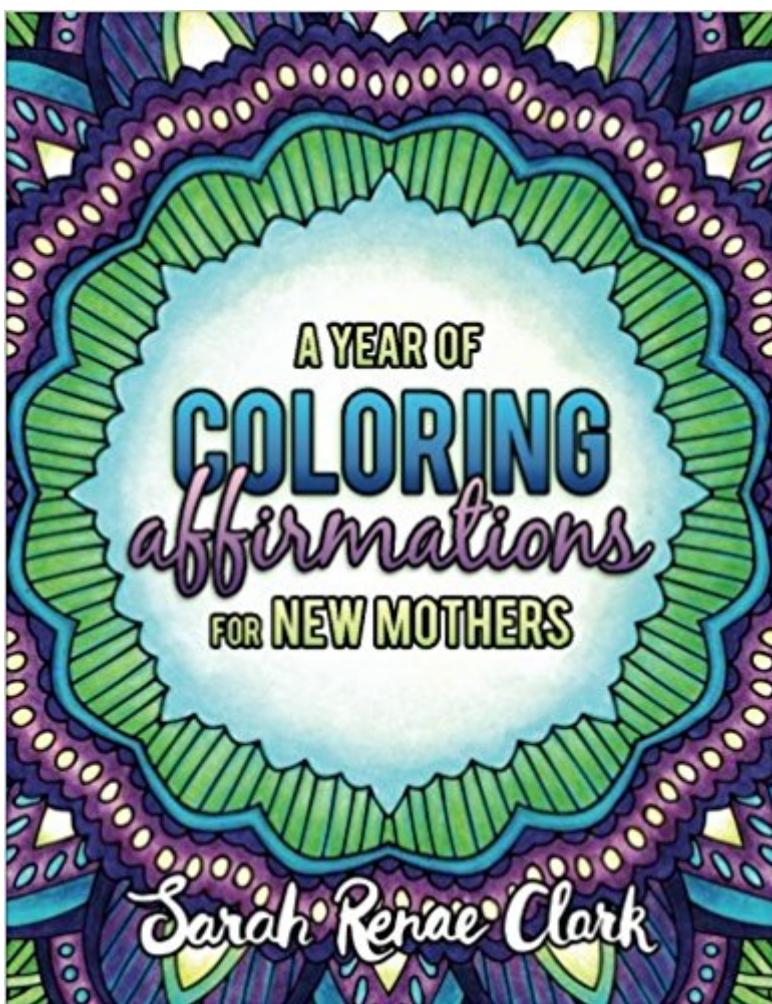


The book was found

A Year Of Coloring Affirmations For New Mothers - Adult Coloring Book



Synopsis

Combine the therapeutic art of coloring with the power of positive thinking! *A Year of Coloring Affirmations for New Mothers* is an adult coloring book that includes 52 coloring pages of positive affirmations to give new mothers the encouragement, confidence, inner strength and coping abilities they need to get through the unexpected ups and downs of the early years of motherhood. Motherhood is something that nobody can really prepare for. You can read every book, follow every routine, do everything right, have the *perfect* baby, and still not cope. Sometimes it's hormones, sometimes it's post natal depression, and sometimes it's just a bad day. In those moments, it's hard to ask for help, but sometimes all it takes is an encouraging word or a boost of confidence to get through. One positive thought can change your entire day. Affirmations can sometimes feel forced and it can be hard to embrace them. We are encouraged by experts to repeat our affirmations out loud, multiple times a day. Coloring page affirmations combine the therapeutic art of coloring with the power of positive thinking and visualization. Through the meditation and mindful focus of coloring, you are absorbing the positive message on each page without having to force yourself to repeat it. You are expanding the concept of positive affirmations to appeal to more of your senses rather than just speaking and hearing, you can now touch and visualize as well. By working on the same page for multiple days, you are establishing positive thoughts in your long term memory and changing your entire way of thinking. When your baby is crying because they don't want to have a nap today. Color *My baby loves me*. When you're feeling like a bad mother for using the TV so you can take a break. Color *I am proud of the Mother I am*. When you are second guessing your decisions and feeling like a failure. Color *I am strong enough to fight my insecurities*. When you've called your friend for the fifth time this week to settle your baby. Color *It's ok to ask for help*. When you feel like you haven't slept all year. Color *I am full of energy*. When your baby is teething in the middle of a growth spurt and won't eat or sleep. Color *I have been through hard days before and I will get through today*. When you accidentally cut your child's fingers instead of cutting their nails. Color *I'm a good mother*. When you're eating breakfast while your husband is preparing lunch. Color *If I'm out of my pajamas by noon, it's a great day*. When that nappy just wasn't big enough. Color *This too shall pass*. When your baby finally falls asleep in your arms instead of their cot. Color *I will enjoy every cuddle*. Each

coloring page in "A Year of Coloring Affirmations for New Mothers" is single sided, so you can color without worrying about your colors bleeding through to the next page. This affirmations coloring book is a great gift for your mother, sister or wife. Add it to your Baby Registry or buy a few as Baby Shower gifts for friends. It is a must have for any new or expecting mother.

Book Information

Paperback: 114 pages

Publisher: CreateSpace Independent Publishing Platform; Clr Csm edition (April 27, 2016)

Language: English

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ISBN-13: 978-1532968426

Product Dimensions: 8.5 x 0.3 x 11 inches

Shipping Weight: 12.6 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 12 customer reviews

Best Sellers Rank: #427,942 in Books (See Top 100 in Books) #26 in Books > Health, Fitness & Dieting > Mental Health > Postpartum Depression #315 in Books > Arts & Photography > Drawing > Coloring Books for Grown-Ups > Religious & Inspirational #457 in Books > Self-Help > Art Therapy & Relaxation

Customer Reviews

Sarah Renae Clark is an illustrator, designer and stay at home mum based in Melbourne, Australia. She has a passion for anything and everything creative and is always trying new things. Sarah works in both hand-drawn and digital mediums and has worked as a freelance designer for almost 10 years.

I'm not a new mom, but I found these words encouraging! The pages in this book are easy to color and there's a good variety for different skill levels and interest. I think they would be good to cut out of the book and frame as a baby shower gift or the book itself would be a good baby shower gift too. I can see how this would be very encouraging for someone with a little baby, and it's a good way to relax too.

Really enjoy this book, some days it just what I need!

As a licensed clinical therapist, this book was purchased to display, share, teach, and provide as a

reference tool to my clients in my practice. It is wonderful!

You have no idea how badly I needed to read this words. I'm still struggling from PPD but this has truly helped me.

Great postpartum activity and positive affirmation

Every new mom needs reassurance, and these messages are perfect. Add in the stress-relief of coloring, and this book is the perfect mix. Highly recommended!

I love this book! Beautiful and original artistry with an encouraging message. A real treat to color. Do yourself a favor and buy this book!

Lovely book for us mothers who need a little reminder every now and then of how awesome we are! Great uplifting words and beautiful images. I truly enjoyed coloring this one! It's a must have! I have used gel pens and colored pencils so far as those are my go to mediums.

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