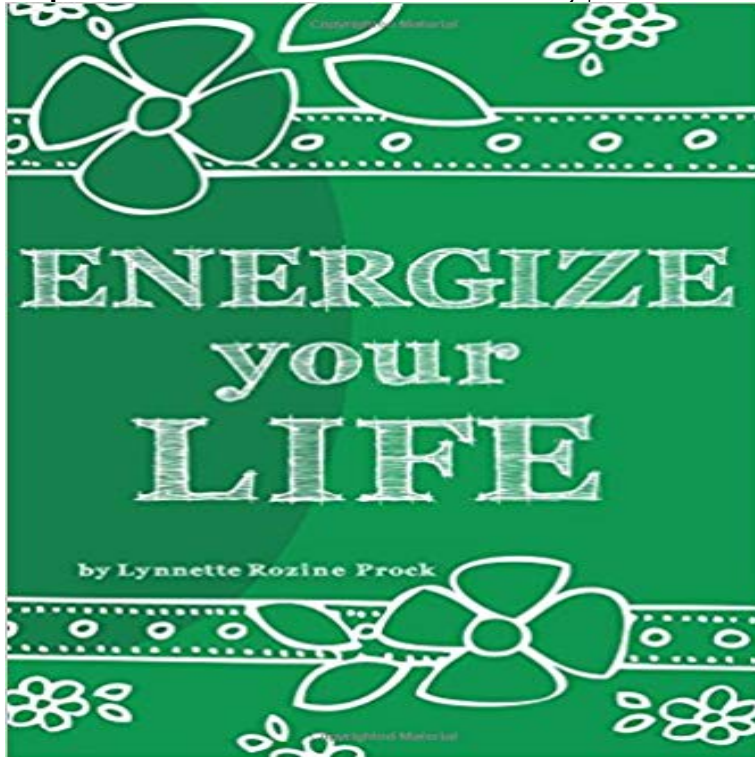


# Energize Your Life: A Guide to Revitalizing and Nurturing Your Optimal Health & Well Being for the Body, Mind, and Spirit



This 100-page, illustrated activity book inspires and encourages positive thinking and mindful actions that lead to a healthy mind, body, and spirit. The all-age art therapy activities in *Energize Your Life* include: COLORING AFFIRMATIONS VISUALIZATION EXERCISES JOURNALING A SCAVENGER HUNT and much more! Turn your attention away from the external world in towards your own personal power by coloring dozens of line art illustrations. Positive affirmations scattered throughout the book deliver encouragement and reminders of self-worth. Lined pages offer plenty of room for a personal diary. Not sure what to write about? *Energize Your Life* provides a plentitude of suggestions. The book also contains activities to heal old wounds, as well as exercises that will reveal insights you may not have been aware of. Coloring and keeping a diary (at any age) are simple ways to find peace from within. Visit [MyDreamsMatter.com](http://MyDreamsMatter.com) for more inspirational fun!

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