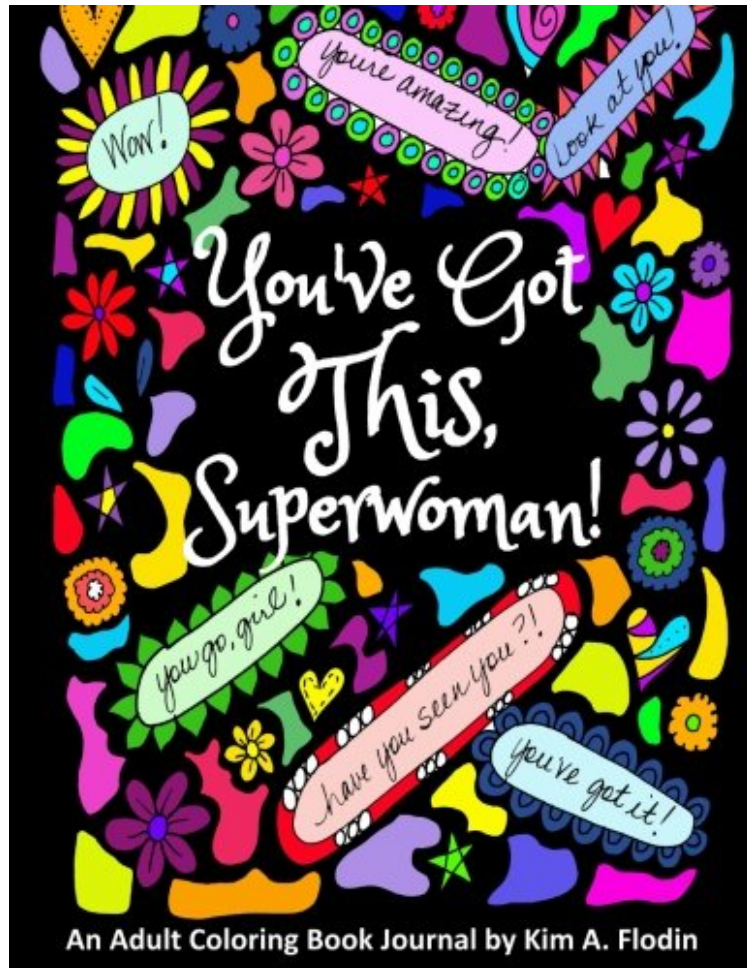


You've Got This, Superwoman!: An Empowering Coloring Book Journal

Kim A. Flodin

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Kim A. Flodin : You've Got This, Superwoman!: An Empowering Coloring Book Journal before purchasing it in order to gauge whether or not it would be worth my time, and all praised You've Got This, Superwoman!: An Empowering Coloring Book Journal:

0 of 0 people found the following review helpful. I AM BEYOND IMPRESSED!!! By Chris A fellow colorist friend of mine purchased this book for me. When I thanked her for her very gracious gift to me, she stated that this book had been such a help and blessing in her life. At that point, I had only a chance to leaf through most of the book, which I found was not only going to be a true blessing to me as well!!, but looked extremely fascinating! Tonight, I finally had a chance to actually sit down, relax and look through this wonderful book! I could see it benefiting me in many ways. I not only love to color, a true passion for me, but at the age of 52, decided that to better handle my stress due to chronic lower back pain, PTSD and generalized anxiety disorder, I was going to start journaling EVERY DAY!! Even if I only

have the time to write 2 lines before I go to bed or the entire 4 pages, to help me de-stress after a long day. And low behold, my very dear and oh so thoughtful friend had ordered this wonderful book from ! I truly believe that EVERYTHING HAPPENS FOR A DIVINE PURPOSE AND MANY TIMES, an intervention in your life to greatly benefit you!! Kim, thank you so much for creating such a beautiful and extremely healing book that's greatly going to improve my life! And to my very special friend, who works SO HARD TO HELP OTHER PEOPLE, ESSENTIALLY IS AN ADVOCATE FOR OUR WONDERFUL AND OH SO CREATIVE INDEPENDENT COLORING BOOK ARTISTS, WORKS THROUGH GREAT PAIN AND SUFFERING FOR THEIR BENEFIT, GOD BLESS YOU!! YOU ARE A WONDERFUL PERSON AND I KNOW THAT YOUR UNSELFISHNESS WILL NOT BE UNREWARDED WHEN YOU STAND BEFORE OUR FATHER!! I so badly want to say her name, but did not ask her in advance, it is 3 am right now, and want to preserve her privacy!! Hopefully she is in a deep sleep, where I always seem to enjoy being a literal night owl catching up on odds ends while others rest peacefully. I HIGHLY, HIGHLY RECOMMEND THIS BOOK FOR EVERYONE. YOU DO NOT HAVE TO BE STRUGGLING WITH ANY OF THE ISSUES I MENTIONED EARLIER. Getting this book, sitting down and taking some time for yourself, coloring and then writing about how you're feeling at that moment in time is EXTREMELY POWERFUL AND MUCH NEEDED TO DO JUST FOR YOURSELF!! You soooooo deserve the time!!! 2 of 2 people found the following review helpful. Highly recommend! By Kimberley Prys Kim has hit a home run with her new book, You Got This, Superwoman. Her positive, upbeat, and for those who prefer, G rated affirmations will provide hours and hours of coloring, coupled with journal prompts and pages to work on lifting your spirit and projecting positivity. This book, along with a pack of colored pencils, would make a thoughtful and fun gift, I mean who doesn't want positive affirmations in their life, right? Kim's design are unique, and entertaining for all skill levels. I own many of her books and this one is up at the top! 4 of 5 people found the following review helpful. Empowering, Therapeutic and Healing! By ColorCat Lady I am in love with this coloring book journal. It is very inspiring. Kim has poured a lot of her heart and soul into this coloring journal, and it shows. There are 50 designs in this book (25 on white, and 25 on black). Designs are on single-sided pages. The designs by themselves contain some very encouraging and uplifting words. Between each set of designs, there are journal prompts and 4 journal pages. This is repeated throughout the book. There are bonus coloring pages from her other books at the back (9 of them). There are also 5 blank pages at the back to use as page blotters when using markers and/or as color testers. Kim has left nothing out of this 240-page coloring journal, IMO. I will add pictures to this review as I get some colored.

Reg. price: \$15.99 Two hundred forty (240) pages. Fifty (50) Empowering Illustrations. Twenty-five (25) Journal Prompts. Ten (10) Bonus Illustrations. One (1) Awesome Coloring Book Journal! See What's inside: <https://www.youtube.com/watch?v=EXL5lzei8b0> Youve Got This, Superwoman! Is a unique coloring book journal for adults which combines coloring, journaling, empowerment, affirmation, positive self-belief, stress relief and more in one very helpful coloring book journal designed to offer support and encouragement for all areas of your life self-esteem, motivation, self-care, introspection, finances, body image, relationships and more. Filled with an assortment of images to enjoy and reflect upon, along with corresponding journal pages and writing prompts to support the coloring/journaling experience and lead you to deeper insights and understanding. Each illustration is available on both a black and white background, so you can color your way through all the dark and light periods of life as you remember who you are an incredible superwoman goddess, of course! A Sampling of Phrases in This Book: Youve Got This, Superwoman! I Love Myself I have a Fantastic Life I Embrace My Courage I Believe in Myself Not my Monkeys, Not my Circus! Love is all I Need I Love my Body I am Amazing I am Relaxed and Peaceful I am Beautiful Ive Got This I Trust Life Be Happy. Love Be Brave! I am True to Me Money Flows in My Life More. Book Highlights: All Original, Hand-Drawn Designs Designs for Assorted Skill Levels Single Side Printing on White Paper Stress-Relieving Patterns Extra Blank Pages for Bleed Through Bonus Pages Book Benefits: Introspection Stress Relief Encouragement Positive Change Empowerment Relaxation Visit kelekilove.com for fun freebies and more.

About the Author Kim A. Flodin. Artist. Coach. Healer. Activist. Photographer. Former corporate tech nerd now embracing her inner hippie. Fun-loving, adventurous lover of the planet, whose art found her. What started out as a hobby to keep her mind busy has changed her life forever. iPhone camera enthusiast. Find freebies and learn more at TheColoringBookCoach.com