This coloring book contains over 20 pages of positive affirmations with bold and chunky designs reminiscent of our childhood coloring books. These drawings were specifically designed to be relaxing and easy so that your mind can focus on absorbing the affirmations as you color. Each page is unique in both design and affirmation.

The words we tell ourselves are incredibly powerful. Every single one of these affirmations is true. Keep coloring until you believe it.

