COLORING BOOK

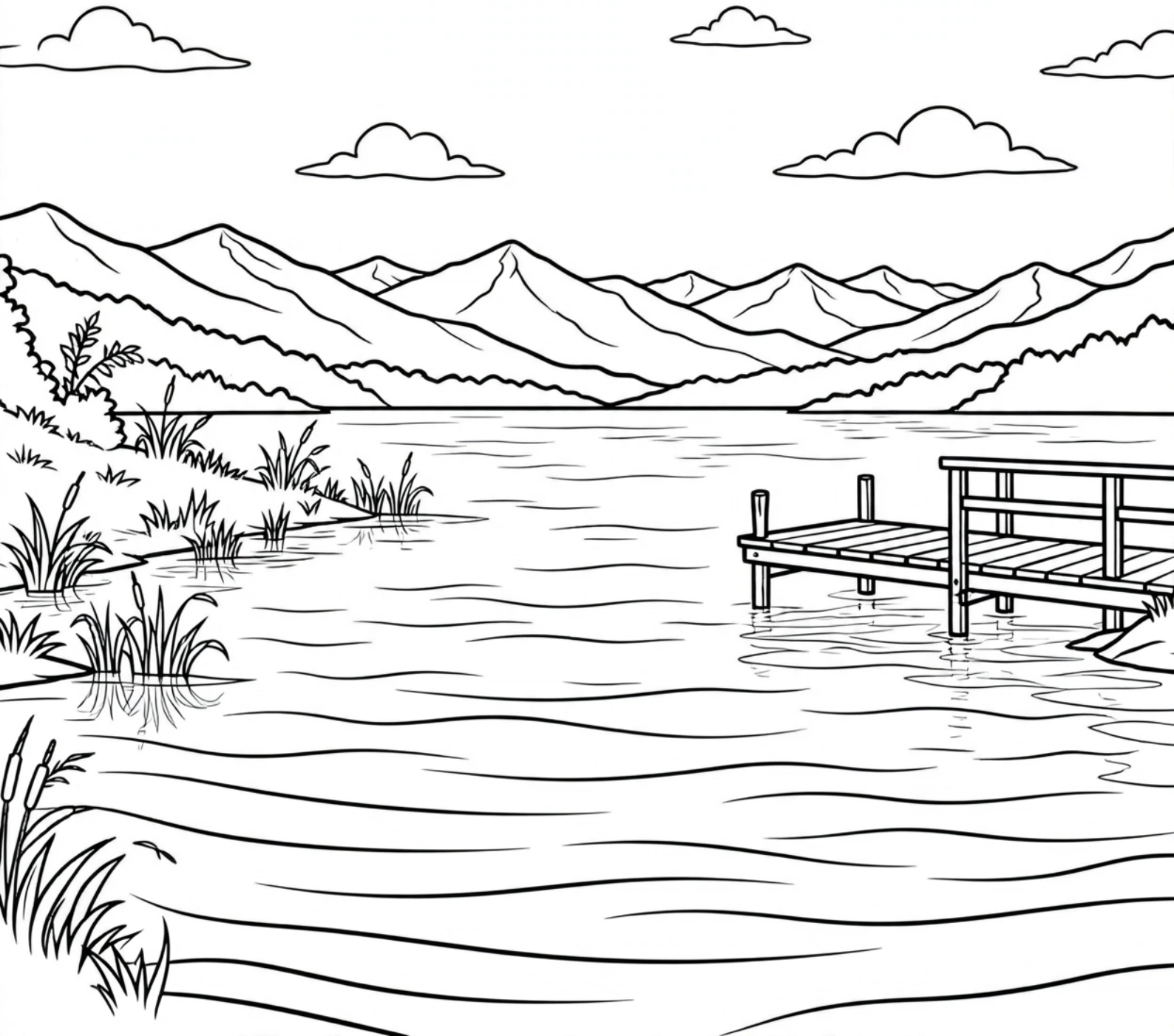
The Care

Find peace and calm as you color your way to a quieter mind.

VOLUME TWO

Be still.

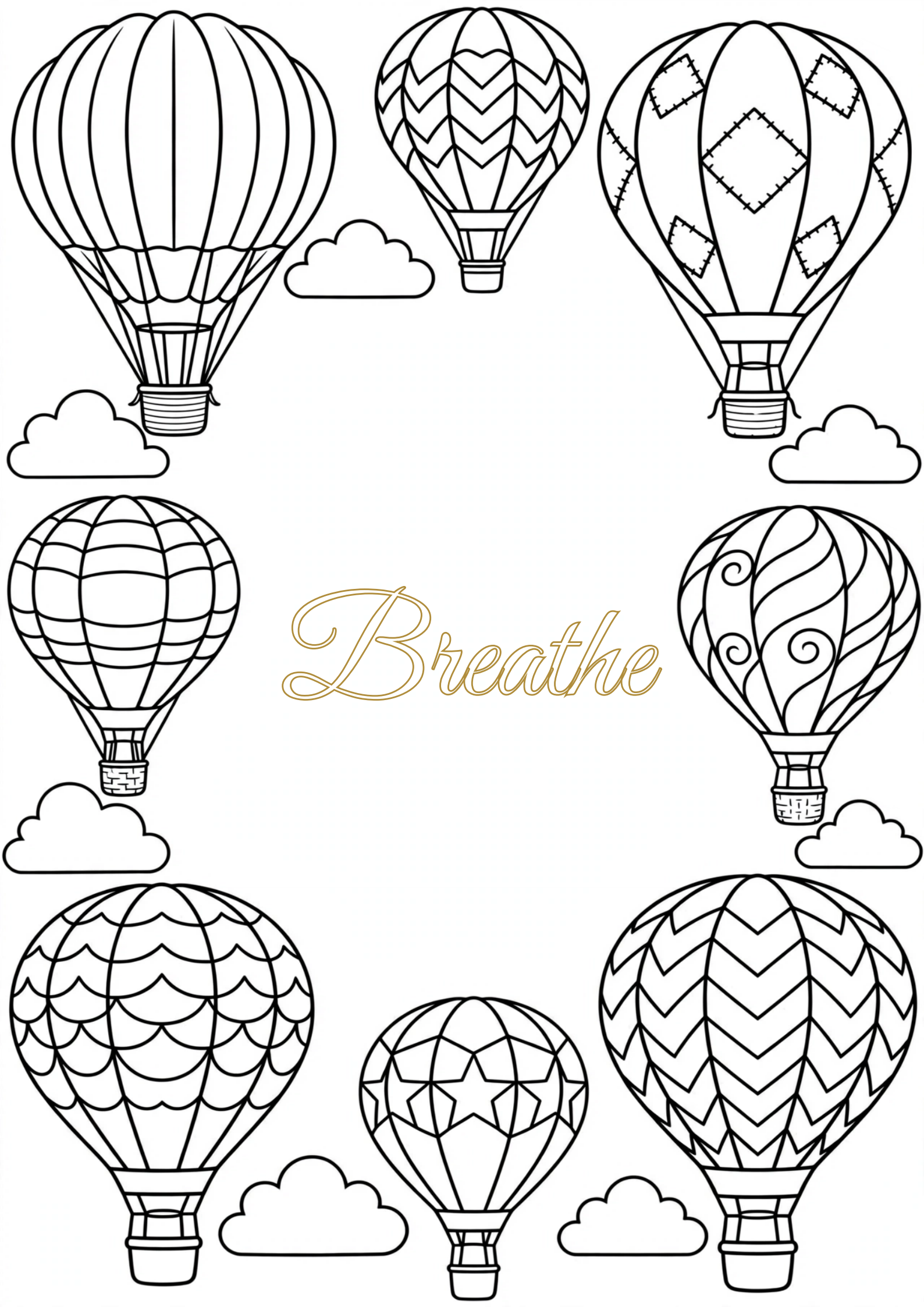
Breathe.



This moment is

enough.




Breathe

You are

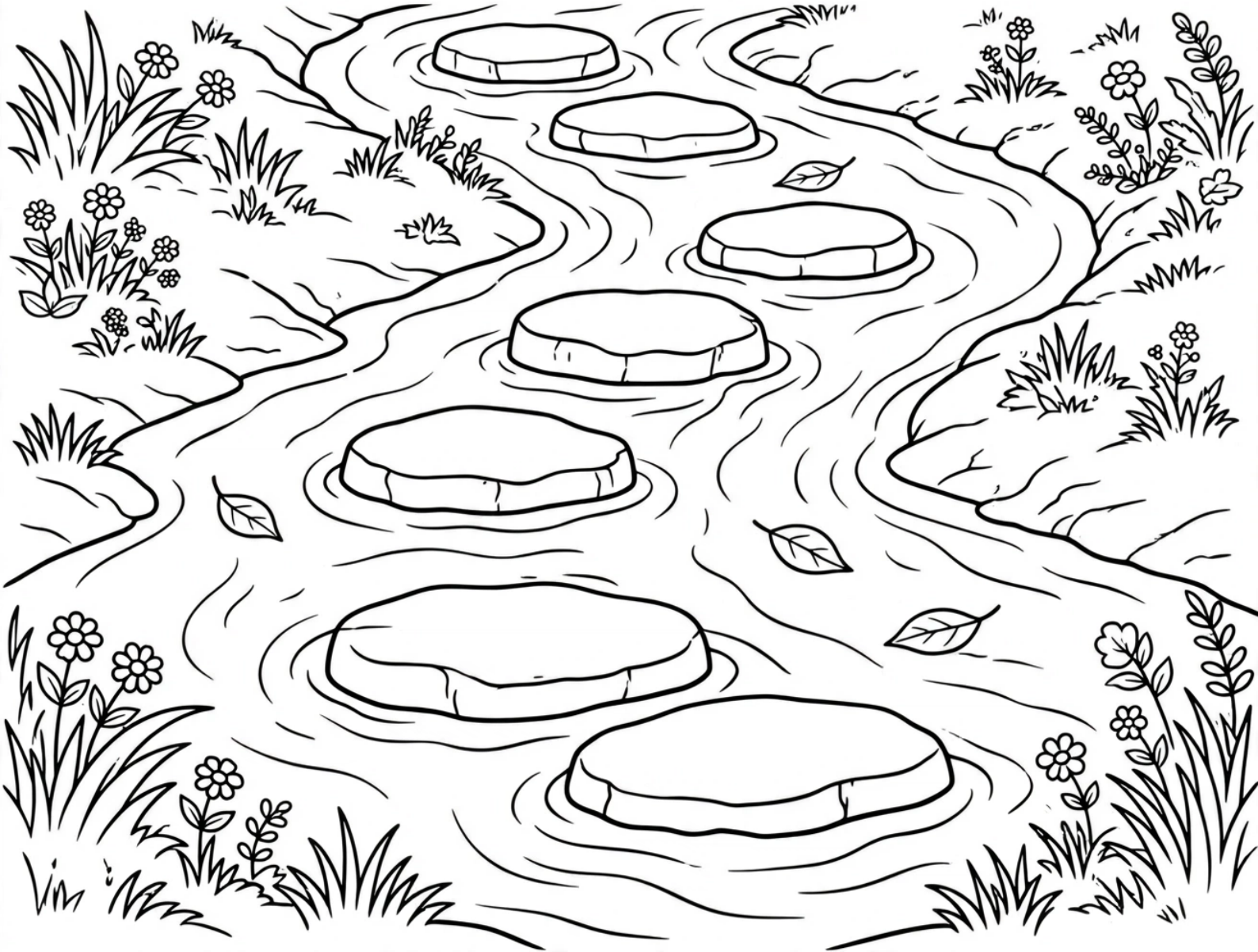
stronger

than you think.



One step

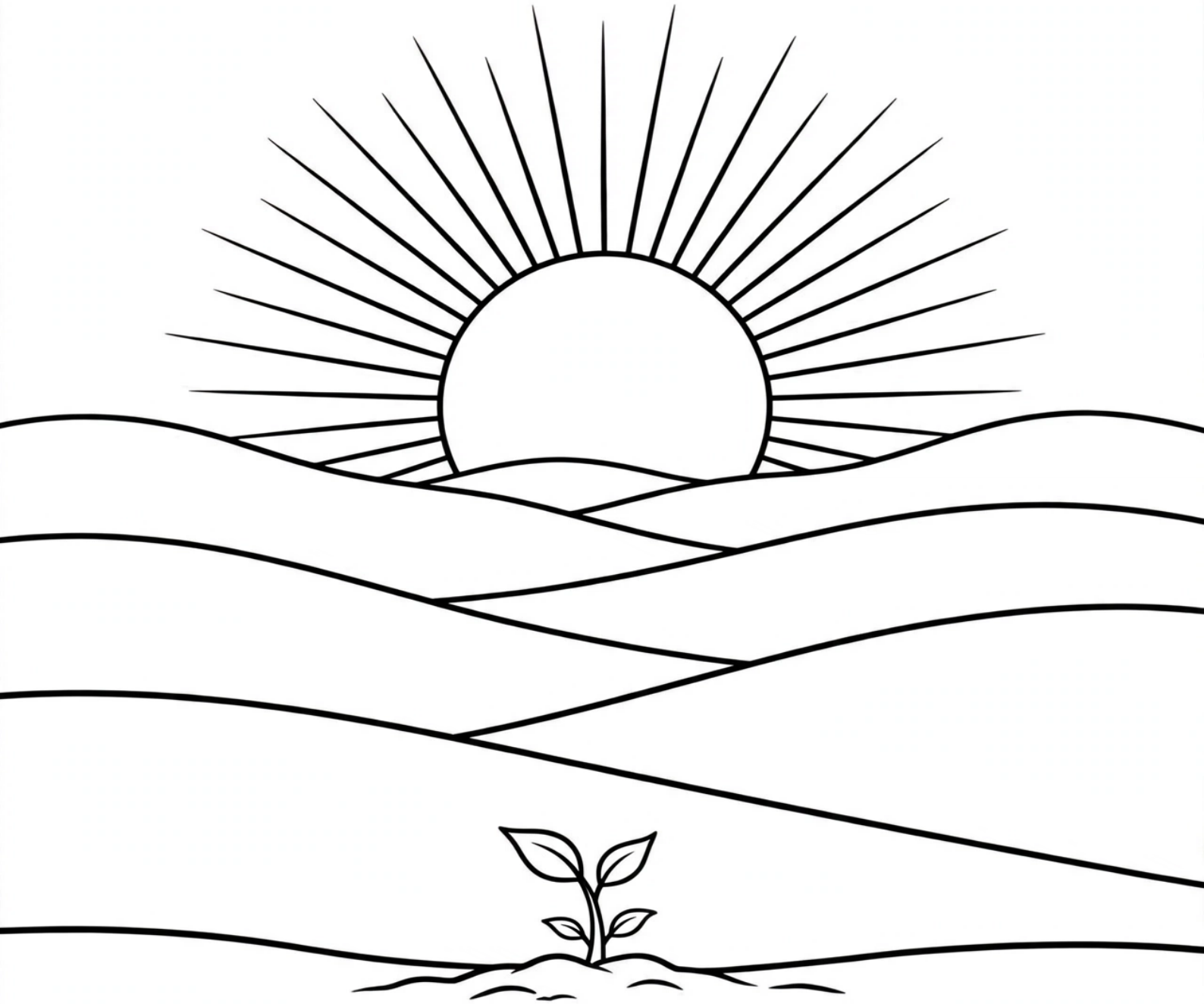
at a time.

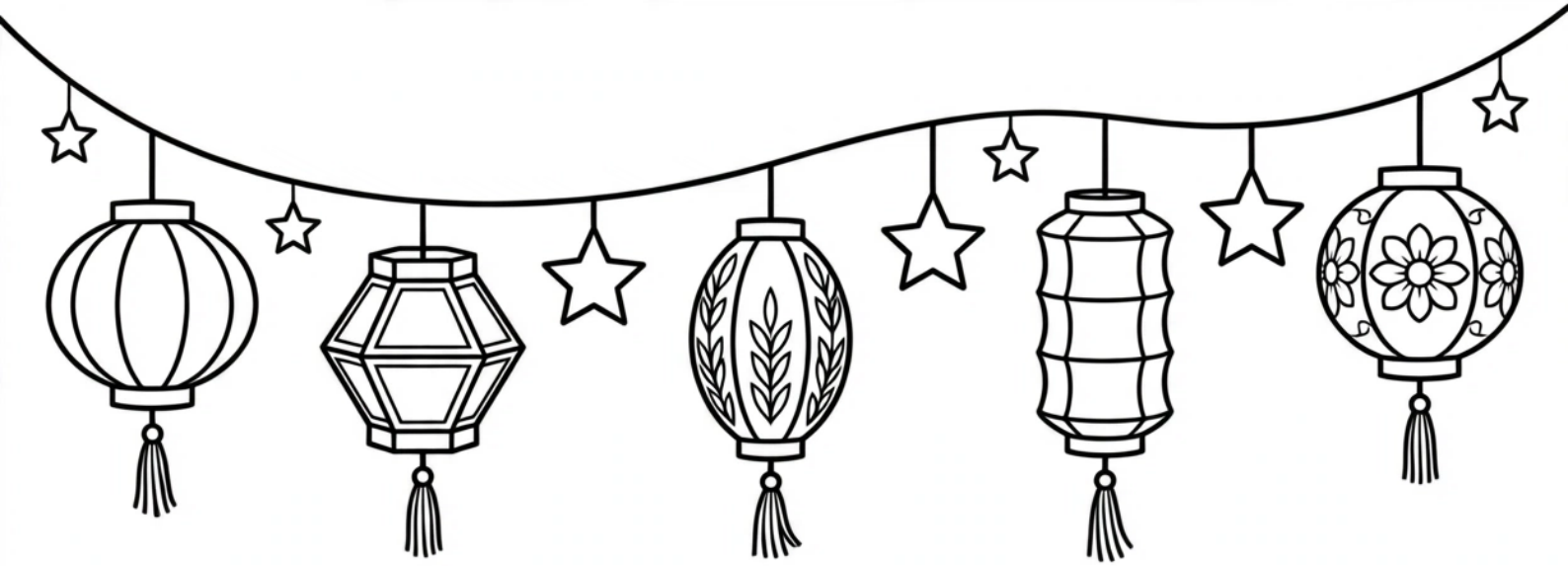



Trust
Yourself

Tomorrow is

a new page.



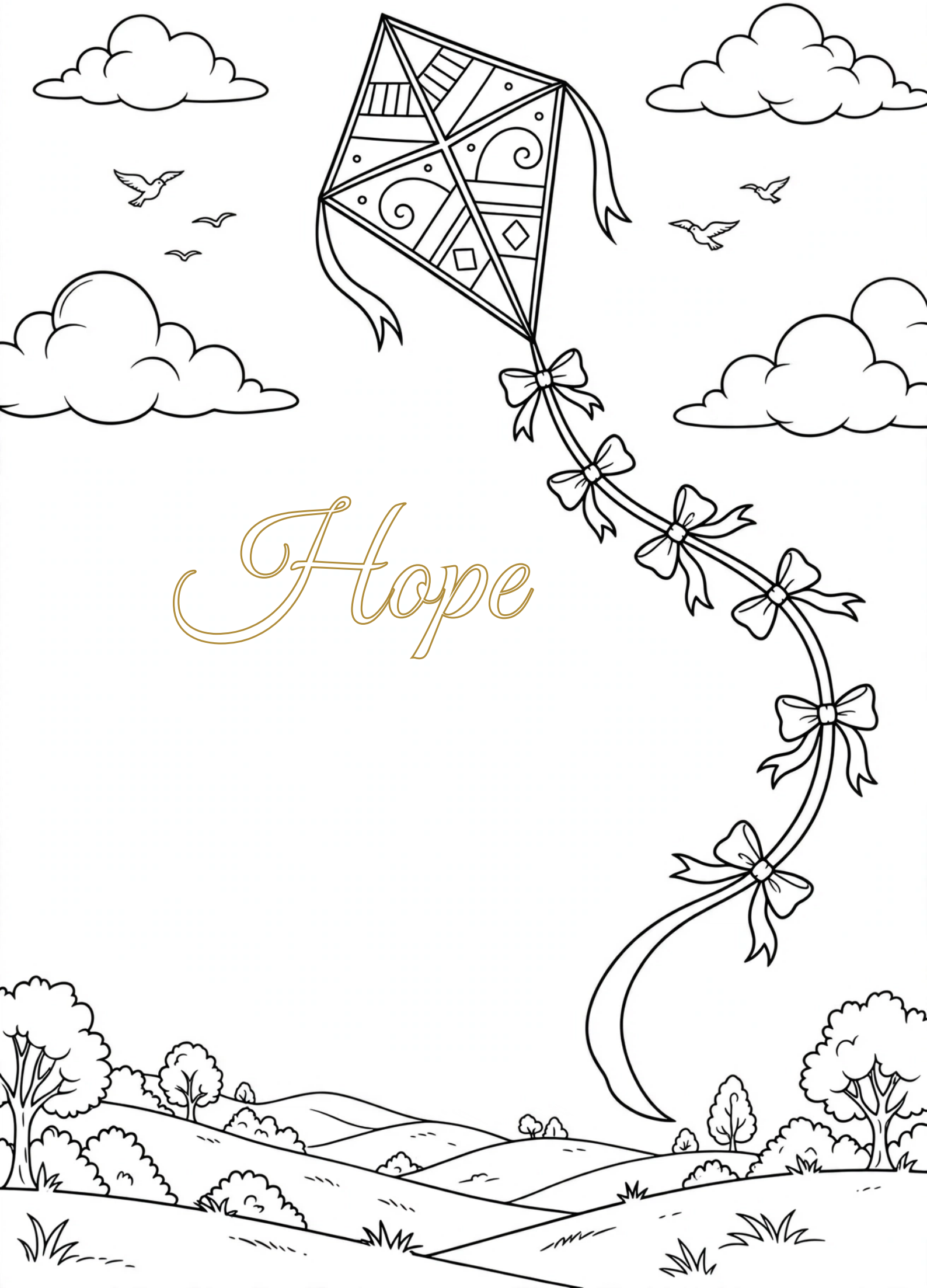


Light

always finds a way in.






Hope

Keep

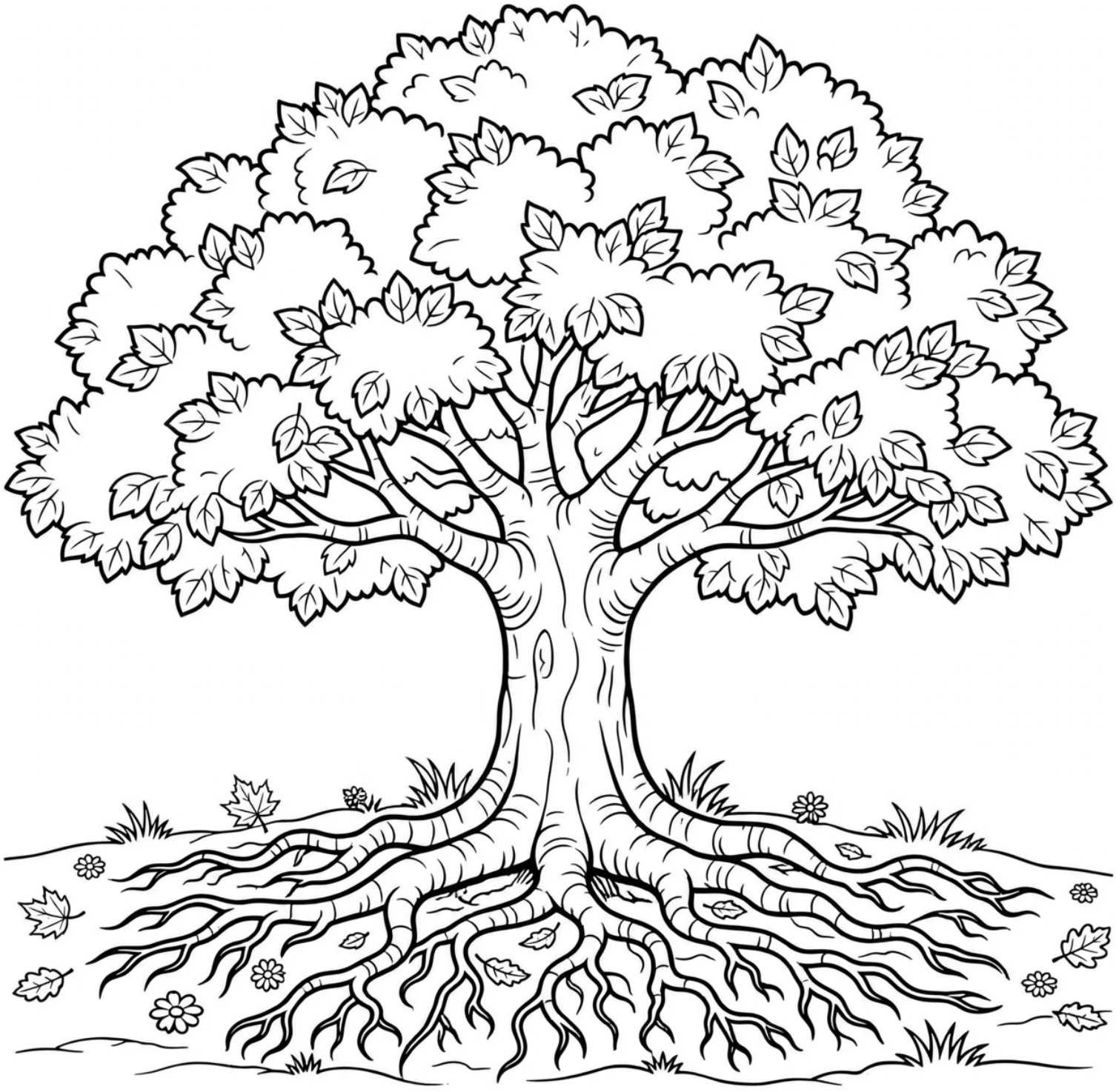
going.



You have

survived

every hard day so far.




Rest is also
Progress