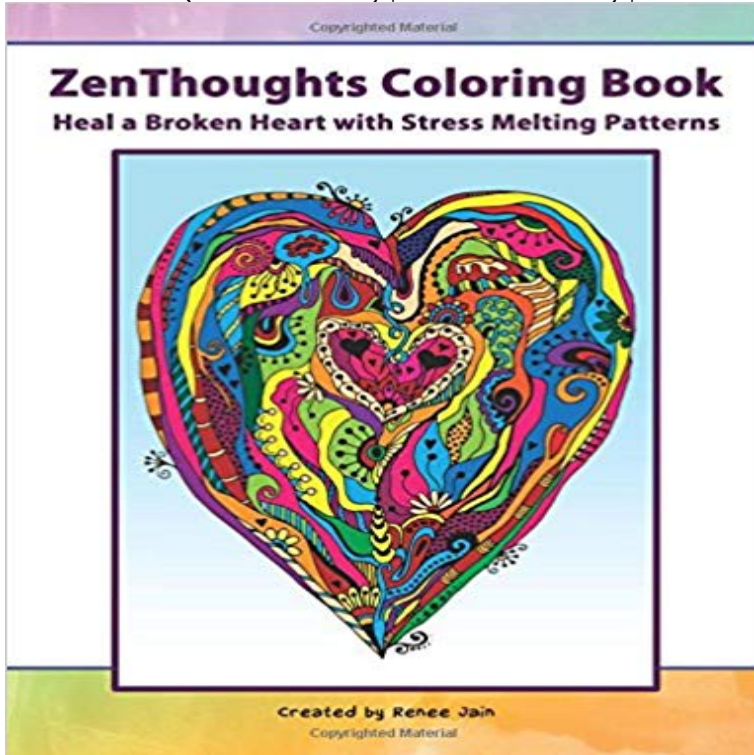


## ZenThoughts Coloring Book: Heal a Broken Heart with Stress Melting Patterns (ZenThoughts Coloring Books) (Volume 2)



When you go through a break up, not only are you losing your partner, you're losing the world you created together. Social events, professional life, and even the little daily moments can lack meaning. Many experience anxiety during times like these caused by ruminating on the past or fearing an unknown future. Fortunately, there are practices that can help you heal. Research shows us that remaining focused on the present momenta practice facilitated by meditation can quell your stress and help you heal. If you've tried traditional meditation and it hasn't worked for you or if you're looking for an alternative, you've found the right book. This adult coloring book is dedicated to helping you overcome a broken heart by cultivating mindfulness, serenity, and healing. Find 20 unique, beautiful healing illustrations inside along with short exercises and inspiring messages to complement each coloring page.

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