



Emotional Martial Arts Coloring Journal (Emotional Martial Arts Coloring Journals) (Volume 1)

Elana Cohen Richmond, Deborah Louise Brown, Coloring Journals for Healthy Living

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You can have all the joy and creativity in the world ... with awareness and practice.

Emotional Martial Arts™ (EMA) is the practice of becoming keenly aware in the now, when we are in “reaction mode,” of how emotions drive our perception, shape our reality and trigger reflexive thoughts and behaviors that can cause harm.

When you apply the “black-belt” tools of EMA (*recognizing and validating hidden emotions, cultivating compassion and releasing limiting judgments*), you realign body, mind and spirit to increase your capacity for joy, creativity, empowerment, and ultimately, inner peace.

This book is a unique **Coloring Journal** designed for personal growth and rejuvenation. It offers coloring pages for fun and creativity plus personal development tools via journaling prompts. It includes access to an exclusive guided meditation MP3 !

This multi-media blend utilizes a full-spectrum of creativity and learning styles to activate right-left brain balance: visual (seeing), auditory (listening), kinesthetic (coloring, writing), left brain (listing, planning, journaling), right brain (coloring, doodling, visualizing).

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Rose Ibarra:

The experience that you get from Emotional Martial Arts Coloring Journal (Emotional Martial Arts Coloring Journals) (Volume 1) will be the more deep you looking the information that hide inside the words the more you get enthusiastic about reading it. It doesn't mean that this book is hard to know but Emotional Martial Arts Coloring Journal (Emotional Martial Arts Coloring Journals) (Volume 1) giving you excitement feeling of reading. The writer conveys their point in selected way that can be understood simply by anyone who read the item because the author of this book is well-known enough. This kind of book also makes your own personal vocabulary increase well. That makes it easy to understand then can go together with you, both in printed or e-book style are available. We recommend you for having this kind of Emotional Martial Arts Coloring Journal (Emotional Martial Arts Coloring Journals) (Volume 1) instantly.

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