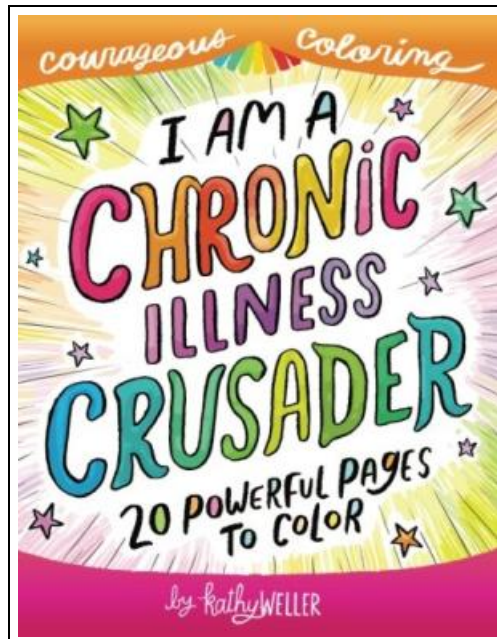


## I Am a Chronic Illness Crusader: An Adult Coloring Book for Encouragement, Strength and Positive Vibes: 20 Powerful Pages to Color (Paperback)



Filesize: 9.57 MB



### **Reviews**

*An incredibly wonderful book with perfect and lucid explanations. It normally is not going to price a lot of. I am just very happy to tell you that this is the greatest pdf we have go through within my personal lifestyle and could be he finest book for at any time.  
(Bart Lowe)*

## **I AM A CHRONIC ILLNESS CRUSADER: AN ADULT COLORING BOOK FOR ENCOURAGEMENT, STRENGTH AND POSITIVE VIBES: 20 POWERFUL PAGES TO COLOR (PAPERBACK)**



Createspace Independent Publishing Platform, 2018. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. I Am A Chronic Illness Crusader Coloring Book offers support, empathy and creative therapy for those experiencing the pain and discomfort associated with chronic illnesses of every stripe and color. The book features single-sided coloring pages with motivational, encouraging and empowering sayings and affirmations specifically for those facing the daily challenges of chronic illness. Coloring is a highly creative and meditative activity that can have powerful therapeutic anti-stress and relaxation benefits. It activates the brain s right hemisphere, reducing stress, and promoting a relaxed, meditative state by focusing the brain on the here and now - the feelings of positivity and calm that we experience when we color! This book combines these benefits of coloring with the specifically chosen sayings of empowerment and encouragement for chronic illness crusaders! Sayings: - PAUSE - Don t STRESS over what you CAN T change, FOCUS on what you CAN - Do what you can with what you have, where you are - I respect my own limits, even when the rest of the world doesn t - Don t apologize for not being perfect - What doesn t KILL you makes you STRONGER - Self Care First - Keep Going. Even if you need to take a nap first. - Drink lots of WATER. It HELPS with EVERYTHING - I can get through ANYTHING. Just WATCH me. - I am a SILENT SUPERHERO - Not to BRAG or anything, but sometimes I AMAZE myself - Love is INFECTIOUS and is the GREATEST healing energy. - A little bit of REST and I ll be back to my BEST! - I endure so much that no one can see. but that s okay. I m...

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### **Who Am I in the Lives of Children? an Introduction to Early Childhood Education with Enhanced Pearson Etext -- Access Card Package**

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