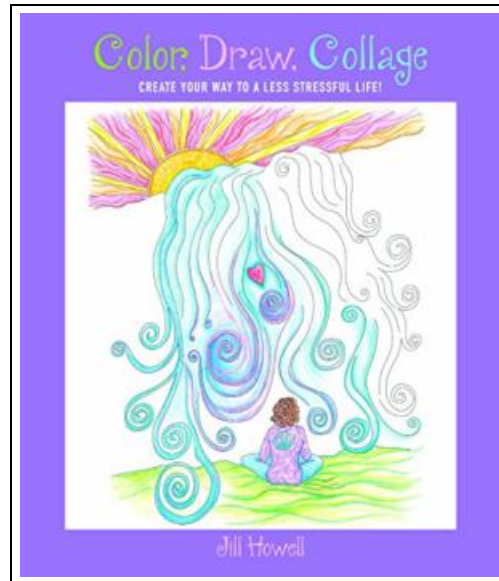


Color, Draw, Collage: Create Your Way to a Less Stressful Life! (Paperback)



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Reviews

Very beneficial to all category of folks. I really could comprehend every little thing out of this created e publication. I found out this book from my dad and i encouraged this ebook to discover.

(Maia O'Hara)

COLOR, DRAW, COLLAGE: CREATE YOUR WAY TO A LESS STRESSFUL LIFE! (PAPERBACK)



Skyhorse Publishing, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book. An expressive art therapy workbook to help cope with everyday stressors in a fun and enjoyable way. Self-help, stress management, and coloring all come together to create an interactive and therapeutic journal. This book offers practical skills in a fun-to-follow format. Readers will enjoy creating relaxing pieces of art while learning the knowledge necessary to change their reaction to stress. While creating art, readers will be looking at situations in their life with a new approach. They will be creating tangible images to help clarify their thoughts and emotions. Based on proven, practiced art therapy techniques, as well as the author's experience working with stressed inpatients and outpatients dealing with various medical issues, Jill's primary focus as a counselor is to help these people to learn how to help themselves by teaching practical coping skills to help change their lifestyle. In the trend of adult coloring books, this goes above and beyond--all of the art therapy directives included in Color, Draw, Collage have been used by her patients in group or individual art therapy. The theories and suggestions discussed have been used in weekly lectures and individual discussions for years. Art therapy gets to the root of the problem much faster than verbal therapy alone. When people actually see their thoughts and feelings in front of them, on paper, it has a profound effect. The effect is lasting because there is an image present to remind them of the thought and the desire to change.



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