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Emotional Martial Arts Coloring Journal (Emotional Martial Arts Coloring Journals) (Volume 1)

Elana Cohen Richmond, Deborah Louise Brown, Coloring Journals for Healthy Living

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You can have all the joy and creativity in the world ... with awareness and practice.

Emotional Martial Arts™ (EMA) is the practice of becoming keenly aware in the now, when we are in "reaction mode," of how emotions drive our perception, shape our reality and trigger reflexive thoughts and behaviors that can cause harm.

When you apply the "black-belt" tools of EMA *(recognizing and validating hidden emotions, cultivating compassion and releasing limiting judgments)*, you realign body, mind and spirit to increase your capacity for joy, creativity, empowerment, and ultimately, inner peace.

This book is a unique **Coloring Journal** designed for personal growth and rejuvenation. It offers coloring pages for fun and creativity plus personal development tools via journaling prompts. It includes access to an exclusive guided meditation MP3 !

This multi-media blend utilizes a full-spectrum of creativity and learning styles to activate right-left brain balance: visual (seeing), auditory (listening), kinesthetic (coloring, writing), left brain (listing, planning, journaling), right brain (coloring, doodling, visualizing).

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From reader reviews:

Jocelyn Welch:

Spent a free the perfect time to be fun activity to do! A lot of people spent their down time with their family, or their own friends. Usually they undertaking activity like watching television, gonna beach, or picnic within the park. They actually doing same task every week. Do you feel it? Do you want to something different to fill your own free time/ holiday? Could possibly be reading a book is usually option to fill your free time/ holiday. The first thing that you'll ask may be what kinds of guide that you should read. If you want to try look for book, may be the book untitled Emotional Martial Arts Coloring Journal (Emotional Martial Arts Coloring Journals) (Volume 1) can be fine book to read. May be it might be best activity to you.

Glenn Remaley:

Is it you who having spare time in that case spend it whole day by means of watching television programs or just lying down on the bed? Do you need something new? This Emotional Martial Arts Coloring Journal (Emotional Martial Arts Coloring Journals) (Volume 1) can be the respond to, oh how comes? A book you know. You are so out of date, spending your time by reading in this completely new era is common not a nerd activity. So what these textbooks have than the others?

Robert Carroll:

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Matthew Haley:

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