



Joyfully Jewish: Family and Adult Coloring Book for Relaxation and Meditation (Color Your Soul) (Volume 1)

Rae Shagalov

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"Joyfully Jewish" is the first coloring book for adults in the "Color Your Soul" series of family and adult coloring books that integrate the relaxing, meditative art of coloring with deep chassidic secrets of Judaism. It includes more than 40 fun designs to color and unique Jewish quotes from contemporary Jewish masters written in beautiful calligraphy. This coloring book for grownups and families is a relaxing, uplifting and meditative introduction to Jewish spirituality. Coloring for relaxation and stress relief is a peaceful, meditative activity. As you color in the pages, contemplate the Artnotes thoughts on them and try to internalize them. If you're doing this as a family activity, discuss the ideas while you color them in together. Afterwards, hang up these beautiful family treasures around your home to set a Joyfully Jewish tone. The designs are printed on one side of the page only to prevent bleed-through in this adult coloring book for relaxation.

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From reader reviews:

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Suzanne Ferris:

People live in this new day time of lifestyle always try and and must have the extra time or they will get lot of stress from both daily life and work. So , once we ask do people have extra time, we will say absolutely

sure. People is human not only a robot. Then we ask again, what kind of activity do you have when the spare time coming to anyone of course your answer can unlimited right. Then ever try this one, reading books. It can be your alternative inside spending your spare time, the book you have read is Joyfully Jewish: Family and Adult Coloring Book for Relaxation and Meditation (Color Your Soul) (Volume 1).

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