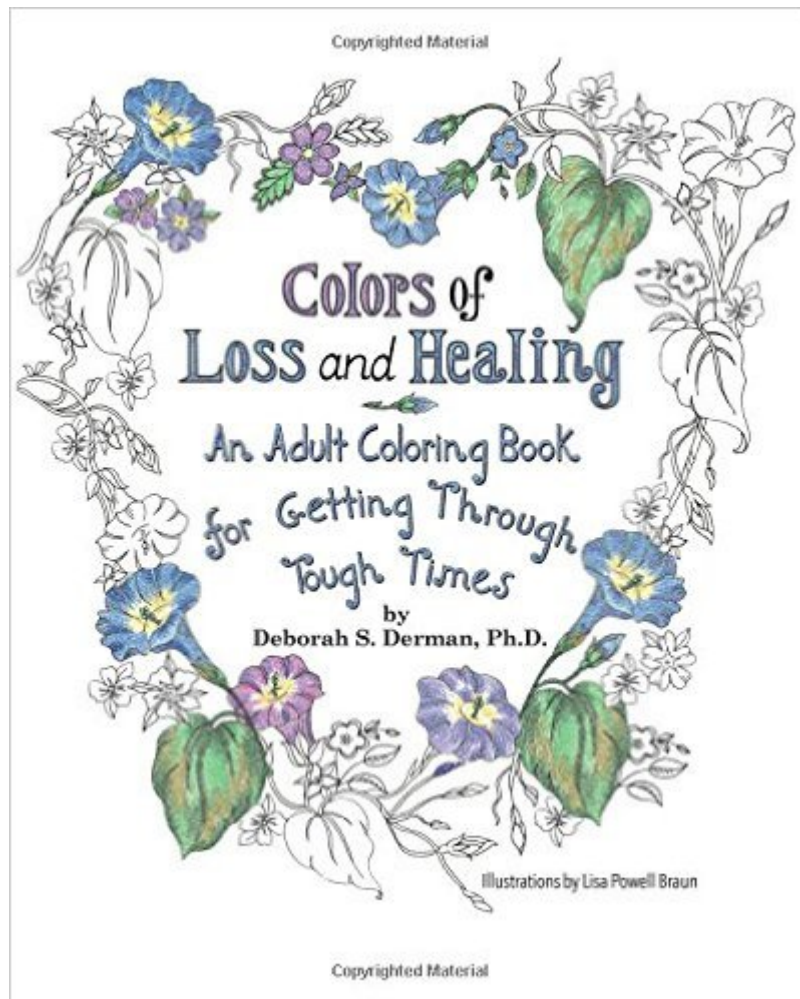


The book was found

Colors Of Loss And Healing: An Adult Coloring Book For Getting Through Tough Times



Synopsis

Colors of Loss and Healing is the first coloring book designed specifically for adults experiencing a significant loss or challenge in their lives. Through 35 words, one on each page embedded in lavish illustrations, the book provides a sort of guided meditation and a quiet, contemplative activity to ponder a proven path toward healing and recovery.

Book Information

Paperback: 80 pages

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Product Dimensions: 8 x 0.2 x 10 inches

Shipping Weight: 6.4 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 starsÂ Â See all reviewsÂ (41 customer reviews)

Best Sellers Rank: #74,733 in Books (See Top 100 in Books) #95 inÂ Books > Self-Help > Art Therapy & Relaxation #166 inÂ Books > Self-Help > Relationships > Love & Loss #282 inÂ Books > Self-Help > Death & Grief

Customer Reviews

I truly believe that this book will replace the hallmark sympathy card and flowers that we all tend to send when we're not sure what else to do. Starting with "Begin" and "Tears", Debby, helps guide your journey through each step of the healing process at the reader's pace, ending with "become", "live" and "wisdom". Touching, impactful, original, and beautifully written and illustrated.

I received Colors of Loss and Healing in the mail a few days ago. This really is a unique adult coloring book. I suppose there are those who will work through the book and each word that Dr. Derman presents as a "healing blueprint" from front to back. At my stage in the healing process I was immediately attracted to the word and illustration for DETERMINATION. As I color in this page I think about DETERMINATION and what it means to me in my life. I wonder which word in Dr. Derman's blueprint for healing I will be attracted to next? I used verithin colored pencils and I love my Alvin Dux Pencil sharpener for coloring. Prismacolor Verithin Colored Pencils, Set of 24 Assorted Colors (2427)Alvin Dux Pencil Sharpener

This coloring book supports the healing process, enables the person in duress to heal...one stroke of the pencil at a time. During grief, life's colors wash out. This coloring book enables the colorer to bring them back to the surface. The pages each focus on a word upon which to meditate while coloring. The words can be action oriented, such as "prioritize" or simply, "rest." Small steps add up to a journey traveled. The author's introduction connects the colorer to her. She, too, has experienced grief. Through the coloring book, the author stands with the grieving person and that, too, is healing.

This is truly a book of healing. Coloring the designs is meditative. The one word that is within each illustration is a way to focus on one thought, one step, through a difficult time. I love that this is a "self-help" book without hundreds of pages of words, chapters of directions, "exercises". Nope. Simply color. Reflect. One page at a time. Enjoy. Heal. I am sending this book to friends who are working through sadness and loss. I'm also buying a few extras to have on hand. This book makes a lovely gift when you want to support a friend or loved one.

I found this to be a wonderful adult coloring book with powerful words and beautiful pictures. As an artist, I know the power of colors and how they radiate out certain energies. They feed the soul. I found this book to be an enjoyable, relaxing and enriching experience enabling those energies to do their magic. Have fun with it!

I was so struck by how thoughtfully this beautiful book takes the reader through the process of coping with loss and grief. The pages provide the reader/colorer with a step-by-step progression for moving through challenging times. And the illustrations are lovely. Debby's incredible personal journey coping with loss serves as an inspiration for us all.

I am enjoying this coloring book. I've been recovering from a severe medical condition and have had a lot of time on my hands. The messages in this book remind me that I will get through this illness. The pictures are very detailed and enjoyable to color.

â œColors of Loss and Healing is the perfect companion for everyone who is recovering from a significant loss. Dr. Derman has put her many years of personal and professional experience in working with issues of loss and grief into a remarkably healing coloring and journaling book which provides guided meditation, highlighting the focal points of recovery from grief and loss. Dr.

Dermanâ€™s carefully chosen words with beautifully rendered illustrations make it possible to create your own unique healing journey through the exploration of your own thoughts and feelings, hopes and dreams. Colors of Loss and Healing will bring significant help and gentle guidance to all who use it, and should be in the tool box of psychologists, grief therapists and centers everywhere.â€•Laura Slap-Shelton, Psy.D.Licensed PsychologistAuthor of Melissaâ€™s Magic Ride, a story for grieving children, and many articles on grief and healing, Owner/publisher of GriefandRenewal.Com, and speaker on grief issues

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