



Gratitude Coloring Journal for the Busy Mom: Stop, Breathe and Hit Refresh Through Creative Journaling (Paperback)

By Maria Silvo

Createspace Independent Publishing Platform, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Everyday is a cause for celebration - from waking up each day alive and refreshed, to being with your little bundle of joy. Even battling a bad hair day can be a blessing. Journaling is a great way to capture moments, good and not so good. and what a special way to do that with inspiring quotes, thoughtful prompts, writing pages, and doodle spaces. Add to that 20 coloring pages that provide you more joyful, alone time. This self-help resource is a versatile 3-in-1 tool for busy moms: 1) Gratitude tool - It serves as a constant reminder to give thanks for life s blessings; 2) Coloring tool - It s a great way to express one s creativity, release stress, and face life with grace. 3) Journaling tool - It prompts the busy mom to see the bright side of things, regardless of how insignificant they may seem. This Gratitude Coloring Journal inspires with insightful quotes such as: If the only prayer you said in your whole life was, thank you, that would suffice. Meister Eckhart Piglet noticed that...



Reviews

This publication is indeed gripping and intriguing. It is actually writter in basic terms and not difficult to understand. I am just pleased to explain how here is the greatest publication we have read through during my own lifestyle and could be he best pdf for at any time.

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