



Colors of Health: Art for Well Body and Mind (Paperback)

By Melvia F Miller

Createspace, United States, 2012. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. This fun BOOK for young people (ages 6 thru 15) - contains coloring pages with brief info and activities on the issues of HEALTH, NUTRITION, FITNESS, HYGIENE, and NATURE. Health Care is one of the most important issues of our times. Our world is faced with all sorts of diseases, obesity, and viruses. Colors are beautiful. When we look out into our world, we cannot help but be touched by the beauty offered by Nature. the blue sky, the sunsets, and the many colors of the trees and flowers. Nature is the best artist who uses colors to help inspire, to stimulate, to help, to communicate, to unite, to soothe, and to heal. COLORING IS GOOD FOR ALL AGES -- IT HELPS US TO DE-STRESS. and it is one of the best forms of meditation. For many of us, when we think of coloring, we connect to the innocence of childhood and a time when we weren't burdened by responsibility and expectation. Picking up a crayon (or colored pencils) can help us reconnect to a sense of simplicity and peace we have temporarily...

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