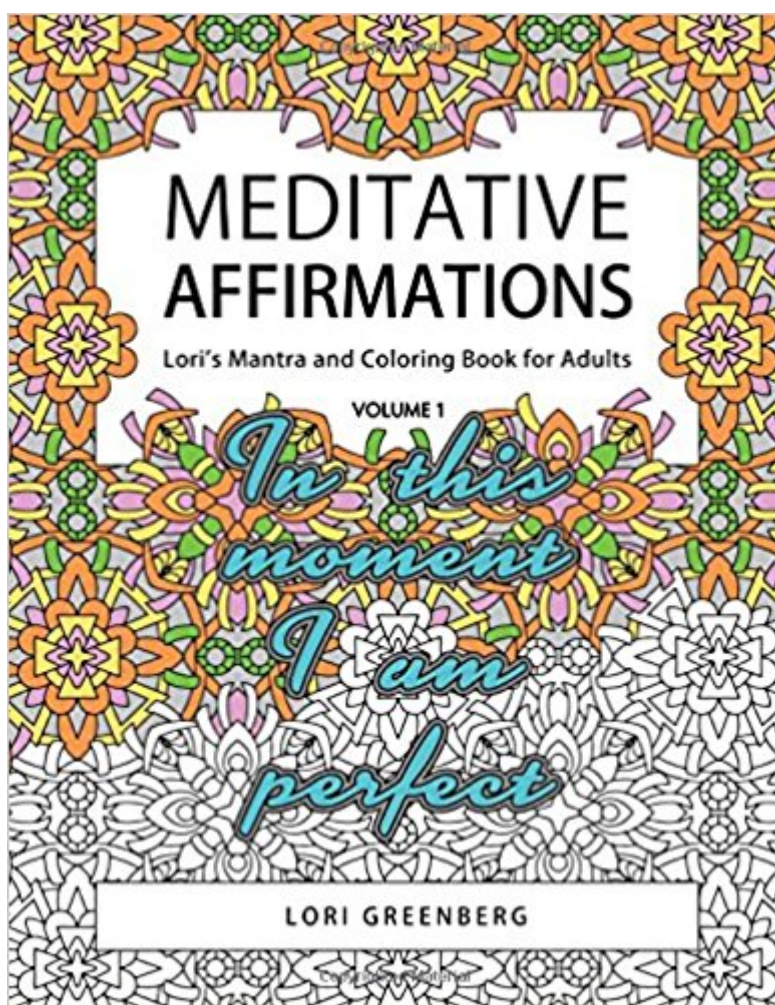


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# Meditative Affirmations (Lori's Mantra And Coloring Book For Adults) (Volume 1)



## Synopsis

Learn how positive affirmations enhance your life and help you to change old habits and thinking patterns. Whether you use the paperback print book to color, or the Kindle version with the images as focal points, you will love the fifty images (single-sided in the print version) and the accompanying explanations for each affirmation--why they work, how they work, and how to incorporate them into your every day life. Coloring designs range from moderate to more intricate detail and will provide many hours of coloring enjoyment. Lori Greenberg is a visual artist, living in the foothills of Cave Creek, Arizona. While she finds comfort and relaxation in creating patterns and mandalas, and crafting perfect affirmations, it is her hope that you will experience the same as you color along. For more information on Lori's coloring books for adults, visit [www.lorigreenberg.com](http://www.lorigreenberg.com), or join Lori Greenberg's Coloring Connection group for colorists on Facebook.

## Book Information

Series: Lori's Mantra and Coloring Book for Adults

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Average Customer Review: 4.3 out of 5 stars 25 customer reviews

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## Customer Reviews

This book is so much more than only to color!! The pages are amazing, the lines are crisp and frame worthy! If you think of a question and just open this book, it's like the message holds an answer to what you're pondering! Would buy again & will also be a book gift to give to others!!

Good drawing/artwork. Lots of varied affirmations. This book will keep you busy coloring a page for

awhile. Good for lazy days or the end of a stressed out day. Or, any day really. :)

## Very Relaxing

Another eColoring Book that is an ad for the print version...As a Kindle user I resent being told I have to pay for an ebook that I cannot color, cannot download a file so I can print pages to color. There is NO link for downloading. NONE of the links at the end of this so-called color book worked for me. This is Not For Kindle Users!As far as the designs and affirmations go...nice designs, a bit too much reading, and I do not meditate. I color to relax...

This is a fabulous coloring book. If you work with affirmations or are looking to get started with affirmations, Lori has chosen some wonderful words for you to begin. Not only does she provide a full page of information about the affirmation and what makes it so powerful, but you also get to color! (Because, you know, coloring!) This was a brilliant idea, the combination of positive affirmations with the meditative act of coloring.Lori's designs are intricate and beautiful, and perfect for hours of relaxing meditative coloring. As I colored, I found myself repeated the affirmation on the page over and over to myself. It was a wonderful experience of coloring and positive affirmation meditation.If you love to color intricate designs and the power of positive mantras and affirmations, you'll be thrilled with this coloring book. Definitely not your ordinary coloring book! I was impressed with the quality of the printing and the paper weight. So much fun! Even my 9 year old had a blast coloring with me.

Let me begin by saying that I am not usually a fan of "sayings" (with the possible exception of Beatles' quotes). However, I found this coloring book to be a charming way to look forward in a positive and creative manner. Lori Peterson has a gift with pattern and now demonstrates her ability to incorporate meditative affirmations into her coloring book world. Each affirmation is surrounded by stylish and unique patterned mandalas. With each page comes a bit of a storyline, to help make your meditation more meaningful. The patterns are, as always, fun and whimsical. Several were really complicated and demanded full involvement, allowing your coloring meditation to be a focused exercise as well as a creative outlet. I would recommend this book to any coloring aficionado, at whatever skill level they may have achieved!

This is a very well made book.The pages are sturdy and printed very nicely. The meditative phrases

are appropriate for children as well as adults and my teenager even enjoyed coloring them in. The author even gives you insight into the meanings and purpose of each phrase. The pages are sturdy enough for coloring with pen or colored pencils. I look forward to owning many more of the artist's wonderful books. I could color in these for hours and really enjoy how relaxed and creative I feel afterwards

If an affirmation is read over and over it can become more real to a person. The affirmations in this book are a great way to focus on a goal for the week or day or month, or whatever. You don't even need to use color !! I 'colored' this page with a graphite pencil and loved how the affirmation itself stood out stronger. I colored while watching TV shows and it took my mind to a more relaxed place, as coloring books do, but it also helped me think of 'positive thoughts' and 'positive actions' (which was the affirmation I had chosen) This can be a great book for anyone wanting to remember to meditate on goals to help them 'focus' while relaxing. I want to cut this one out and frame it.

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