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Color Me to Discovery: A Coloring Book for Self-Reflection and Relaxation

Ms. E.B. Davis

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Color Me to Discovery: A Coloring Book for Self-Reflection and Relaxation Ms. E.B. Davis
Color Me to Discovery is a coloring book intended for women to creatively reduce stress, learn about themselves, and create beautiful art. It explores five themes: self-love, forgiveness, relationships, strength and courage, and sex, while taking you through guided meditation exercises and supplying you with reflection questions intended for your self-exploration and growth. Most importantly, Cupid’s Planner hopes that this book will provide you with an opportunity to relax and grow.

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