

Exhale A Self Care Coloring Book Celebrating Black Women Brown Women And Good Vibes

Me & MyBody into BalanceAlma MaterBreathelt's Not All Downhill From
HereCreative Haven African Glamour Coloring BookRage Against the MinivanMom
and TeenFacets of Grief8 Keys to Stress Management (8 Keys to Mental
Health)Women + Patterns + PlantsPaper GodsInhale Courage Exhale FearPausel
Almost Forgot About YouThe Anxiety Workbook for TeensThe Spirit AlmanacClose
Your MouthBlack Women Adults Coloring BookThe Willpower InstinctSoul Notes +
MusingsInhale Good Things Exhale Bad Things Notebook DairyThe Mourning
SisterAvery's GardenHow to BreatheColor Me Hip HopAfrican Art and DesignsAdult
Coloring Book - Fantastic Beauties Book 2The Art of Doing NothingInvisible No
MoreBlack Girls Must Die ExhaustedExhaleGetting to HappyColor My FroInhale the
Good Shit Exhale the BullshitThriving in Sex Work Workbook5-Minute Stress
Relief24 Shades of BusinessBlack Women Adults Coloring BookThe Wim Hof
Method

Me & My

In "Color My Fro," 31 big-haired fairies, mermaids, warriors, models, cheerleaders, and fierce divas grace the pages of this coloring book celebrating the beauty of black women and natural hair. At each turn of the page, a new natural hair inspired illustration greets you. Fun for any occasion, "Color My Fro" is the perfect stocking stuffer for natural hair lovers of any age so grab your crayons, colored pencils, and your afro pick and get started! Looking for more books celebrating the beauty of black women and children with natural hair? Check out Crystal Swain-Bates' other books, all of which are available on Amazon: Children's Books: "Big Hair, Don't Care" by Crystal Swain-Bates "The Colorful Adventures of Zoe & Star" by Crystal Swain-Bates Adult Books: "How to Go Natural Without Going Broke" by Crystal Swain-Bates

Body into Balance

"A heartfelt, subversively funny memoir and a bold personal manifesto that pushes back against the superficial expectations of motherhood -- and challenges the idea that there's a "right" way to raise kids. With hard-won knowledge gained from having four kids in four years, Kristen Howerton navigates the emotional and sometimes messy waters of motherhood, sharing valuable lessons from her journey through infertility, adoption, pregnancy, toddler tantrums, divorce, and the shock and awe of parenting teens. Howerton recounts how she learned to opt out from the pressure to do it all perfectly. As a mom of both white and black children and a licensed therapist, Howerton talks frankly about the thorny issues parents face today, whether it's finding good mom friends, confronting racism, disciplining other people's kids, or falling short of that elusive work/life balance. Howerton's experience--the expectations, the stress, the total lack of control, and yes, the indignities of driving a minivan (which now sits in her driveway littered with crushed Cheetos and the remnants of her self-esteem)--along with her ability to laugh at herself, reminds parents they are not alone on this unpredictable ride"--

Alma Mater

INSTANT NEW YORK TIMES BESTSELLER The only definitive book authored by Wim Hof on his powerful method for realizing our physical and spiritual potential. "This method is very simple, very accessible, and endorsed by science. Anybody can do it, and there is no dogma, only acceptance. Only freedom." —Wim Hof Wim Hof has a message for each of us: "You can literally do the impossible. You can overcome disease, improve your mental health and physical performance, and even control your physiology so you can thrive in any stressful situation." With The Wim Hof Method, this trailblazer of human potential shares a method that anyone can use—young or old, sick or healthy—to supercharge their capacity for strength, vitality, and happiness. Wim has become known as "The Iceman" for his astounding physical feats, such as spending hours in freezing water and running barefoot marathons over deserts and ice fields. Yet his most remarkable achievement is not any record-breaking performance—it is the creation of a method that thousands of people have used to transform their lives. In his gripping and passionate style, Wim shares his method and his story, including:

- Breath—Wim's unique practices to change your body chemistry, infuse yourself with energy, and focus your mind
- Cold—Safe, controlled, shock-free practices for using cold exposure to enhance your cardiovascular system and awaken your body's untapped strength
- Mindset—Build your willpower, inner clarity, sensory awareness, and innate joyfulness in the miracle of living
- Science—How users of this method have redefined what is medically possible in study after study
- Health—True stories and testimonials from people using the method to overcome disease and chronic illness
- Performance—Increase your endurance, improve recovery time, up your mental game, and more
- Wim's Story—Follow Wim's inspiring personal journey of discovery, tragedy, and triumph
- Spiritual Awakening—How breath, cold, and mindset can reveal the beauty of your soul

Wim Hof is a man on a mission: to transform the way we live by reminding us of our true power and purpose. "This is how we will change the world, one soul at a time," Wim says. "We alter the collective consciousness by awakening to our own boundless potential. We are limited only by the depth of our imagination and the strength of our conviction." If you're ready to explore and exceed the limits of your own potential, The Wim Hof Method is waiting for you.

Breathe

Based on Stanford University psychologist Kelly McGonigal's wildly popular course "The Science of Willpower," *The Willpower Instinct* is the first book to explain the new science of self-control and how it can be harnessed to improve our health, happiness, and productivity. Informed by the latest research and combining cutting-edge insights from psychology, economics, neuroscience, and medicine, *The Willpower Instinct* explains exactly what willpower is, how it works, and why it matters. For example, readers will learn: Willpower is a mind-body response, not a virtue. It is a biological function that can be improved through mindfulness, exercise, nutrition, and sleep. Willpower is not an unlimited resource. Too much self-control can actually be bad for your health. Temptation and stress hijack the brain's systems of self-control, but the brain can be trained for greater willpower. Guilt and shame over your setbacks lead to giving in again, but self-forgiveness and self-compassion boost self-control. Giving up control is sometimes the only

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way to gain self-control. Willpower failures are contagious—you can catch the desire to overspend or overeat from your friends—but you can also catch self-control from the right role models. In the groundbreaking tradition of *Getting Things Done*, *The Willpower Instinct* combines life-changing prescriptive advice and complementary exercises to help readers with goals ranging from losing weight to more patient parenting, less procrastination, better health, and greater productivity at work.

It's Not All Downhill From Here

After suffering a traumatic miscarriage, Josefina walks through a season of healing. *The Mourning Sister* is a collection of poetry and prose that explores the journey of grief and joy.

Creative Haven African Glamour Coloring Book

INCREASE POWER OF YOUR MIND! TRACK Your Food And Exercise In This Awesome Journal. It's a lovely Journal to gift someone whom you want that he or she remains fit. You can track food, exercise, personal note, and goals. Features of the journal: 1. Size: 6"x9" 2. Paper: White 3. Pages: 120 pages Food and Exercise tracking planner 4. Cover: Glossy, Soft Cover

Rage Against the Minivan

2020 Chautauqua Prize Finalist 2020 NAACP Image Award Nominee - Outstanding Literary Work (Nonfiction) Best-of Lists: Best Nonfiction Books of 2019 (Kirkus Reviews) · 25 Can't-Miss Books of 2019 (The Undeclared) Explores the terror, grace, and beauty of coming of age as a Black person in contemporary America and what it means to parent our children in a persistently unjust world. Emotionally raw and deeply reflective, Imani Perry issues an unflinching challenge to society to see Black children as deserving of humanity. She admits fear and frustration for her African American sons in a society that is increasingly racist and at times seems irredeemable. However, as a mother, feminist, writer, and intellectual, Perry offers an unfettered expression of love—finding beauty and possibility in life—and she exhorts her children and their peers to find the courage to chart their own paths and find steady footing and inspiration in Black tradition. Perry draws upon the ideas of figures such as James Baldwin, W. E. B. DuBois, Emily Dickinson, Toni Morrison, Ralph Waldo Emerson, and Ida B. Wells. She shares vulnerabilities and insight from her own life and from encounters in places as varied as the West Side of Chicago; Birmingham, Alabama; and New England prep schools. With original art for the cover by Ekuia Holmes, *Breathe* offers a broader meditation on race, gender, and the meaning of a life well lived and is also an unforgettable lesson in Black resistance and resilience.

Mom and Teen

NEW YORK TIMES BESTSELLER • The bestselling author of *How Stella Got Her Groove Back* and *Waiting To Exhale* is back with the inspiring story of a woman who shakes things up in her life to find greater meaning NAMED ONE OF THE BEST

BOOKS OF THE YEAR BY LIBRARY JOURNAL In *I Almost Forgot About You*, Dr. Georgia Young's wonderful life—great friends, family, and successful career—aren't enough to keep her from feeling stuck and restless. When she decides to make some major changes in her life, including quitting her job as an optometrist and moving house, she finds herself on a wild journey that may or may not include a second chance at love. Georgia's bravery reminds us that it's never too late to become the person you want to be, and that taking chances, with your life and your heart, are always worthwhile. Big-hearted, genuine, and universal, *I Almost Forgot About You* shows what can happen when you face your fears, take a chance, and open yourself up to life, love, and the possibility of a new direction. It's everything you've always loved about Terry McMillan. Praise for *I Almost Forgot About You* "McMillan paints relationships in joyous primary colors; her novel brims with sexy repartee, caustic humor, and a fluent, assured prose that shines a bright light on her memorable characters. Her very best since *Waiting to Exhale*."—O: The Oprah Magazine "The novel is immensely companionable, and Georgia is as alive, complex, inquiring, motivated and sexy as any twenty-five-year-old. Maybe more so."—The New York Times Book Review "Self-discovery, second chances and the importance of family are thematic hallmarks of McMillan's novels. . . . *I Almost Forgot About You* checks all the boxes."—Washington Post "McMillan is funny and frank about men, women and sex. Her summaries of Georgia's marriages and major love connections . . . are powerful and poetic."—USA Today "Reading a Terry McMillan book feels like catching up with an old friend. . . . *I Almost Forgot About You* is a book that is important for readers of every age."—Ebony

Facets of Grief

This book is a compilation of art done for the angels that grew their wings too soon. Each bereaved family who participated, came forward with angel names, signs and symbols and special quotes or phrases that were unique to their memory. Each drawing was done by hand with love, kindness and understanding to those effected by pregnancy, infant and child loss. Each coloring page comes with dedication information for each angel. Volume VIII: *Wish Upon an Elephant* will include elephant themed drawings. About the Author: Tara Denz, is an Angel Mother to Avery Robert Denz. He was born still at 20 weeks and 4 days gestation. Tara was diagnosed with an incompetent cervix which caused her to go into labor too soon. As a bereaved mother, she has found comfort in designing art for families that are struggling with life after loss. Product Description: This book includes black and white drawings that can be colored in. All pages were created by hand and turned into a digital image. There is a variety of lettering for the quotes and phrases used, which adds to the whimsical art. Each book is 8.5 x 11 in size. The images are framed with a black border which can be used if a frame is desired to showcase the art. In addition, the coloring book also serves as a creative grief journal and offers a variety of prompts to help each person on their life after loss journey. These resources have been compiled to offer assistance dealing with stress, grief and self care.

8 Keys to Stress Management (8 Keys to Mental Health)

24 Shades of Business is an Adult Coloring Book which features images of beautiful, boss women who are bloggers, doctors, makeup artists, teachers, yoga

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instructors, etc. It also contains crossword puzzles, activities and inspirational quotes. This adult coloring book celebrates the beauty of melanin and black girl magic and provides hours of stress relief through creative expression. 24 Shades of Business is perfect for all of us business women, CEO's, future CEO's and creatives because we should all feel empowered and motivated. Be sure to grab your crayons and colored pencils as you prepare to unwind, relax and experience good vibes coloring. Product details: Premium matte finish cover design Printed single sided on bright white paper Large format 8.5" x 11.0" pages Moderate to complex in detail Also, be sure to add an extra copy of this book to your 2018 GIFT IDEAS list!

Women + Patterns + Plants

Classic African-inspired images feature silhouetted figures in head wraps and flowing gowns decorated with patterns based on traditional African arts and crafts designs. Background elements include animals, plants, and fanciful ornaments.

Paper Gods

There's nothing like the memories we make in college, and nowhere is that truer than at an HBCU. Historically Black colleges and Universities are an important part of history and we can appreciate the legacy of schools such as WSSU, Morehouse, Spelman, NC A&T, Howard, FAMU, Hampton and more! Whether you're looking back on your time at your illustrious Alma Mater , or just beginning a new chapter of your life, this coloring book is the perfect way to enjoy the relaxation of coloring and the bonding of a shared hobby with your friends. Join your fellow alumnae on a stroll down memory lane while celebrating the diversity, culture and everything amazing about your college experience. Included in this book, you'll find beautiful illustrations of women ranging from Sorority life and the Royal Court to STEM and science labs. It even includes activities that test your HBCU knowledge and as added entertainment, marching band instruments are hidden on one of the pages, waiting to be found. Buy it as a gift for that special grad in your life, or for yourself as a great way to unwind. . Premium gloss finish cover design Printed single sided on bright white paper Large format 8.5" x 11.0" pages Moderate to complex in detail

Inhale Courage Exhale Fear

Feeling overwhelmed, burned out, or stuck? Discover the power of the pause. Sometimes life throws you for a loop. You're stressed out at your job; you're torn between work and family; your motivation and productivity are taking a nosedive. Your impulse might be to lean in and tough it out, but what you may really need to do is take a step back. Reassess your life with a clear head and dive back in with purpose and poise. In this enlightening book, Rachael O'Meara guides you through the steps of your own pause journey: - The signs that you're in need of a meaningful break - Planning your optimal pause--whether it's as short as a day or as long as an epic journey - Reentering the world with renewed clarity and purpose. Incorporating the latest findings from psychology and neuroscience and peppered with inspiring stories of successful pauses, this book will show you that

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the fastest way to happiness is to slow down. Whether you pause by taking a five-minute walk outside, spending a day unplugged from digital devices, or taking a few weeks off to yourself, Pause will give you the tools to find what "lights you up" and the ability to lead the most satisfying and fulfilling life you choose. As seen in The Washington Post.

Pause

FOCUS in taking care of yourself! * Mood trackers, checklists, inspirational quotes, positive thoughts, everything you need to improve. * Beautiful layout. * The perfect size 8.5x11" * Matte cover with cream pages. * The perfect gift for yourself and others.

I Almost Forgot About You

Silver Nautilus Book Award Winner for Health & Healing An antacid or an aspirin may soothe your pain, but it doesn't cure the cause of your symptoms. Headaches, indigestion, fatigue, allergies, anxiety, eczema, high blood pressure, and other conditions are clues to a deeper imbalance in your body, and learning to read those clues is a key step in maintaining optimal health. Herbalist Maria Noël Groves shows you how to read your body's signals and support your own wellness with herbal remedies and other natural treatments. You'll learn how each of your major body systems — respiratory, digestive, immune, nervous, memory, reproductive, circulatory, and more — optimally functions, and you'll discover how to use natural remedies to nourish and repair problem areas, restore lost vitality, support your body as a whole, and prevent future problems. Groves includes in-depth instructions, with step-by-step photographs, for making your own herbal remedies, as well as expert guidance on buying and effectively using commercial preparations.

The Anxiety Workbook for Teens

The mayor of Atlanta and a washed-up reporter investigate a series of assassinations, and uncover a conspiracy that reaches into the heart of the city's political machine. Mayor Victoria Dobbs Overstreet is a Harvard-trained attorney and Spelman alum, married to a celebrated heart surgeon, mother to beautiful twin girls, and a political genius. When her mentor, ally, and friend Congressman Ezra Hawkins is gunned down in Ebenezer Baptist Church, Victoria finds a strange piece of origami—a "paper god"—tucked inside his Bible. These paper gods turn up again and again, always after someone is killed. Someone is terrorizing those who are close to Mayor Dobbs, and she can't shake the feeling that the killer is close to her, too. "A moving and unflinching portrait of a city and its many layers of power Taylor has created a hero we see all too rarely: black, female, powerful." —Tim Teeman, Senior Editor of The Daily Beast "From buttermilk fried okra to bibles and bullets, the story comes out the gate moving and never lets up." —Eric Jerome Dickey, New York Times bestselling author of A Wanted Woman

The Spirit Almanac

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35 Unique and Cool Afro American Black women coloring book for adults. Black girls Artwork Coloring book for Adults Stress free mind relaxation. Makes perfect gift for anyone that is looking for something related to black women, black girls or african american ethnicity. You African American? Love coloring books? Color these cool Vectors on coloring page however you want and there is no wrong way to color even if you are a beginner or a pro. Interior Details: 71 pages (total) 36 Awesome Black Women illustrations (one side with illustration and the other blank page to avoid color overlapping.). White Paper Matt finish Soft cover Flexible Paperback Size: 8 x 11 inches (21.59 x 27.94cm) comfortably large to draw on Why this coloring book? Free of Stress and anxiety . Coloring for adults and anyone that loves coloring. It's a hobby that can be taken with you wherever you go

Close Your Mouth

This is the second installment of the "Color Me Hip Hop" book series. The book features 40 hip hop artists, illustrated by Jasmine Strickland. Artists within the book include 6lack, 50 cent, Andre 3000, Lil Wayne, Nipsey Hussle, Big Krit, Cardi B, Ceelo Green, Megan Thee Stallion, Chris Brown, Drake, Lil Baby, Dom Kennedy, DaBaby, City Girls, Da Brat, Childish Gambino, ASAP Ferg, Fabolous, The Game, Gucci, Jeezy, Juicy J, Lil Yachty, Lil Kim, Mac Miller, Lil Jon, Ying yang twins, Lil Nas X, Nelly, Rick Ross, Tory Lanez, Soulja Boy, Travis Scott, Shawty Lo, Tyga, Tyler the Creator, Wale, Will.I.Am, and Young Th

Black Women Adults Coloring Book

This coloring book for adults is full of African inspired artwork, patterns and designs including African drums and masks, lions, elephants, giraffes and much more. Quality therapeutic stress relieving creative therapy with every page for grown ups who love to color.

The Willpower Instinct

With illustrations that celebrate the wild woman, and the natural world she lives in, this coloring book will inspire and energize you. Every bold line encourages you to pour yourself fearlessly into the page, using any medium you desire. Fill in these magical, richly patterned images of women surrounded by flora, in yoga poses, lost in dreams, and flourishing in the light. You'll also find empowering haiku, reflections, and prompts.

Soul Notes + Musings

Have you ever had trouble relaxing, feeling overwhelmed or remembering to take time out for YOU? Finally! A Self Care coloring book by Latoya Nicole - Exhale: Celebrating Black and Brown Women and it's the perfect Christmas gift to yourself. You can't pour from an empty cup. Give yourself permission to focus on self-care and self-love. It is important for your physical wellness and mental health, as well as for the health of your relationships. This self care coloring book provides 24 beautiful illustrations featuring motivational quotes and women relaxing, reading, journaling, exercising and putting themselves first. Add Self Care and Motivation

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back into your day with this diverse coloring book for adults. The perfect gift for friends, family and for yourself this holiday. It will inspire you and introduce you to ideas that all of us need to practice self care. Grab your colored pencils, markers, gel pens, and watercolors and have fun taking time to finally EXHALE. Looking for more diversity inspired coloring books for adults? Check out the following bestselling books by Latoya Nicole: "24 Shades of Business", "Me and My", "80's Ladies", "Alma Mater", and "Holiday Slay"! Buy it for yourself or as a gift as a great way to unwind. Premium gloss finish cover design Printed single sided on bright white paper Large format 8.5" x 11.0" pages Moderate to complex in detail

Inhale Good Things Exhale Bad Things Notebook Dairy

Cannabis Log Book log every strain you try! review tastes! rate each bud and how you feel! include your own notes! record your favorites! In the perfect 8x10 size and 100 pages, this cannabis log book makes the perfect gift for the recreational or medicinal marijuana user in your life whether they prefer the flower, edible, or oil, this record book logs it all and more! STAY AMAZING AND KEEP BLAZING

The Mourning Sister

Are you a girl mom that wants to keep the communication open with your daughter? Finally! A Mommy and Me journal - Mom and Teen: For Mothers and Daughters to share and it includes activities and coloring pages, guided prompts and provides plenty of free space for writing about whatever comes to your mind. The perfect tool to help build mother-daughter relationships. Like any relationship your bond between you and your child grows deeper when you are able to spend more time exclusively with them. This mother daughter journal celebrates the joy of motherhood by encouraging a strong mother and daughter bond. Stay in the know of what's going on with your daughter while also keeping her feeling loved and accepted. Take a little time to share special moments together and focus on Mom and Teen. - Paperback with gloss finish cover design - Printed on bright white paper - Large format 6" x 9" pages - Line journal with prompts, activities and free space

Avery's Garden

Soul Notes is your daily empowerment boost. Part book, part journal, part new friend reminding you of your magic. Soul notes are simple, sincere and relevant soul-care musings to inspire your most elevated life.

How to Breathe

Best friends Savannah, Gloria, Bernadine, and Robin are all at a crossroads in their lives and it is time for them to heal past hurts and reclaim their dreams and their joy.

Color Me Hip Hop

A creative workbook to guide grieving mothers through grief, loss and healing.

African Art and Designs

If you feel anxious most of the time, you're not alone. There is no one in the world who doesn't feel anxious at some time. And it is even more common to feel anxious during adolescence, because so many changes are taking place in your body, your mind, and your emotions. The good news is that there are a lot of effective techniques you can use, both on your own and with the help of a counselor, to reduce your feelings of anxiety and learn how to keep them from taking over your life. This workbook offers a set of simple activities you can do to make it happen. The Anxiety Workbook for Teens will show you how to deal with the day-to-day challenges of anxiety. It will help you develop a positive self-image and recognize your anxious thoughts. The workbook also includes resources for seeking additional help and support if you decide you need it. What are you waiting for? Don't spend another minute paralyzed by anxiety. Anxiety is a common and very treatable condition. Working through the activities in this book will give you many ideas on how to both prevent and handle your anxiety. Some of the activities may seem unusual at first. You may be asked to try doing things that are very new to you. They are tools, intended for you to carry with you and use over and over throughout your life. The more you practice using them, the better you will become at managing anxiety. If you ready to change your life for the better and get your anxiety under control, this workbook can help you start today.

Adult Coloring Book - Fantastic Beauties Book 2

Easy strategies for dealing with the near-universal experience of stress. Stress has become a near-universal experience as well as a rising public health concern. According to many measures, people today are dealing with stressors that are greater in number and severity than in the past several decades, and this stress is taking a toll on our collective wellness. Bringing considerable content from her popular stress management Web site on About.com, Elizabeth Scott distills information about stress management into central ideas and strategies for consumers. These include learning to reduce the stress response and stressors, practicing long-term resilience habits, and putting positive psychology research into action. These various perspectives provide a multilayered framework for understanding stress and approaching stress management that is inspirational, action-oriented, and backed by foundational and recent knowledge in the field. The quick-to-read "8 keys" format of the book can be utilized on many levels so that busy readers can quickly find relief from stress.

The Art of Doing Nothing

NEW YORK TIMES BESTSELLER • After a sudden change of plans, a remarkable woman and her loyal group of friends try to figure out what she's going to do with the rest of her life—from Terry McMillan, the bestselling author of *How Stella Got Her Groove Back* and *Waiting to Exhale* NAMED ONE OF THE BEST BOOKS OF THE YEAR BY MARIE CLAIRE AND GOOD HOUSEKEEPING • "Poignant, funny and full of life, this is a balm for troubled times."—People Loretha Curry's life is full. A little crowded sometimes, but full indeed. On the eve of her sixty-eighth birthday, she has a booming beauty-supply empire, a gaggle of lifelong friends, and a husband

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whose moves still surprise. True, she's carrying a few more pounds than she should be, but Loretha is not one of those women who think her best days are behind her—and she's determined to prove wrong her mother, her twin sister, and everyone else with that outdated view of aging wrong. It's not all downhill from here. But when an unexpected loss turns her world upside down, Loretha will have to summon all her strength, resourcefulness, and determination to keep on thriving, pursue joy, heal old wounds, and chart new paths. With a little help from her friends, of course.

Invisible No More

"Since 2002, bestselling author and former chronic asthmatic Patrick McKeown has transformed the lives of thousands of asthma sufferers in Ireland, the UK and abroad using this innovative natural approach. He is one of a few western experts accredited and authorised by the late Professor Konstantin Buteyko to teach this method. Easy to learn, easy to apply and noticeable results within seven days. Revised and updated with improved detail to allow the reader [to] make maximum progress."--Back cover.

Black Girls Must Die Exhausted

"An ultimate guide to creating personal rituals and practices that can imbue readers' lives with a potent sense of magical transformation. This book features hundreds of ideas for using ritual, meditation, crystals, tarot, aromatherapy, astrology and other spiritual practices to promote self-care and well-being"--

Exhale

A large, beautiful drawing book filled with stunning Black queens of beauty that melts stress away! Did you know? According to researchers at the University of the West of England proved that coloring can help to improve mood, reduce stress and boost creativity. So start drawing and watch your stress melt away with this creative coloring books that features multiple women with ornate patterns
Features: - 40 Gorgeous women to draw - Printed on white paper, matte cover - 8.5x11, comfortably large to draw on - Designs on one side so that the colors won't push through the other page - Messed up a drawing? Maybe you want to try another color? No problem, all drawings are repeated once - Intricate designs melts your stress like butter! - Hours of relaxation and fun This makes for a great gift for yourself or someone else. Can't get enough of drawing away? Check out our author page for other themed adult drawing books!

Getting to Happy

A simple guide to breathwork by a lauded expert that takes you through 25 simple practices for everyday situations, such as de-stressing, managing anger, falling asleep, connecting with others, and more. In How to Breathe, breathwork expert Ashley Neese gives practical guidance for channeling the power of your breath to help you tackle common challenges with mindfulness and serenity. The book first introduces you to the foundations of breathwork, outlining the research-supported

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benefits of the practice and explaining how the breath relates to emotions and resilience. Neese then offers 25 customized practices that she has created for clients over the last decade. Each practice features an introduction explaining the origin, benefits, and purpose of the breathwork, followed by step-by-step instructions and post-practice notes. With transporting photography and modern design, How to Breathe shows how small exercises can have a huge impact on daily health and happiness.

Color My Fro

Stop stressing--fast! Five-minute stress relief solutions Relieve stress in a matter of minutes with these handy exercises. 5-Minute Stress Relief delivers simple and effective solutions that will help you feel calm in a snap. Whether you're at home, in the office, or traveling, 5-Minute Stress Relief has an exercise to help ease your stressful situation. Discover how you can recenter and recompose yourself by watering your plants, practicing yoga, or making a gratitude list. Breathe deeply and get ready to relax. In 5-Minute Stress Relief you'll find: 75 Fast solutions--Find stress relief when you need it most with visualization, breathing exercises, acupressure, coloring, a walking meditation, and more. Easy-to-use advice--Each strategy is simple to learn so you can start putting it to use right away. Exercises for all kinds of stress--Whether it's personal, professional, or otherwise, these exercises can help you make it through whatever kind of stress you face, wherever it shows up in your life. It only takes a few minutes to find a sense of peace inside the pages of 5-Minute Stress Relief.

Inhale the Good Shit Exhale the Bullshit

Thriving in Sex Work Workbook

Sex work doesn't come with a beginner's manual. Erotic labor can be demanding, draining, and complex. There's no such thing as an employee handbook; most of us struggle to figure out this crazy business on our own. Lola Davina, acclaimed author of "Thriving in Sex Work: Heartfelt Advice for Staying Sane in the Sex Industry," drawing on more than 25 years in and around the sex industry, has created a workbook for sex work success. Lola's step-by-step practical action plans and creative exercises guide you to: Identify, target, and achieve your ideal clientele. Keep your body healthy and your mind clear. Be your own very best boss (even when working for someone else.) Execute feasible business and financial plans. Become the sex work rock star you were born to be! Creative, informative, inspirational, and fun, the "Thriving in Sex Work Workbook" helps make sex work work for you.

5-Minute Stress Relief

Damita Victoria Adult Coloring Book Fantastic Beauties Book Two featuring beautiful women coloring book with flowers background. Perfect coloring book for adult relaxation. ✓ ARTISTIC AND CREATIVE IMAGES: Our women coloring books for adults contain the intricate design of beautiful women with flowers background.

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Enjoy and have fun with a delightful way to release stress and boost creativity. ✓ **FEATURES SINGLE-SIDED PAGES:** Our stress relieving coloring books for adults consists of 25 images that print on single-sided pages. The image is placed on a black-backed page to avoid color bleeding to the next page. ✓ **DOUBLE-IMAGES:** Our new adult coloring books for adults comprise a double image. This will let you color your favorite picture twice in a different color variation. ✓ **MAKES THE PERFECT GIFT:** Our adult coloring books flowers and women makes the perfect gift for anyone who loves coloring. It's the best adult coloring book stress relieving patterns. This is also a brilliant choice for adult coloring books for teens, young adults, and men. Surprise them with our coloring page to make their day. Guarantee they would be thrilled to receive your gift! ✓ **SUITABLE FOR ADULTS AND TEENAGERS:** Whether you are an amateur or an expert, our adult coloring books for adults relaxation allows you to explore your artistic side. Color it as anyway you like. We provide the various amazing-inspired image to unlock your hidden creative talent. It is perfect for anyone with any skill level.

24 Shades of Business

Are you a girl mom that loves spending quality time with your mini me? Like any relationship your bond between you and your child grows deeper when you are able to spend more time exclusively with them. Me & My is a Coloring Book which celebrates motherhood by featuring 24 cute images for mom and duplicate images for daughter so mothers and daughters can create beautiful memories together. It also contains crossword puzzles, activities and motivational quotes. Take a break from the smart phones and ipads and have fun communicating as you color the same page at the same time, across from one another. Grab some colored pencils and markers and enjoy a little mommy time with your 'plus one'. This book is for women and young girls of all ages. Buy it for yourself or as a gift as a great way to unwind. .Premium gloss finish cover design. Printed single sided on bright white paper. Large format 8.5" x 11.0" pages Moderate to complex in detail.

Black Women Adults Coloring Book

“A passionate, incisive critique of the many ways in which women and girls of color are systematically erased or marginalized in discussions of police violence.”
—Michelle Alexander, author of *The New Jim Crow* *Invisible No More* is a timely examination of how Black women, Indigenous women, and women of color experience racial profiling, police brutality, and immigration enforcement. By placing the individual stories of Sandra Bland, Rekia Boyd, Dajerria Becton, Monica Jones, and Mya Hall in the broader context of the twin epidemics of police violence and mass incarceration, Andrea Ritchie documents the evolution of movements centered around women’s experiences of policing. Featuring a powerful forward by activist Angela Davis, *Invisible No More* is an essential exposé on police violence against WOC that demands a radical rethinking of our visions of safety—and the means we devote to achieving it.

The Wim Hof Method

"Both timely and enjoyable."--Kirkus Reviews The first novel in a captivating three-

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book series about modern womanhood, in which a young Black woman must rely on courage, laughter, and love--and the support of her two longtime friends--to overcome an unexpected setback that threatens the most precious thing she's ever wanted. Tabitha Walker is a black woman with a plan to "have it all." At 33 years old, the checklist for the life of her dreams is well underway. Education? Check. Good job? Check. Down payment for a nice house? Check. Dating marriage material? Check, check, and check. With a coveted position as a local news reporter, a "paper-perfect" boyfriend, and even a standing Saturday morning appointment with a reliable hairstylist, everything seems to be falling into place. Then Tabby receives an unexpected diagnosis that brings her picture-perfect life crashing down, jeopardizing the keystone she took for granted: having children. With her dreams at risk of falling through the cracks of her checklist, suddenly she is faced with an impossible choice between her career, her dream home, and a family of her own. With the help of her best friends, the irreverent and headstrong Laila and Alexis, the mom jeans-wearing former "Sexy Lexi," and the generational wisdom of her grandmother and the nonagenarian firebrand Ms. Gretchen, Tabby explores the reaches of modern medicine and tests the limits of her relationships, hoping to salvage the future she always dreamed of. But the fight is all consuming, demanding a steep price that forces an honest reckoning for nearly everyone in her life. As Tabby soon learns, her grandmother's age-old adage just might still be true: Black girls must die exhausted.

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