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I Am a Cancer Warrior: An Adult Coloring Book for Encouragement, Strength and Positive Vibes: 20 Powerful Mantras to Color (Paperback)

By Kathy Weller

Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.I Am A Cancer Warrior: 20 Powerful Mantras to Color features single-sided coloring pages with motivational, encouraging and empowering sayings and affirmations specifically for those fighting cancer. Coloring is a highly creative and meditative activity that can have powerful therapeutic anti-stress and relaxation benefits. It activates the brain's right hemisphere, reducing stress, and promoting a relaxed, meditative state by focusing the brain on the here and now - the feelings of positivity and calm that we experience when we color! This book combines these benefits of coloring with the specifically chosen sayings of empowerment and encouragement for cancer warriors! Sayings: - YOU are EXTRAORDINARY - Brave, strong, TOUGH enough - What does not kill us makes us STRONGER - This cancer will CRY, then WITHER and DIE - YOU are BRAVE - No stupid cancer is going to get in the WAY of ME and the rest of MY LIFE - I will RISE - My body and mind are HEALTHY and STRONG - I will live to tell the story of this stupid cancer that I CRUSHED like a BUG...



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Great eBook and beneficial one. Yes, it is actually play, nevertheless an amazing and interesting literature. I found out this book from my i and dad recommended this ebook to understand.

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