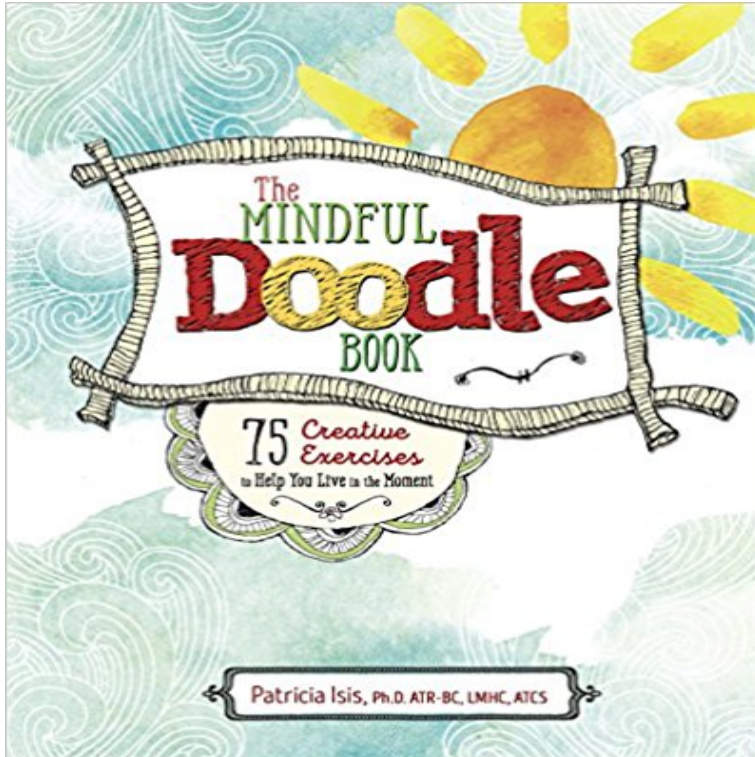


The Mindful Doodle Book: 75 Creative Exercises to Help You Live in the Moment



Reduce Anxiety. Express Emotions. Be More Present. The Mindful Doodle Book: 75 Creative Exercises to Help You Live In the Moment combines the benefits of mindfulness and the intuitive expression of doodling to help you relax, find focus, and creatively express emotions through spontaneous artmaking. Mindful doodling is fun, calming and deeply moving. Grab a pen or pencil and explore the 75 doodle exercises that draw on emotions, thoughts, hopes and sensory awareness. The Mindful Doodle Book is a therapeutic tool that mental health clinicians can use directly with their clients, but anyone can find this doodle book meaningful and useful to navigate a hectic world.

NEWAGEOFTRUTH There's been too many lies and not enough truth stay updated via rss MY NEW PLAYLIST Why are some looking forward to the end of days? Posted: July 26, 2016 in Cheating, Education, Evil, Politics, Religion, Social Issues Tags: Armageddon, bible, Christianity, Conspiracy theory, Prophecy, Y2K 0 end of days Some temptations are just too good to pass up. My curiosity got the best of me the other day and I gave in by watching one of those "End of the World" conspiracies videos. This time around the date is set for July 29, 2016. So in three days the biblical prophecies will come true and we will be swallowed up by hell fire while the others who are "saved" will rejoice in the heavens.

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