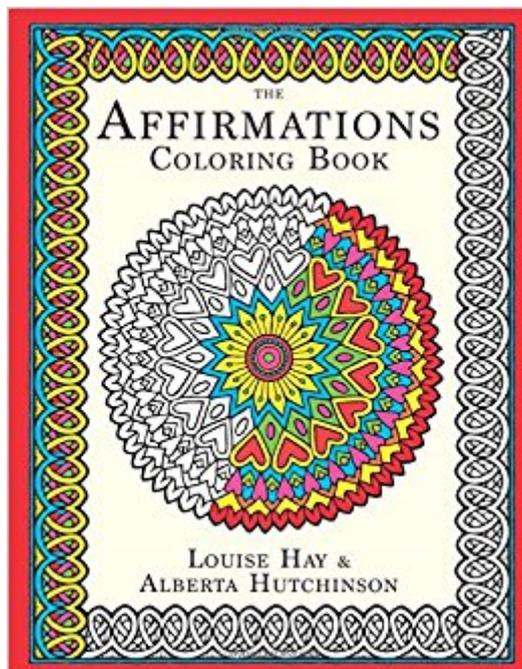


The book was found

# The Affirmations Coloring Book



## Synopsis

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.

## Book Information

Paperback: 96 pages

Publisher: Hay House, Inc.; Clr Csm edition (October 27, 2015)

Language: English

ISBN-10: 1401950507

ISBN-13: 978-1401950507

Product Dimensions: 8.4 x 0.4 x 10.8 inches

Shipping Weight: 12.6 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars 95 customer reviews

Best Sellers Rank: #34,098 in Books (See Top 100 in Books) #64 in [Books > Arts & Photography > Graphic Design > Techniques > Use of Color](#) #340 in [Books > Arts & Photography > Drawing > Coloring Books for Grown-Ups](#) #687 in [Books > Crafts, Hobbies & Home > Crafts & Hobbies](#)

## Customer Reviews

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.

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.

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.)

This book is beautiful. The pages are printed on both sides, but for this book it really isn't a problem for me. I color the left and right side pages to compliment each other. I enjoy meditating on the affirmations and coloring the designs is calming and positive. I would repurchase this book. I have been using gel pens and fine liners, neither of which affects the backs of the pages. Colored pencils will also be a great choice.

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!

I love Louise Hay, and was excited about affirmation coloring pages. I am however disappointed with everything but the affirmations. The designs aren't great, and am disappointed in that aspect, as I also gifted several of these to friends. I like the affirmations, but everything else well...i won't be gifting anymore.

I am in love with coloring. have been doing it for over 20 years, "Adult" coloring books are not new. Dover has been selling them for years, for under 5.00\$ ANYWAYS.....Recently my therapist suggested I get post its and write affirmations on them and post them all over the walls, and my mirror. I did this, but I didn't like the way it looked. Then a friend of mine suggested this coloring book. Now I have beautiful colorful affirmations on my wall.

A trendy gift for my New Age Minister Friend of 30 years. Really nice.

Just Meh...they are all the same after a while...lost interest

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coloring Books, Mandala coloring, Adult Coloring Book: ... coloring books for Adults) (Volume 2) Magical Unicorns and Fairies: Adult Coloring Book: Unicorn Coloring Book, Fairy Coloring Book, Fantasy Coloring Book, Fairies Coloring Book, Adult Coloring Book Back to the 80s: 1980s Fads and Fashion Coloring Book: Adult Coloring Books Fashion, 80s Coloring Book, 1980s Coloring Book, Fashion Coloring Book ... Fashion Coloring Book for Adults) (Volume 1) #Love #Coloring Book: #Love is Coloring Book #1 in the Adult Coloring Book Series Celebrating Love and Friendship (Coloring Books, Coloring Pencils) ... Series of Adult Coloring Books) (Volume 1) 3-Word Stories Coloring Book (Three Word Story Adult Coloring Book): The Adult Coloring Book of Colorist-Created 3-Word Stories (Adult Coloring, ... Adult Coloring Book Series) (Volume 1) HEALING AFFIRMATIONS & HARP: Soothing and Scientifically Sound Positive Affirmations for Self-Healing (AWARD-WINNING CD/Booklet) (Relax Into Healing Series) Bedtime Affirmations: Positive Daily Affirmations to Aid You Take a Peaceful Sleep Free of Worries Using the Law of Attraction, Self-Hypnosis, Guided Meditation and Sleep Learning Attract Money Affirmations: Powerful Daily Affirmations to Attract Wealth and Abundance to Your Life Using the Law of Attraction Quit Eating Junk Food Affirmations: Positive Daily Affirmations for Junk Food Savvies to Stop the Intake of These Products Using the Law of Attraction, Self-Hypnosis, Guided Meditation Be Great at Sales Affirmations: Positive Daily Affirmations to Help You Become a Great Salesman and Attract More Prospects Using the Law of Attraction, Self-Hypnosis, & Guided Meditation Affirmations: 500 Powerful And Positive Affirmations For Maximizing Your Success (FREE BONUS - Law of Attraction Included) (Attract abundance, Reprogram ... Mind, Achieve Success, Law of Attraction) Positive Thinking: 37 Keys to Maximizing Your Life- Affirmations, Motivation and Achieving Success (Positive Thinking, motivation, affirmations) Swear Coloring ( NIGHT EDITION ) Shut up Asshole: Swear Word Coloring Book. Adult Coloring Books: 40 Sweary Designs on Bleck paper ( Relaxing coloring book with Sweary coloring book for Fun ) #Mandalas Coloring Book: #Mandalas is Coloring Book No.6 in the Adult Coloring Book # Series Celebrating Mandalas (Coloring Books, Stress Relief, ... Series of Adult Coloring Books) (Volume 6) #Chalkboard #Coloring Book: #Chalkboard is Coloring Book #4 in the Adult Coloring Book Series Celebrating #Love and #Friendship (Coloring Books, ... Series of Adult Coloring Books) (Volume 4) #Food #Coloring Book: #FOOD is Coloring Book No.7 in the Adult Coloring Book Series Celebrating Foods, Snacks & Treats (Coloring Books, Foods, ... Series of Adult Coloring Books) (Volume 7) #Fcuk Coloring Book: #Fcuk is Coloring Book No.10 in the Adult Coloring Book # Series Celebrating the F-bomb (Coloring Books, Swear words, Stress ... Series of Adult Coloring Books) (Volume 10) Grayscale Adult Coloring Books Gray Pin-up GIRLS Vol.1: Coloring Book for Grown-Ups (Grayscale Coloring Books) (Photo Coloring Books)

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