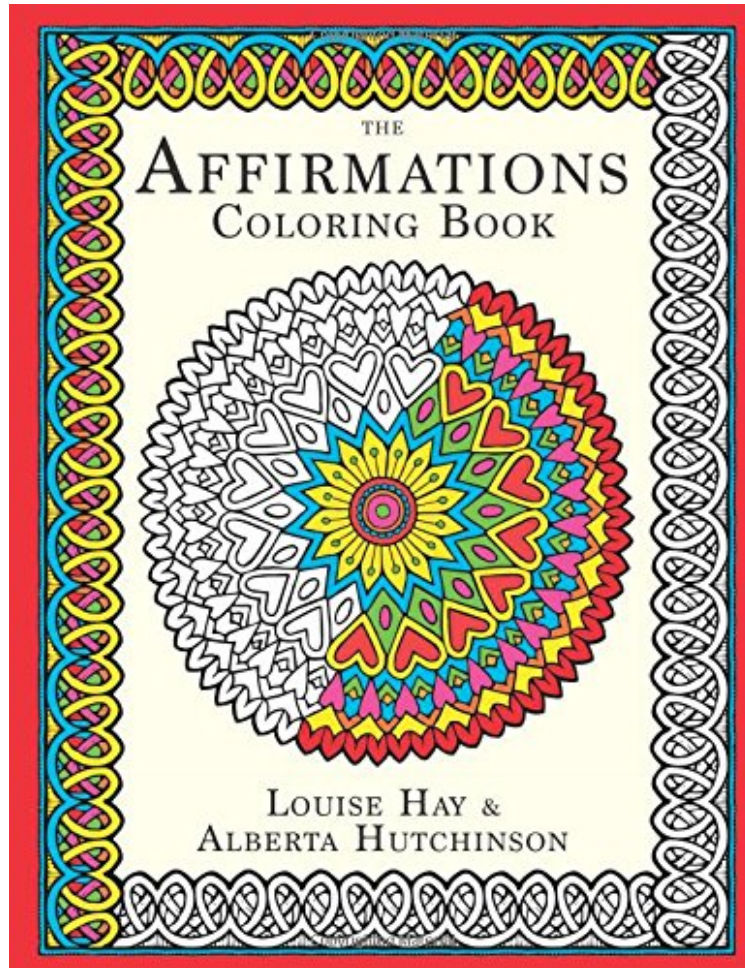


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## The Affirmations Coloring Book

*Louise Hay, Alberta Hutchinson*  
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#157799 in Books Alberta Hutchinson Louise Hay 2015-10-27 2015-10-27 Original language: English PDF #1 10.80 x .40 x 8.40l, .82 #File Name: 140195050796 pages The Affirmations Coloring Book | File size: 47.Mb

**Louise Hay, Alberta Hutchinson : The Affirmations Coloring Book** before purchasing it in order to gage whether or not it would be worth my time, and all praised The Affirmations Coloring Book:

11 of 11 people found the following review helpful. Fine if you use light colored pencils By Barbara Murphy 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. 7 of 7 people found the following review helpful. Didn't like the patterns/mandalas By jmtk 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.) 2 of 2 people found the following review helpful. She's going to love a daily affirmation along

with the stress relief of ...By Juliana 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!

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.

About the Author 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](http://www.louisehay.com) Alberta Hutchinson is a prolific artist, designer and author. Her coloring books consistently feature in best-seller lists.