



The Art of Forgiveness: Quotes, Inspiration and Insight A Coloring Book Journal For Adults (The Art of Series) (Volume 3)

Brittain Joy Cephas

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The Art of Forgiveness serves two purposes. One is to help you make a daily practice of finding forgiveness wherever you may go or in whatever you may be doing. The other is to unwind by expressing your creativity through coloring. Not a day goes by that as we interact with others that we don't find an opportunity to display forgiveness. As humans we are subject to stepping on others feelings and toes from time to time and without realizing it. In your daily journal take the time to go through your day and reflect on what others may have inadvertently offended you and vice versa and then write their names down and next to it 'All is forgiven'. Then say it out loud until you truly have forgiven them. Remember the only person who suffers when wronged is the one holding on to un-forgiveness...learn to release it and claim your freedom! Can you look back to your childhood and remember how you wiled the hour's away coloring; it was and still is very cathartic. There are 63 journal pages, one for each day for two months. A full page to write whatever you are releasing; the opposite page is for you to color your forgiveness Mandala's into reality while relaxing the time away. Enjoy this very special time with The Art of Forgiveness coloring journal!

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