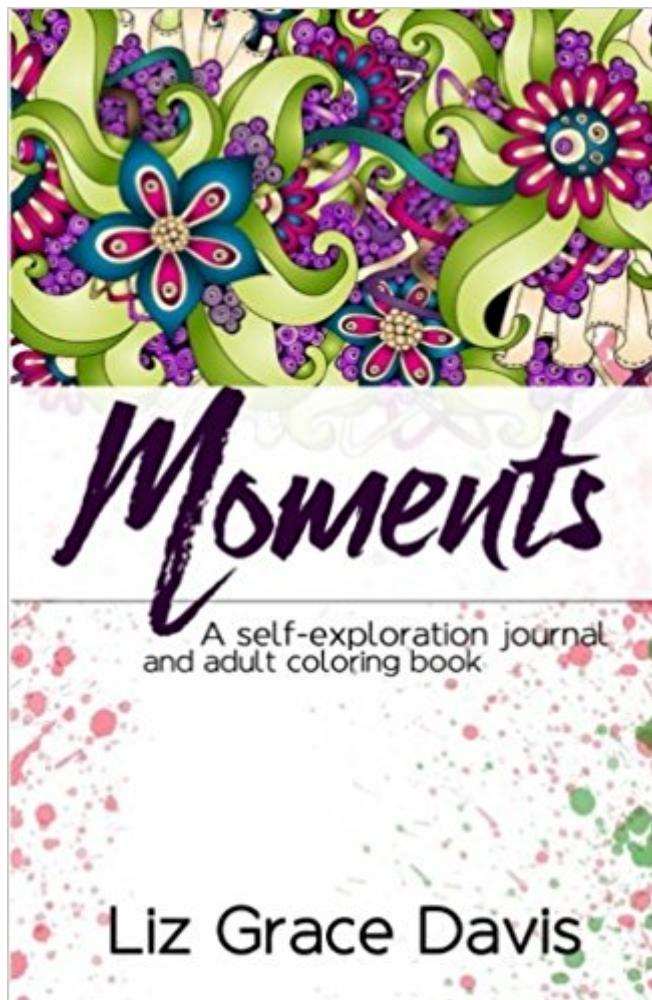


The book was found

# Moments: A Self-Exploration Journal And Adult Coloring Book



## Synopsis

Cherish your life moment by moment...Moments is a self-exploration journal created to offer readers a break from life. By answering the open-ended questions, readers are given the opportunity to get to know themselves better, to take time to reflect on where they are, where they have been, and where they're headed. Only by getting to know ourselves, can we figure out what it is we want and what really makes us happy. By searching deep within ourselves, we will be reminded of moments we have lost along the path of trudging through life, dreams we have left behind, and successes we have forgotten about. The Moments journal features the following: Questions for readers to answer Quotes by the author to inspire A "feel alive in 30 ways" to-do list Doodle elements to color in

## Book Information

Paperback: 142 pages

Publisher: CreateSpace Independent Publishing Platform; Clr Csm edition (April 22, 2016)

Language: English

ISBN-10: 1530564042

ISBN-13: 978-1530564040

Product Dimensions: 5.5 x 0.3 x 8.5 inches

Shipping Weight: 8.5 ounces (View shipping rates and policies)

Average Customer Review: 4.0 out of 5 stars (See all reviews) (1 customer review)

Best Sellers Rank: #401,170 in Books (See Top 100 in Books) #107 in Books > Self-Help > Journal Writing #360 in Books > Self-Help > Art Therapy & Relaxation #2743 in Books > Arts & Photography > Drawing > Coloring Books for Grown-Ups

## Customer Reviews

This was a gift.

[Download to continue reading...](#)

Moments: A Self-Exploration Journal and adult coloring book Adult Coloring Book: De-Stress: Adult Coloring Books (The Peaceful Adult Coloring Book Series) Sweary Coloring Book: Adult Coloring Book with Relaxing Swear Words (Swear Word Adult Coloring Book) (Volume 1) Sweary Mandalas: Midnight Edition: Funny Coloring Books Best Sellers Coloring Books For Adults Relaxation & Adult Coloring Books Stress Relieving ... Coloring Book & Color Therapy & Art Therapy) Pokemon Go... F-ck Yourself! (The Adult Coloring Book): The Pokemon Go Adult Coloring Book full of Swear

Words and Pokemon Talking So Much Trash ... Books & Swear Word Coloring Books) (Volume 1) Adult Swear Word Coloring Book : Fuck You & Other Irreverent Notes To Annoying People: 40 Sweary Rude Curse Word Coloring Pages To Calm You The F\*ck Down (Adult Swear Word Coloring Books) (Volume 1) The Swear Word Coloring Book: Cuss word coloring book for those who love to swear...and color! If you are a fan of profanity and swearing coloring ... coloring book, you will love this! (Volume 1) Clusterf\*ck Coloring Book - MidF\*ckingNight Edition: 52 Sweary Designs on Black Paper : Cats, Dogs and Owls Coloring Book : Swear Word Adult Coloring Book "Fucking Twat": Swear Word Coloring Book & Animals ( Black Edition). 40 Sweary Designs. The Animal Adult Coloring Book with Sweary Words (Hilarious Sweary Coloring Book For Fun ) Swear Word Coloring Book ( Black Edition ): 40 Sweary Designs on Black Paper. Stress Relief Coloring book:Mandalas, Patterns,Flowers and Animals(Adult Coloring) Swear Word Coloring Book: 40 Sweary Designs. Stress Relief Coloring book.Swear and Relax(Adult Coloring books) Heart Mandala Coloring Book: Stress Relieving Mandalas Design : Coloring Books For Adults, Meditation Coloring Book for adult (Volume 1) #Love: #Love is Book #1 in the Adult Book Series Celebrating Love and Friendship (#Love, #Pretty, #Beautiful, #Beauty, #Me) (#Coloring #Book Series of Adult Coloring Books) Self-Love: The 21-Day Self-Love Challenge - Learn how to love yourself unconditionally, cultivate self-worth, self-compassion and self-confidence (self ... happiness) (21-Day Challenges Book 6) Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1) Journal Daily: inside Tree Design, Lined Blank Journal Book, 150 Pages,6" x 9" (15.24 x 22.86 cm),blank journal pages, writing journal Coloring Journal (black): Therapeutic journal for writing, journaling, and note-taking with coloring designs for inner peace, calm, and focus (100 ... and stress-relief while writing.) (Volume 11) Classic Coloring: Alice in Wonderland (Adult Coloring Book): 55 Removable Coloring Plates Sugar Skulls Shits: A Swear Word Adult Coloring Book: Adult Swear Word Coloring Book for Stress Relief and Funny Phrases Self-Discipline: Achieve Unbreakable Self-Discipline: How To Build Confidence, Willpower, Motivation, Self-Belief And Master Your Life!: Self control, ... Self-Confidence, Self-esteem, Organizing)

[Dmca](#)