Thought Gardens: An Affirmations Trace Color Therapy Coloring Book

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Reviews

This is an awesome publication i have at any time read. Of course, it is play, still an interesting and amazing literature. You will like just how the author write this book.

(Prof. Herta Mann)

THOUGHT GARDENS: AN AFFIRMATIONS TRACE COLOR THERAPY COLORING BOOK

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Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.Do you suffer from lack of motivation, fear, doubt, negative self-image, low productivity, and/or mental roadblocks? Do you care too much about what others think or say about you? Do you have limiting thoughts that are holding you back from achieving your goals or fulfilling your life s purpose? If so, Thought Gardens is the book for you. This book is an Affirmations and Color Therapy Trace Color Coloring Book. It works by helping users reprogram their subconscious mind. How? By engaging: 1.A User s Foveal Attention (where the brain focuses your eyes), 2.A User s Peripheral Attention (your broader field of vision), and 3.A User s Conscious Mind (everything inside our awareness); resulting in affirming and empowering messages being sent directly to the user s subconscious mind; and the reinforcement of those messages through the intentional act of tracing and coloring repetitive affirming and empowering words. Our intellect is divided into two parts.the conscious mind and the subconscious mind. The conscious mind controls all intentional and voluntary actions. Raising our hand to ask a question and moving our feet to walk forward are conscious actions. We are in control of what our conscious mind does and believes. Therefore, everything that we are aware of doing is done via our conscious mind. The subconscious mind is that part of our intellect which is responsible for all of our involuntary actions. For instance, our breathing rate and heartbeats are controlled by our subconscious mind. The subconscious mind also controls our emotions. That s why we sometimes might feel fear, doubt, indecisiveness, anguish, and/or sadness without wanting to experience such emotions. Our subconscious mind is also the...

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