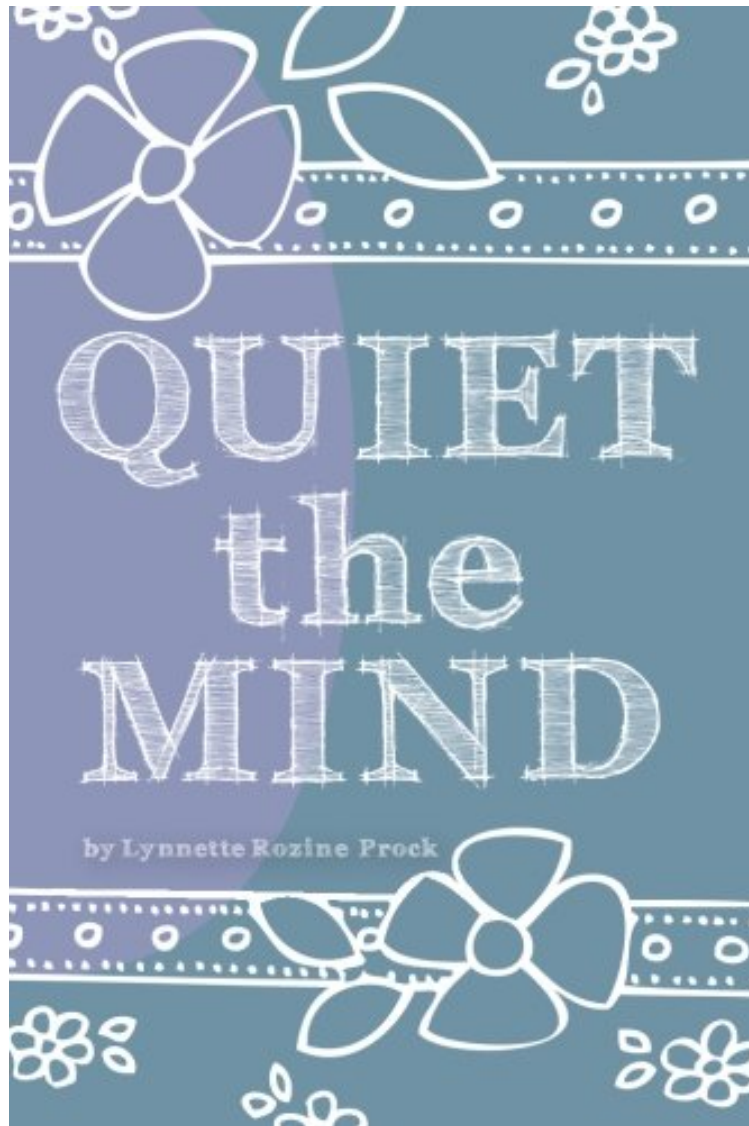


(Ebook free) Quiet The Mind: An all-age, art therapy activity book to encourage finding peace first from within. (Discover Yourself Prompted Journals) (Volume 1)

Quiet The Mind: An all-age, art therapy activity book to encourage finding peace first from within. (Discover Yourself Prompted Journals) (Volume 1)

Lynnette Rozine Prock
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Lynnette Rozine Prock : Quiet The Mind: An all-age, art therapy activity book to encourage finding peace first from within. (Discover Yourself Prompted Journals) (Volume 1) before purchasing it in order to gage whether or not it would be worth my time, and all praised Quiet The Mind: An all-age, art therapy activity book to encourage

finding peace first from within. (Discover Yourself Prompted Journals) (Volume 1):

2 of 2 people found the following review helpful. Waste of paper and money
By Mark
This is a waste of time and money. 23 of 99 pages are just writing over and over affirmations listed in the center of the page. There are no directions for most of the book. Most of the book is simple coloring pages which would be difficult to color as the book does not lay flat. Plus if you are not in a compact city neighborhood this book does not work. I live in the country on a farm and I suffer from PTSD and art therapy helps me. **THIS BOOK DOES NOT HELP IT IS USELESS.** Even the affirmations are insipid. Very disappointed. **IT SHOULD BE KNOWN THAT THIS IS A SELF PUBLISHED BOOK....** I would say it is a vanity book. Go out and go to your grocery store magazine rack and get an adult coloring book money better spent.
2 of 2 people found the following review helpful. Simple and very helpful
By Mila Ortiz
I love waking up in the morning and coloring this book with my prismacolors, I write on it with a fountain pen, the paper quality is good. It takes me a while to complete each page, I haven't payed much attention to the questions, although, the repetitive writing of possitive affirmations is great. It is very simple and sometimes simple helps a lot. It keeps your mind busy and entertained.
0 of 0 people found the following review helpful. One Star
By ilovebooks
Not a good coloring book. I wish I didn't waste the money.

This 100-page, illustrated activity book inspires and encourages positive thinking and mindful meditation. The all-age art therapy activities in "Quiet The Mind" include: **COLORING AFFIRMATIONS VISUALIZATION EXERCISES JOURNALING MANDALAS A SCAVENGER HUNT** and much more! Turn your attention away from the external world in towards your own personal power by coloring dozens of line art illustrations. Positive affirmations scattered throughout the book deliver encouragement and reminders of self-worth. Lined pages offer plenty of room for a personal diary. Not sure what to write about? Quiet the Mind provides a plentitude of suggestions. The book also contains instructions for creating mandala art, as well as exercises that will reveal insights you may not have been aware of. Coloring and keeping a diary (at any age) are simple ways to find peace from within. Visit MyDreamsMatter.com for more inspirational fun!

About the Author
"Quiet The Mind" is a combination of the author's background in graphic design, illustration, positive thinking, and writing. "Quiet The Mind" is her third self-published book. The first, "Live Life For A Living" compliments her inspirational blog: www.MyDreamsMatter.com. The second, "My Dreams Matter: Mandala Coloring Book Journal" is another art-therapy activity book focusing on coloring and journaling. Born and raised in Wisconsin by her single mother and three brothers. Influenced by the world through her military father. Rozine has lived in Colorado; Texas; Arizona; Florida; Chicago, Illinois; and currently in Los Angeles, California. Her husband is originally from Cairo, Egypt and they visit his family there often. Lynnette Rozine Prock can be reached via email at inspiration@MyDreamsMatter.com.