

Lose Weight Coloring, a Subliminal Adult Coloring Book (Paperback)



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Reviews

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(Eulalia Langosh)

LOSE WEIGHT COLORING, A SUBLIMINAL ADULT COLORING BOOK (PAPERBACK)



Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. This Adult coloring book has interesting word shape and verbal subliminal designs for you to color. But in the process of coloring, your subconscious mind absorbs the subliminal messages they present and this can help you change your attitude, feelings and behavior related to the worded message. You can make positive changes in your life when your conscious mind tunes out as you relax and color these pages. It is a form of Subliminal Messages. As long as you are using coloring to relieve stress, why not get the added bonus of enhancing your ability to lose weight at the same time? It's a free bonus to the time you are spending to relax and de-stress from your tough life. This book is a coloring book for adults that's because it is more complicated than a child's coloring book with much smaller and finer details. You have to concentrate to color in all the small shapes. That makes it an ideal method to clear your mind of many negative thoughts and it helps you relieve stress. Coloring will reduce anxiety, and help you focus and will bring you more mindfulness. It is therapeutic. And because you are focusing on coloring the shapes going mainly by feeling, not by thinking, your conscious mind sort of shuts down, this not only relieves stress, (of the conscious mind judging your every thought and action), but it opens your subconscious mind to barely perceived information you normally wouldn't have noticed. In general, the conscious mind acts as a gatekeeper, choosing which facts it encounters are important to you and should be saved or acted upon, and which facts are not important,...



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