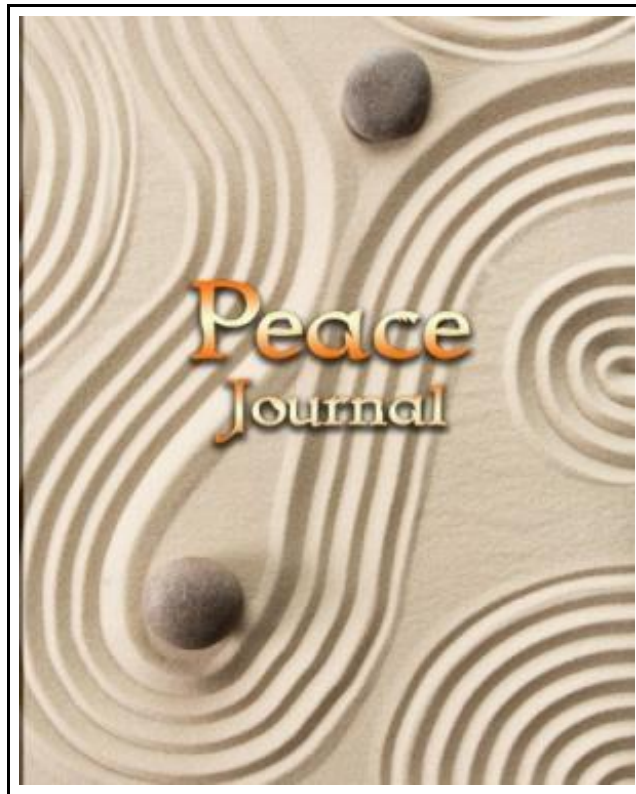


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Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. Frank Van Uytrecht (illustrator). 254 x 203 mm. Language: English . Brand New Book ***** Print on Demand *****.Peace Journal: Where Coloring, Doodling and Journaling Meet Up for Mindfulness Thoughts. We have them all the time. What do we do? We can't get away from them like a far off vacation in a sunny locale. So the Peace Journal is here to assist you in finding deeper meaning, becoming mindful all while having fun. The Peace Journal helps mold your thoughts into tools for transformation. Within the pages of Peace Journal you will find space to fly, amazing adult coloring drawings that you'll have free reign with coloring in and space to doodle. In addition to Mindful Minutes prompts to keep your journaling mindfully moving along. Peace Journal skillfully assembles 3 amazing, creative therapies for a potentially perfect healing synergy. The first one bringing coloring, which has been shown to bring calm, stress relief, and create mindfulness in your daily life. Thoughts of coloring takes you to a simpler time, when you were a child and cracked up a box of Crayons, but did you know that coloring has been found beneficial for adults. Psychologist Gloria Martinez Ayala is quoted as saying, The action involves both logic, by which we color forms, and creativity, when mixing and matching colors. The relaxation that it provides lowers the activity of the amygdala, a basic part of our brain involved in controlling emotion that is affected by stress. Then there is doodling. Doodling is a memory booster and great for memory retention. In a 2009 study published in Applied Cognitive Psychology, participants who doodled while listening to a phone message about a party guest list were able to retain 29...

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