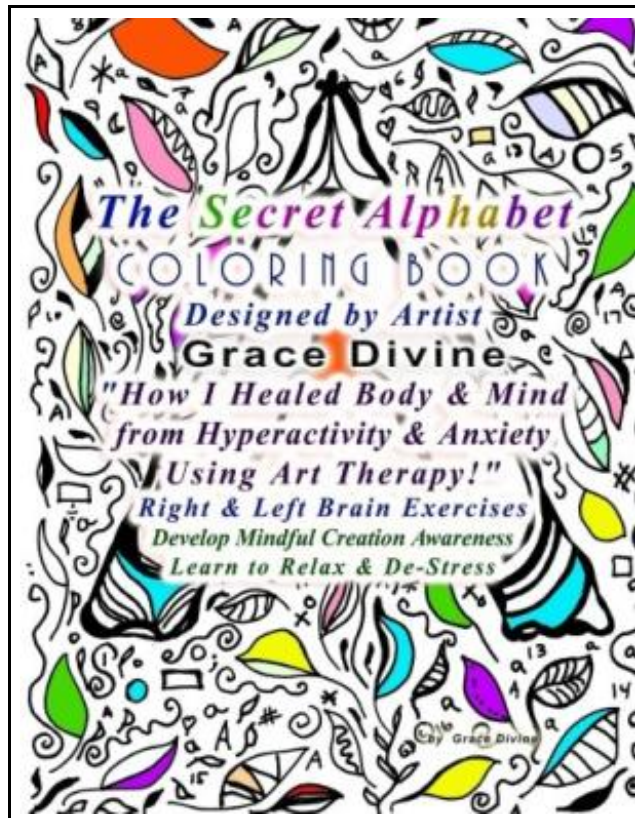


**The Secret Alphabet Coloring Book Designed by Artist
Grace Divine How I Healed Body Mind from
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Brain Exercises Develop Mindful Creation Awareness
Learn to Relax de-Stress**



Filesize: 2.37 MB

Reviews

This ebook is very gripping and fascinating. Sure, it is engage in, nevertheless an amazing and interesting literature. It is extremely difficult to leave it before concluding, once you begin to read the book.

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Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 280 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.My name is Grace Divine. I am a visual artist. Please note: I am NOT a medical doctor and so everything in this book is only my opinion based on personal experience as a lay person. And I don't profess to have found a cure for anxiety and hyperactivity. However, all that I am saying is that I suffer from these conditions and CREATING ART has helped me feel better. Therefore, in this book, I have designed exercises to share my creative process with other people. In the process of creating this book, a phrase came to me which I think defines what I was trying to achieve here. I call this, the MINDFUL CREATION AWARENESS PROCESS. Anxiety and hyperactivity are epidemic. And if you have them, you know what I mean when I say, anxiety feels awful. I love to create art because while I do it, it feels good. I have taught myself to use anxiety and hyperactivity to be creative, to create and to be productive! And this is what I am trying to share with you in this book. CREATING ART AFFECTS THE BRAIN: One day, while I was painting a realistic art series of still life flowers, I realized that the center of my brain felt ENERGIZED! in contrast, on another day, while I was working on a series of abstract art, I realized that the outside areas of my brain felt ENERGIZED! I believe that creating very detailed and exacting realistic artwork stimulates the center brain corpus collusum areas since more coordination is needed between the brain hemispheres to complete the work. In contrast, abstract art, requires the...



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