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# Glorious Gifted Gorgeous Girls: An Affirmations Trace Color Coloring Book

By Natalie A Jackson

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 280 x 216 mm.

Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.44 COLORING AND JOURNALING PAGES Affirmations

Empowering Images In today's media and pop culture, girls are categorized, objectified, and sexualized almost from birth. These outside influences can undermine a girl's confidence in themselves and their comfort with their body. Low self-esteem, the primary cause of depression and eating disorders, is the most common mental health problems in girls. Low self-esteem is a thinking disorder where individuals view themselves as undeserving, incompetent, and/or unlovable. These negative views can permeate an individual's subconscious mind, producing negative thoughts and ongoing self-defeating behavior. It's important that negative views are counter-balanced with affirming and empowering ones. *Glorious Gifted Gorgeous Girls* is an Affirmations and Color Therapy Trace Color Coloring Book. Through the repetition of affirming and empowering words and the conscious engagement required to view, read, trace and color the pages in this book; this book helps users reprogram their mindset by sending positive thoughts to their subconscious mind. And coloring is also just plain relaxing.



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