Foreword Review CRAFTS & HOBBIES

The Power of Positive Coloring: Creating Digital Downtime for Self-Discovery

Andrea Reyna Koehler
Made For Success Publishing (Feb 1, 2017)
Softcover $9.99 (110pp)
978-1-61339-822-7

As the name implies, every picture offers a great self-affirmation session as well as an escape from the digital world. The accompanying question-and-answer page encourages journaling to complete the experience.

HANNAH HOHMAN (Cozy Up 2016)

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