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(Dr. Porter Mitchell)

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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Change is Exciting!.does the title of this book feel true for you? Does change excite you? Do you welcome change with open arms? If so, you probably don t need this book. But if you are like me and have had a very different reaction to change (like fear, frustration, avoidance, anger, sadness, and so on), then this coloring book is for you. As they say, change is a constant force in the universe. We may not get to choose when change happens in our lives, but we do have a choice in how we respond. As humans we learn and grow from this change, and it is our choices that determine if we see change as positive or negative. Even the so-called worst changes we experience throughout life have a silver lining and a purpose greater than we realize at the time. Change is ultimately what you believe it to be. This coloring book contains 37 zentangle-inspired, unique affirmations to promote a more change-positive lifestyle and mentality. Retrain your brain to become excited about change, and not fearful of, or uncomfortable about, it. Humans are naturally adaptable. The fear of change has become a conditioned response over time, a sort of survival mechanism, because change often brings about experiences our human ego would rather not have. Fearing change is just a mental program, or a belief we took on that shapes how we interact with the reality around us, that can hold us back from all the good things life has to offer. Change happens, and will continue to happen, so how do you want to continue feeling about it? Positive thinking often brings about more positive results. The more we...

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