



# **Quiet The Mind: An all-age, art therapy activity book to encourage finding peace first from within.**

**(Volume 1)**

*Lynette Rozine Prock*

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# Quiet The Mind: An all-age, art therapy activity book to encourage finding peace first from within. (Volume 1)

*Lynnette Rozine Prock*

**Quiet The Mind: An all-age, art therapy activity book to encourage finding peace first from within. (Volume 1)** Lynnette Rozine Prock

This 100-page, illustrated activity book inspires and encourages positive thinking and mindful meditation. The all-age art therapy activities in "Quiet The Mind" include: COLORING • AFFIRMATIONS • VISUALIZATION EXERCISES • JOURNALING • MANDALAS • A SCAVENGER HUNT and much more! Turn your attention away from the external world in towards your own personal power by coloring dozens of line art illustrations. Positive affirmations scattered throughout the book deliver encouragement and reminders of self-worth. Lined pages offer plenty of room for a personal diary. Not sure what to write about? Quiet the Mind provides a plentitude of suggestions. The book also contains instructions for creating mandala art, as well as exercises that will reveal insights you may not have been aware of. Coloring and keeping a diary (at any age) are simple ways to find peace from within. Visit [MyDreamsMatter.com](http://MyDreamsMatter.com) for more inspirational fun!

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