

The Affirmations Coloring Book



Synopsis

World-famous teacher Louise Hay has already helped millions of people to free themselves from the cycles of fear, stress, and guilt that limit our lives. Now, in this first ever affirmations coloring book, Louise combines the life-changing powers of affirmations with the profound positive effects of creativity. This unique combination will enable readers to start creating deep shifts in their lives. This stunning coloring book, in collaboration with Alberta Hutchinson, features 44 affirmations, each coupled with an exquisite illustration and decorative border. Colouring these in and focusing on the affirmation at the same time encourages our minds to put attention on what we truly desire in life. What's more, through creative right-brain activity, we tap into our subconscious, and therefore all transformations through this process are even more effective and long-lasting. For all those who want to take their work with affirmations to a new level through an enjoyable, relaxing and meditative activity.

Book Information

Paperback: 96 pages

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Product Dimensions: 8.4 x 0.4 x 10.8 inches

Shipping Weight: 12.6 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars 95 customer reviews

Best Sellers Rank: #34,098 in Books (See Top 100 in Books) #64 in [Books > Arts &](#)

[Photography > Graphic Design > Techniques > Use of Color](#) #340 in [Books > Arts &](#)

[Photography > Drawing > Coloring Books for Grown-Ups](#) #687 in [Books > Crafts, Hobbies & Home > Crafts & Hobbies](#)

Customer Reviews

Louise Hay, the author of the international bestseller *You Can Heal Your Life*, is a metaphysical lecturer and teacher with more than 50 million books sold worldwide. www.louisehay.com Alberta Hutchinson is a prolific artist, designer and author. Her coloring books consistently feature in best-seller lists.

The "affirmations" pages are on every other page, with pictures on front and back of a single page.

Fine if you use light colored pencils, but not the best set-up. I'd prefer it if the affirmation was on the flip side of the picture. Coloring with markers would not work well in this book.

Love Louise Hay, don't like this coloring book. I find the drawing unappealing personally, especially compared to my other books. Luckily I got another book for Xmas (Stress Relieving Animal Designs by Blue Star Coloring, which is pretty awesome) so recycled this one. (Loved Creative Coloring Inspirations by Valentina Harper, for example.)

This book is beautiful. The pages are printed on both sides, but for this book it really isn't a problem for me. I color the left and right side pages to compliment each other. I enjoy meditating on the affirmations and coloring the designs is calming and positive. I would repurchase this book. I have been using gel pens and fine liners, neither of which affects the backs of the pages. Colored pencils will also be a great choice.

Bought this for an elderly aunt for Xmas. She's going to love a daily affirmation along with the stress relief of coloring the pages. I may get one for myself!

I love Louise Hay, and was excited about affirmation coloring pages. I am however disappointed with everything but the affirmations. The designs aren't great, and am disappointed in that aspect, as I also gifted several of these to friends. I like the affirmations, but everything else well...i won't be gifting anymore.

I am in love with coloring. have been doing it for over 20 years, "Adult" coloring books are not new. Dover has been selling them for years, for under 5.00\$ ANYWAYS.....Recently my therapist suggested I get post its and write affirmations on them and post them all over the walls, and my mirror. I did this, but I didn't like the way it looked. Then a friend of mine suggested this coloring book. Now I have beautiful colorful affirmations on my wall.

A trendy gift for my New Age Minister Friend of 30 years. Really nice.

Just Meh...they are all the same after a while...lost interest

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