

Bookmark File PDF The  
Mindfulness Coloring  
Engagement Calendar 2018  
The Mindfulness Coloring  
Color Your Way To Calm Week  
Engagement Calendar  
2018 Color Your Way To  
Calm Week By Week The  
Mindfulness Coloring

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Series Engagement Calendar 2018

***A clear and effective approach to learning evidence-based DBT skills—now in a fully revised and updated second edition. Do you have trouble managing your emotions?***

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***First developed by Marsha M.  
Linehan for treating  
borderline personality  
disorder, dialectical behavior  
therapy (DBT) has proven  
effective as treatment for a  
range of other mental health  
problems, and can greatly***

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***improve your ability to handle  
distress without losing control  
and acting destructively.***

***However, to make use of these  
techniques, you need to build  
skills in four key areas:  
distress tolerance,  
mindfulness, emotion***

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***regulation, and interpersonal effectiveness. The Dialectical Behavior Therapy Skills Workbook, a collaborative effort from three esteemed authors, offers evidence-based, step-by-step exercises for learning these concepts***

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***and putting them to work for  
real and lasting change. Start  
by working on the***

***introductory exercises and,  
after making progress, move***

***on to the advanced-skills***

***chapters. Whether you're a***

***mental health professional or***

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***a general reader, you'll  
benefit from this clear and  
practical guide to better  
managing your emotions. This  
fully revised and updated  
second edition also includes  
new chapters on cognitive  
rehearsal, distress tolerance,***

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***and self-compassion. Once  
you've completed the  
exercises in this book and are  
ready to move on to the next  
level, check out the authors'  
new book, The New Happiness  
Workbook.***

***This unique painting and***



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***coloring book offers a fun and  
easy way to get into a creative  
flow and wash away stress.***

***Printed on luxe watercolor  
paper excellent for paints,  
marker, pencil, or any  
coloring medium, the sumi-  
ink outlines from celebrated***

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***stationer Linda & Harriett  
become vivid, frame-worthy  
works of art with just a few  
splashes of color. A sturdy  
backing board makes it easy  
to work on any surface, while  
single-sided removable pages  
are perfect for easily sharing***

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***or displaying finished pieces.  
National Bestseller Engage  
Your Creativity and Color Your  
Way to Calm In The  
Mindfulness Coloring Book,  
an international bestseller,  
illustrator Emma Farrarons  
invited busy people***

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*everywhere to relax and re-  
center by coloring in her  
delightful, hand-drawn  
scenes. Now, with The  
Mindfulness Coloring  
Book—Volume Two, Emma  
shares 100 pages of all-new  
designs that will inspire you*

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*to cultivate mindful  
focus—simply by coloring!*  
*Here are intricate geometric  
patterns, flowers, and friendly  
squirrels—plus owls,  
charming knickknacks, a  
surprise pineapple, and more.*  
*This travel-size book is the*

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*perfect antidote to too much  
screen time. Find  
whimsy—and  
mindfulness—wherever you  
are!*

*A field guide to finding calm,  
creativity, and self-discovery  
through encounters with*

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*nature. A fresh perspective,  
an outdoor exploration, a new  
adventure about to*

*begin—How to Be A*

*Wildflower is a book for  
celebrating these and other  
wide-open occasions.*

*Encouraging self-discovery*

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Color Your Way To Calm Week

***through encounters with  
nature, beloved artist Katie  
Daisy brings her beautiful  
paintings and lettering to this  
collection of things to do and  
make, quotes, meditations,  
natural history, and more.***

***Find wonder and inspiration***



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*in these peaceful pages, live  
life to the fullest, and discover  
the wild and free spirit within.*

*“For pure whimsy, you just  
can’t beat **How to Be a  
Wildflower: A Field Guide** by  
**Katie Daisy**. **The Bend,**  
**Oregon**, artist brings her*

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***beautiful paintings and  
lettering to this delightful  
book, a collection of nature-  
inspired quotations,  
meditations, lore, and even a  
recipe for fresh strawberry-  
rhubarb pie.” —Traditional  
Home***

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***Child Protective Services***

***Trippy Chicks Adult Coloring***

***Book***

***The Mindfulness Colouring***

***Diary***

***I Am Safe (the Coloring***

***Method)***

***Splash of Color Painting &***

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***Coloring Book***  
***The Everyday Wisdom of***  
***Thich Nhat Hanh: 365 days of***  
***practical, powerful teaching s***  
***from the beloved Zen teacher***  
***The Ideal Planner***

A teacher planner based on self-care!  
From the artist extraordinaire whose

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Mindfulness Coloring Book (527,500  
Color Your Way To Calm Week  
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copies in print and a #1 national  
bestseller!) was the first to offer pocket-  
sized stress relief—more gorgeous  
scenes perfect for mindful coloring  
Working with your hands and  
cultivating mindful focus are two of the

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best ways to soothe anxiety and eliminate stress. And coloring is a great way to do both! That's why fans can't get enough of Emma Farrarons' irresistible first and second travel-size book of designs: The Mindfulness Coloring Book and The Mindfulness

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Coloring Book—Volume Two, both immediate national bestsellers. Now, she invites colorists back for another creative adventure in Moments of Mindfulness: Anti-Stress Coloring & Activities for Busy People. This all-new pocket-size volume offers more

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delicately hand-drawn scenes ready to be filled in with pencil, crayon, or even marker and a greater focus on the practice of mindfulness. The ideal antidote to too much screen time, this coloring book is the perfect way to let one's imagination roam free.



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It's another new year celebrating everything under the Sun, including the Moon, with The Old Farmer's Almanac, America's oldest continuously published periodical! Always timely, topical, and distinctively "useful, with a pleasant

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degree of humor," the Almanac has been beloved for centuries by people from all walks of life. As the nation's iconic calendar, the 2020 edition will forecast cultural, culinary, and other life-changing trends; preview notable astronomical events; provide time- and

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money-saving tips for gardeners of all varieties; set the hook for best fishing days; forecast traditionally 80 percent-accurate weather; and cover a range of related topics, including anniversaries, folklore, husbandry, home remedies, recipes, amusement, contests, and

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more--too much more to mention--all  
in the inimitable way it has done since  
1792.

The Second Edition of Johnny  
Saldaña's international bestseller  
provides an in-depth guide to the  
multiple approaches available for

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coding qualitative data. Fully up to date, it includes new chapters, more coding techniques and an additional glossary. Clear, practical and authoritative, the book: -describes how coding initiates qualitative data analysis -demonstrates the writing of

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analytic memos -discusses available  
analytic software -suggests how best to  
use The Coding Manual for Qualitative  
Researchers for particular studies. In  
total, 32 coding methods are profiled  
that can be applied to a range of  
research genres from grounded theory

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to phenomenology to narrative inquiry.  
For each approach, Saldaña discusses  
the method's origins, a description of  
the method, practical applications, and  
a clearly illustrated example with  
analytic follow-up. A unique and  
invaluable reference for students,

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teachers, and practitioners of  
Color Your Way To Calm Week  
qualitative inquiry, this book is  
By Week The Mindfulness  
essential reading across the social  
Coloring Series  
sciences.

Create Magic

A 36-week Plan of Low-cost Self-care  
for Teachers and Educators



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SMITHSONIAN ENGAGEMENT  
CALENDAR 2022

Myth & Magic

500 Quotes about Mindfulness and  
Meditations to Help You Focus and  
Find Inner Peace

Moments of Mindfulness

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Posters for Change

*Record your thoughts and activities  
in this beautiful colouring diary, filled  
with illustrations from The  
Mindfulness Colouring Book by  
Emma Farrarons. Each day is  
dated, but not named making this*

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*Engagement Calendar 2018  
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*gorgeous diary suitable for use in  
any calendar year. With rounded  
edges and a beautiful foiled cover,  
The Mindfulness Colouring Diary is  
a perfectly portable way to achieve  
mindfulness every day. Any activity,  
done right, can be an exercise in*

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*mindfulness. Colouring in these  
exquisite scenes and intricate,  
sophisticated patterns will help you  
soothe anxiety and eliminate stress  
as you make entries for each day of  
the year. Let this pocket-sized  
colouring diary be your daily window*

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*of peace and calm as you mindfully  
fill the days with your thoughts and  
the pages with colour. \*October  
release*

*Working with your hands is one of  
the best ways to soothe anxiety and  
eliminate stress. This stunning,*

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*pocket-sized colouring and activity book offers practical exercises in mindfulness that draw on your creativity and hone your focus. Mindfulness Moments is the third book from international bestselling illustrator Emma*

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*Farrarons. This gorgeous adult  
colouring book includes ideas for*

*mindfulness activities, all beautifully  
embellished with exquisite scenes*

*and intricate, sophisticated patterns.*

*Perfectly sized to carry around in  
your pocket or bag, you can take a*

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*few minutes out of your day,  
wherever you are, and colour your  
way to peace and calm.*

*Rely on 180 Days of Self-Care for  
Busy Educators to help you lead a  
happier, healthier, more fulfilled life  
inside and outside of the classroom.*



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*With author Tina H. Boogren's guidance, you will work your way through thirty-six weeks of daily self-care strategies and techniques, each corresponding with a week of the school year. Weekly themes range from creativity and inspiration*

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*to relationships and time  
management for teachers and  
administrators. Follow this self-care  
plan designed to support your  
health and wellness during the  
school year: Understand how  
prioritizing your own self-care will*

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*better equip you to positively impact  
student learning and achievement.  
Discover low- and no-cost self-care  
ideas for teachers and  
administrators designed to help  
make meaningful, positive change.  
Explore the dangers of stress in the*

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*classroom and in an educator's personal life, and understand how this stress affects students. Learn how to assess what you need, check in with yourself throughout the day, and act on what you learn. Utilize reflection questions to help*

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*you think through which strategies worked -- and which didn't. Let go of the expectations of perfection while practicing these self-care techniques and teacher wellness ideas. Contents: Introduction  
Section I: Preparing for a Season of*

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*Sacrifice Week One: Music (Days  
1-5) Week Two: Nutrition and  
Hydration (Days 6-10) Week Three:  
Sleep (Days 11-15) Week Four:  
Laughter (Days 16-20) Week Five:  
Technology (Days 21-25) Week Six:  
Altruism (Days 26-30) Week Seven:*

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Wardrobe (Days 31-35) Week

Eight: Time (Days 36-40) Week

Nine: Mindfulness (Days 41-45)

Section II: Dealing With

Disillusionment Week Ten: Time

(Days 46-50) Week Eleven:

Relationships (Days 51-55) Week

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*Twelve: Gratitude (Days 56-60)  
Week Thirteen: Saying No (Days  
61-65) Week Fourteen: Inspiration  
(Days 66-70) Week Fifteen: Help  
(Days 71-75) Week Sixteen:  
Comfort (Days 76-80) Week  
Seventeen: Social Media (Days*



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*81-85) Week Eighteen: Habits  
(Days 86-90) Section III: Finding  
Balance Week Nineteen: Creativity  
(Days 91-95) Week Twenty:  
Altruism (Days 96-100) Week  
Twenty-One: Indulgence (Days  
101-105) Week Twenty-Two:*

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Adventure (Days 106-110) Week  
Twenty-Three: Orderliness (Days  
111-115) Week Twenty-Four:  
Obligations (Days 116-120) Week  
Twenty-Five: Play (Days 121-125)  
Week Twenty-Six: Email (Days  
126-130) Week Twenty-Seven:

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*Replay (Days 131-135) Section IV:  
Finishing Strong Week Twenty-*

*Eight: Hobbies (Days 136-140)*

*Week Twenty-Nine: Cognition (Days  
141-145) Week Thirty: Transitions*

*(Days 146-150) Week Thirty-One:*

*Listening (Days 151-155) Week*

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*Thirty-Two: Journal (Days 156-160)*  
*Week Thirty-Three: Outdoors (Days*  
*161-165) Week Thirty-Four:*

*Morning Routine (Days 166-170)*

*Week Thirty-Five: Active Rest (Days*  
*171-175) Week Thirty-Six: Summer*  
*To-Do List (Days 176-180)*

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*Epilogue: Create Your Own Self-Care List Appendix: Final Reflection*  
Index

*From the internet phenomenon whose aesthetic has influenced millions of young people around the world comes an undated planner to*

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*help you keep your life in order your way. Emma Chamberlain is a lot of things. The Atlantic calls her “The Most Important YouTuber Today.” W Magazine calls her “The Most Interesting Girl on YouTube.” But what does she call herself? A girl in*

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*desperate need of The Ideal  
Planner! Until now, it seemed like  
every planner was for “that perfect  
girl.” But what if you’re just muddling  
through? What if you’re kind of  
weird, a little obsessed, definitely  
silly, love art and fashion, and*

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*sometimes accidentally skip days or weeks or months in your planner but don't want those pages to go to waste? Emma looked everywhere but could not find such a planner. So she decided to make one herself and share it with the world. With*



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*guided journal pages, custom mood boards, puzzles, games, lists, corny quotes, cool designs, and silly messages from Emma, it's a diary, scrapbook, guided journal, coloring book, and planner all in one. And because you fill in the dates you*

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*want, it never becomes outdated.*

*Medicinal Plants Coloring Book*

*A Coloring Book*

*Your True Home*

*Katie Daisy 2019-2020 Planner*

*An Enchanted Fantasy Coloring  
Book*

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*More Anti-Stress Art Therapy for  
Busy People*

*Distance Education for Teacher  
Training Series*

Trippy Chicks is a coloring book

illustrated by T Fallon aka

Durianaddict. The book includes images of

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pretty women in surreal surroundings,  
spiritual symbols, plants, reptiles,  
mandalas and long wavy locks.17  
illustrations.

From leading experts who have trained thousands of professionals in dialectical behavior therapy (DBT), this manual provides indispensable tools for treating

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adolescents with emotional or behavioral  
problems of any level of severity.

Clinicians are guided step by step to teach  
teens and parents five sets of skills:

Mindfulness, Distress Tolerance, Walking  
the Middle Path (a family-based module  
developed by the authors specifically for  
teens), Emotion Regulation, and

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Interpersonal Effectiveness. Designed for optimal clinical utility, the book features session outlines, teaching notes, discussion points, examples, homework assignments, and 85 reproducible handouts, in a large-size format for easy photocopying.

Purchasers also get access to a Web page where they can download and print the

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reproducible materials. See also the authors' Dialectical Behavior Therapy with Suicidal Adolescents (with Marsha M. Linehan), which delves into skills training and other DBT components for those at highest risk.

A creative meditation through coloring that has the power to change your mind,

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transform your heart, and get into the  
deepest layers of your subconscious.

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Coloring is a powerful meditative tool  
with many medically proven benefits  
which have brought to light how this self-  
soothing, low-pressure activity helps relax  
your fear response center, inducing a state  
of calmness, relieving stress, increasing



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resilience, and promoting your well-being.  
Color Your Way To Calm Week  
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Through the subtle and yet powerful  
practice of coloring, this book is a guide  
for contemplative meditation through the  
exploration of one single positive  
affirmation, that will serve as a backbone  
for your inner exploration. In this book,  
you will be partaking on a special kind of

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coloring as you will be using your breath and attention in coloring a resonating message through a single-focused activity and point in space. Paired with minimalist design, journaling, and questions that open way for important inner dialogues to arise, the Coloring Method, integrates both mindfulness and art to aid you in

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uncovering the voice that speaks from  
your inner wisdom.

Why bother getting out of bed when you  
could stay bundled up with that special  
someone and a book of cozy, cute comics.

From the author of the bestselling Little  
Moments of Love comes #1 New York  
Times bestseller Snug, a collection of

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comics that perfectly captures the honest, playful, and relatable snapshots of romantic life. Chetwynd's second book has the same charming and inviting style as her first and includes 50 percent new, never-before-shared comics. Snug is a celebration of the quirks and peculiarities of every one of us—and the magic that

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happens when we find our matching  
puzzle piece.  
Color Your Way To Calm Week  
By Week The Mindfulness  
Tear, Paste, Protest  
A Changing Seasons Coloring Book  
Meditation and Mindfulness  
Snug  
Hebrew Illuminations Coloring Book  
The Coding Manual for Qualitative

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Researchers  
Creative Revolution  
This stunning, pocket-sized  
colouring book contains all the  
illustrations from both The  
Mindfulness Colouring Book and  
More Mindfulness

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Colouring. Beautifully illustrated,  
The Complete Mindfulness  
Colouring Book offers all of Emma  
Farrarons' exquisite scenes and  
intricate, sophisticated patterns for  
you to mindfully and creatively fill  
with colour. Working with your

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hands is one of the best ways to relieve stress, so take a few minutes out of your day, wherever you are, and colour your way to peace and calm with this bumper colouring book.

Painting can be so much more than



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a mere hobby - it can be a vehicle transforming your mind, body, and spirit! Painting and bravely embracing the challenges of creativity sparks a revolution that involves heart, creativity, courage, and trust! Artistic pursuits such as

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painting have the power to soothe, heal, and connect a person to their truest self. For author Flora Bowley, making art and expressing herself creatively have always served as potent forms of personal evolution and holistic healing.

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Creative Revolution is the reader's key to unlocking the door to their own personal journey while making beautiful art. Creative Revolution is the culmination of Flora's life's work as an artist, offering guidance for others to

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embrace their authentic selves through paint. She has taught more than sixty workshops since she wrote her first book, *Brave Intuitive Painting*, and has witnessed miraculous things when people engage with the intuitive

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painting process. Creative  
Revolution is the next best thing to  
taking a course from Flora. Many  
readers and students can't help but  
exclaim, "This was about so much  
more than painting!" After reading  
Creative Revolution, readers will

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have a deeper connection to their intuition, increased confidence to make bolder choices, freedom to let go and explore various options, an understanding that everything is transformable, the trust that it will all work out in the end, and a

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renewed sense that creating can be fun and playful. All of this powerful transformation begins with paint. Flora has been writing and reflecting on these transformational aspects of the creative process for years. Creative

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Revolution is an insightful and practical guide for realizing the transformational power of fully embracing your creativity.

From the Preface: This manual, *Child Protective Services: A Guide for Caseworkers*, examines the



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roles and responsibilities of child protective services (CPS) workers, who are at the forefront of every community's child protection efforts. The manual describes the basic stages of the CPS process and the steps necessary to accomplish

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each stage: intake, initial assessment or investigation, family assessment, case planning, service provision, evaluation of family progress, and case closure. Best practices and critical issues in casework practice are underscored

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throughout. The primary audience for this manual includes CPS caseworkers, supervisors, and administrators. State and local CPS

agency trainers may use the manual for preservice or inservice training of CPS caseworkers, while

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schools of social work may add it to class reading lists to orient students to the field of child protection. In addition, other professionals and concerned community members may consult the manual for a greater

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understanding of the child  
protection process. This manual

builds on the information  
presented in A Coordinated

Response to Child Abuse and  
Neglect: The Foundation for

Practice. Readers are encouraged

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to begin with that manual as it  
addresses important information  
on which CPS practice is based-  
including definitions of child  
maltreatment, risk factors,

consequences, and the Federal and  
State basis for intervention. Some

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manuals in the series also may be of interest in understanding the roles of other professional groups in responding to child abuse and neglect, including: Substance abuse treatment providers; Domestic violence victim advocates;

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Educators; Law enforcement  
personnel. Other manuals address  
special issues, such as building  
partnerships and working with the  
courts on CPS cases.

The US presidential election in  
2016 brought to a head myriad



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By Week The Mindfulness  
Coloring Series

political activism around the world,  
around the rights of minorities,  
women, the LGBTQ community,  
and the environment. In the midst  
of this turmoil, nearly 300  
designers from around the world  
answered the call to create this

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collection of 50 tear-out posters for people who want to make their voices heard in a time of unprecedented uncertainty and apprehension. A foreword by Avram Finkelstein, a designer for the AIDS art activist collective Gran

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Fury, looks at the crucial role of  
graphic activism in the current  
political climate.

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The Dialectical Behavior Therapy  
Skills Workbook

The Mindfulness Coloring Book -

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Volume Two  
Color Your Way To Calm Week  
Personal Transformation through  
By Week The Mindfulness  
Brave Intuitive Painting  
Coloring Series  
2022 Coloring Planner  
A Coloring Journey Through the  
Jewish Holy Days  
DBT® Skills Manual for

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Engagement Calendar 2018  
Adolescents

*First published in 2002. Routledge  
is an imprint of Taylor & Francis,  
an informa company.*

*In Geninne's Art: Birds in  
Watercolor, Collage, and Ink,  
popular Santa Fe artist Geninne*

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*Zlatkis presents a personal field guide to how she creates her charming paintings and collages of birds and nature. Brimming with inspiring examples of the artist's work, this beautiful book takes you inside Geninne's studio*

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*for an in-depth look at how she creates. You will discover, step by step, how this devoted artist spends time photographing nature, selecting her materials, and developing her personal imagery. Explore: How her studio*

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*is set up, how she works, and  
what materials and tools she uses  
How she captures nature with  
both a camera and phone for  
reference Her artistic process  
through the step-by-step creation  
of 5 watercolor paintings, 5*



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*collages, and 5 ink drawings, with  
notes on each medium and*

*technique As a special bonus, the  
book includes 32 pages of collage*

*papers, painted and selected by  
Geninne, for you to use as you  
explore and develop your own*

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*artistic voice. Vibrant, detailed,  
and richly imaginative, Geninne's  
interpretation of the birds she has  
observed so closely will inspire  
you to use the natural world as  
fodder for your paintings,  
drawings, and collages.*

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*Nurture your well-being through a year of journaling and self-reflection. Guided journaling is a simple but powerful tool. It can help you attend to your emotional needs, boost your mood, and set goals both big and small. With a*

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*focused prompt for every day of  
the year, the 52-Week Mental  
Health Journal helps you navigate  
four core pillars of good mental  
health--calm and resiliency,  
connection and engagement, goals  
and purpose, and healthy*

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living--so you can thrive in every  
Color Your Way To Calm Week  
area of your life. This yearlong  
By Week The Mindfulness  
mental health journal includes:  
Coloring Series  
Quick and effective prompts--Take  
just a few minutes each day to  
reduce stress, increase your  
connection to others, and find

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Engagement Calendar 2018  
*deeper meaning in your life.*

*Evidence-based methods--The  
By Week The Mindfulness  
Coloring Series  
exercises in this mental health  
journal are rooted in research-  
supported techniques like  
mindfulness and cognitive  
behavioral therapy. Inspiring*

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*quotes--Find wisdom and  
motivation with poignant words  
from philosophers, artists, writers,  
and more. Discover a clear path to  
improved well-being with the  
52-Week Mental Health Journal.  
Perhaps no other teacher has*

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*sparked the fires of as many  
spiritual seekers in the West as  
Ram Dass. If you've ever  
embraced the phrase "be here  
now," practiced meditation or  
yoga, tried psychedelics, or  
supported anyone in a hospice,*



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*prison, or homeless center—then the story of Ram Dass is also part of your story. From his birth in 1931 to his luminous later years, Ram Dass saw his life as just one incarnation of many. This memoir puts us in the passenger seat with*

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By Week The Mindfulness  
Coloring Series*

*the one time Harvard psychologist and lifelong risk-taker Richard Alpert, who loved to take friends on wild rides on his Harley and test nearly every boundary—inner or outer—that came his way. Here, Ram Dass shares his life's*

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*odyssey in intimate detail: how he  
struggled with issues of self-  
identity and sexuality in his youth,  
pioneered psychedelic research,  
and opened the doorways to  
Eastern spiritual practices. In  
1967 he trekked to India and met*

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*his guru, Neem Karoli Baba. He returned as a yogi and psychologist whose perspective changed millions. Populated by a cast of luminaries ranging from Timothy Leary to Elisabeth Kübler-Ross, Allen Ginsberg to Sharon*

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*Salzberg, Aldous Huxley to Alan  
Watts—this intimate memoir  
chronicles Ram Dass's experience  
of the cultural and spiritual  
transformations that resonate  
with us to this day, a journey from  
the mind to the heart, from the*

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Coloring Series

*ego to the soul. Before, after, and  
along these waypoints, readers  
will encounter many other  
adventures and revelations—each  
ringing with the potential to  
awaken the universal, loving  
divine that links this beloved*

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*teacher to all of us.*  
*Desert Dreams*  
2019-20 On-The-Go Weekly  
Planner Series  
*Anti-Stress Coloring & Activities*  
*for Busy People*  
*180 Days of Self-care for Busy*

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*Educators*  
*Chasing Butterflies*  
*Coloring a Land of Enchantment*  
*52-Week Mental Health Journal*  
*Immerse yourself in the*  
*enchanted fantasy world of*  
*Kinuko Y. Craft, celebrated*



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*contemporary illustrator,  
painter, and storyteller.*  
Transcend time and space as  
you color to life these  
gorgeous illustrations of  
goddesses, angels, fairies,  
princesses, heroes, and

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*mythological creatures. Craft's vast body of work includes award-winning illustrated books of classic fairy tales and cover art for fantasy novels. Meditation is more than a method of mental relaxation. It*

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Coloring Series

*is a way of enhancing our lives  
and enriching our existence. It  
opens the way to  
contemplation, reflection, and  
inner peace - and it teaches us  
who we are underneath all the  
layers of thought and*

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*perception. Sometimes we all  
need a little inspiration to  
guide our lives, our thoughts,  
our yoga and meditation  
practice. I've collected  
inspiring messages and quotes  
to guide you and inspire you to*

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*take on that Journey of  
mindfulness.Tags: meditations*

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*booksmeditation for fidgety*

*skeptics by dan*

*harrismeditations from the*

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*gallagher meditation and*  
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aureliusmeditation books for*

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*women meditation*  
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*to rewire the brainmeditation*  
*is an open skymeditation is an*

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*open sky mindfulness for kids  
am that i am meditation by  
wayne dyer i am meditation  
am wishes fulfilled meditation  
cd meditation journal for  
women meditation journal for  
men meditation journal with*

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promptsmeditation jobim sheet  
musicmeditation  
kidsmeditation kitmeditation  
kamalashilameditation  
lightsmeditation marcus  
aureliusmeditation made  
easymeditation

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easy by lorin roche meditation  
music cd why i m into  
meditation on meditation sri  
m meditation  
notebook meditation now or  
never meditation notebook*

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*philosophymeditation on the*  
*tarotmeditation on*  
*violencemeditation of marcus*  
*aureliusmeditation on*  
*emptiness by jeffrey*  
*hopkinsmeditation*

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*engagement datebook*  
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*calendar instant calm 2-minute*  
*meditations to create a*  
*lifetime of happy you are the*  
*placebo meditation 2 - revised*  
*edition meditation 3d illusion*  
*lamp your 3 best super powers*

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*meditation, imagination &  
intuition discourse on method*

*and meditations on first*

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for dummies 4th*

*edition meditation 55*

*meditation practicing*

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meditations 8 minute  
meditation 8 minute meditation  
expanded by victor davich 8  
minute meditation by victor  
davich 8 meditations for  
optimal health*



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*To everything there is a season  
-- and in this, the time of the  
adult coloring book  
phenomenon, comes a  
seasonal celebration of  
mindfulness and creativity.  
And the pure joy of coloring in*

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*beautiful seasonal imagery.*

*Color Your Year: A Changing*

*Seasons Coloring Book is*

*adapted from the very*

*successful Color Your Year*

*calendar line, with over*

*100,000 copies in print in only*

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Coloring Series

*two years of publication. With their thoughtful -- and artful -- balance of very fine details and larger, graceful areas to color, these are images that have been extremely well received by fans. The quality of the*

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*paper also stands out: The stock is heavy, a perfect ground for colored pencils, crayons, and markers. And each image is printed on one side only, and perforated, so it can be removed and preserved*

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*if desired without disturbing  
another image. There are 46  
exquisitely drawn images to  
color in, from spring flowers,  
bursting in bloom, to summer  
seashells and dragonflies, to  
the falling leaves and*

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*abundant harvests of autumn,  
to winter's crystalline beauty.*

*Organized by season, with  
inspirational quotations*

*throughout, each page is an  
invitation to unplug, pick up a  
pencil, and refresh both mind*

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*and spirit through the  
meditative act of coloring.*

*The bestselling adult colouring  
book! Working with your hands  
is one of the best ways to  
soothe anxiety and eliminate  
stress. This stunning, pocket-*

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mindfulness that draws on

your creativity and hones your  
focus. Beautifully illustrated,

The Mindfulness Colouring

Book is filled with templates



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*for exquisite scenes and  
intricate, sophisticated  
patterns, prompting you to  
meditate on your artwork as  
you mindfully and creatively  
fill these pages with colour.  
Take a few minutes out of your*

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*day, wherever you are, and  
colour your way to peace and  
calm.*

Geninne's Art

*The Stress Less Teacher  
Planner*

*Birds In Watercolor, Collage,*

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*and Ink*  
*How to Be a Wildflower*  
*Anti-stress Colouring and*  
*Activities for Busy People*  
*A Field Guide*  
*The Old Farmer's Almanac*  
*2020*

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Explore the ancient and enduring spirit of the Jewish tradition with this exquisite coloring book for adults.

Jewish artist Adam Rhine has created intricate Judaic motifs such as Magen Davids, menorahs, and Hebrew calligraphy for you to bring to vivid life with the colors of your choice. Each

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illustration is paired with verses from the Torah, Psalms, and the Prophets that enlighten the reader and encourage further study into the meanings of the carefully selected themes.

This creative 18-month planner features monthly and weekly calendar

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views, and inspirational quotes and  
images to color in as the days pass by.

Every spread in this 18-month  
planner—covering July 2021 to

December 2022—includes an

inspirational quote and an image to  
color. When you start your week off

with a relaxing coloring activity instead

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of the dreaded Monday blahs, you'll soon find your mood improving in everything you do—whether at work, play, or a quiet evening at home. Also included are two sheets of colorful stickers that you can use to highlight important dates and events.

Showcases the rescued horses at

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twenty North American sanctuaries,  
with photographs of former champions  
and retired workhorses at leisure while  
out in the fields.

Your Weirdness Is What Makes Your  
Wonderful is a collection of captioned  
illustrations from popular art blogger,  
The Latest Kate and incorporates



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journaling prompts to help readers  
Color Your Way To Calm Week  
parse their experiences and feelings.

By Week The Mindfulness  
Coloring Series  
The featured images are colorful,  
imaginative, and are accompanied by  
quotations that both validate readers  
and encourage mindfulness.

Mindfulness Moments

A Collection of Comics about Dating

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Your Best Friend  
Practical DBT Exercises for Learning  
Mindfulness, Interpersonal  
Effectiveness, Emotion Regulation,  
and Distress Tolerance  
The Complete Mindfulness Colouring  
Book  
Being Ram Dass

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The Forgotten Horses

A Guide for Caseworkers

**Bringing the energy of true  
presence into our lives really does  
change things for the better—and all  
it takes is a little training. This  
treasury of 365 gems of daily  
wisdom from one of the most**

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**beloved Buddhist teachers of our age is a help and support for anyone who wants to train to meet every moment of life with 100 percent attention. Thich Nhat Hanh shows how practicing mindfulness can transform every area of our lives—and how its benefits radiate**

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beyond us to affect others and the  
whole, larger world.

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Coloring Books  
Spark childlike wonder as you color  
your way through a journey of  
wildflowers, butterflies, birds, hot-  
air balloons, and other visual  
delights from beloved illustrator  
Katie Daisy. With each illustration

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**she revels in the joy of everyday life and her love of nature invites you along to color, be present, have an open heart, and see the magic in the world. Quotes in Daisy's signature lettering style are sprinkled throughout, ready for you to apply your own color palette so**

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**they can spring to life.**

**Whether you are planning to travel to London or just watch the many events taking place there on the television, this fantastic colouring book is the perfect way to get to know the UK's capital city.**

**Featuring plenty of London**

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**landmarks, including Buckingham  
Palace, Trafalgar Square and  
Shakespeare's Globe Theatre, as  
well as iconic sights such London's  
black taxis and red telephone  
boxes. to match.**

**Forty-four accurate and ready-to-  
color drawings of foxglove,**



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**belladonna, mayapple, valerian,  
dandelion, chamomile, many other  
plants with curative properties.**

**Captions give description,  
distribution, medicinal uses, more.**

**Illustrations royalty-free.**

**London Colouring Book**

**The Mindfulness Colouring Book**

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**The Beauty of America's Unwanted  
Horses**

**Guided Prompts and Self-Reflection  
to Reduce Stress and Improve  
Wellbeing**

**It's Your Weirdness That Makes You  
Wonderful**

**Anti-Stress Art Therapy for Busy**

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