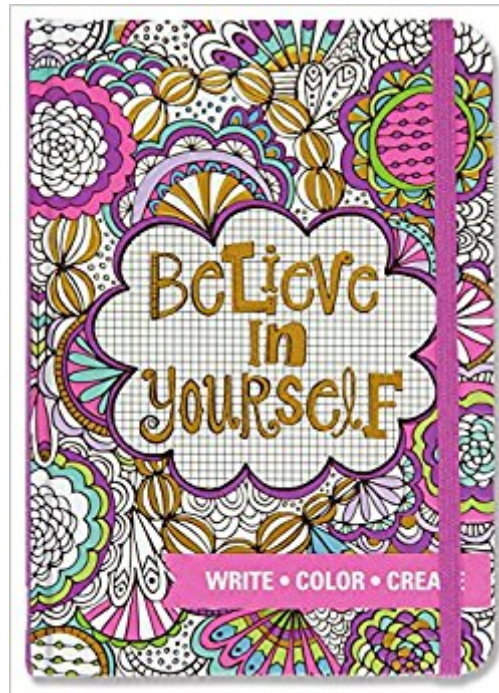




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Believe In Yourself Adult Coloring Journal (Write, Color, Relax)



Synopsis

Immerse yourself in creativity as you write and color your way through this unique journal, filled with designs by illustrator Joy Ting! 160-page journal includes 10 full-size coloring pages! Lightly-lined writing pages include extra accent designs to color, too. Acid free/archival paper preserves your work and takes pen or colored pencil beautifully. Inviting little journal provides plenty room of for jotting down personal reflections, favorite quotes and poems, sketching, and -- coloring! Popular small-format size -- 5 inches wide by 7 inches high -- fits easily in most bags and backpacks. Convenient inside back cover pocket for notes, reminders, business cards, and more. A coordinating elastic band attached to the back cover keeps your place or keeps journal closed. Bronze endsheets complement the journal's design. Vibrant cover art features gold foil detailing.

Book Information

Diary: 160 pages

Publisher: Peter Pauper Press; Jou edition (January 11, 2016)

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Product Dimensions: 5 x 0.6 x 7.3 inches

Shipping Weight: 8.8 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars 45 customer reviews

Best Sellers Rank: #140,068 in Books (See Top 100 in Books) #130 in Books > Arts &

Photography > Drawing > Coloring Books for Grown-Ups > Religious & Inspirational #189

in Books > Self-Help > Art Therapy & Relaxation #2072 in Books > Self-Help > Motivational

Customer Reviews

This is such a beautiful journal. I am very pleased with my purchase. It has room to write your thoughts and feelings down and a few pages to color too. The only thing is I wish there were more pages to color, but for the price, it is a perfect journal. It would also make a nice gift for that young person in your life, or adult. I bought it for myself and it's a nice journal that I can use for my 'color' therapy and journal at the same time!

Such a nice journal and coloring book. Just enough pictures to color without overwhelming the journal part. I also bought one for a gift for a friend.

I couldn't believe that I found a product that met my specific need. The book was delivered promptly in prime condition. The inerts of the book were beautiful and interesting. Just overjoyed to have found this book. Looking forward to purchasing more from the seller.

I like it, even though its smaller than what I anticipated, but that's on me. The paper does seem thin to me. I would not recommend any sort of marker or heavy pen to be used in this, though. As even gel pens (ones that I normally have no bleeding issues with) are bleeding through the paper.

I thought it was a coloring book. I am quite surprised to find it is more of a journal. I fits well with my inner artist.

I really like this little journal. The pages are lined and the designs are relaxing to color. Since it has a hard cover, it's easy to write in and it lies flat while I'm writing in it. Finally, the cover message reminds me that I can heal if I believe in myself!

Cute journal which it has a few more pages to color, but it has a full page to color every so often. Using it to journal my weight loss, Im happy

Love this journal but I would have liked it more if it was spiral, not bound

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