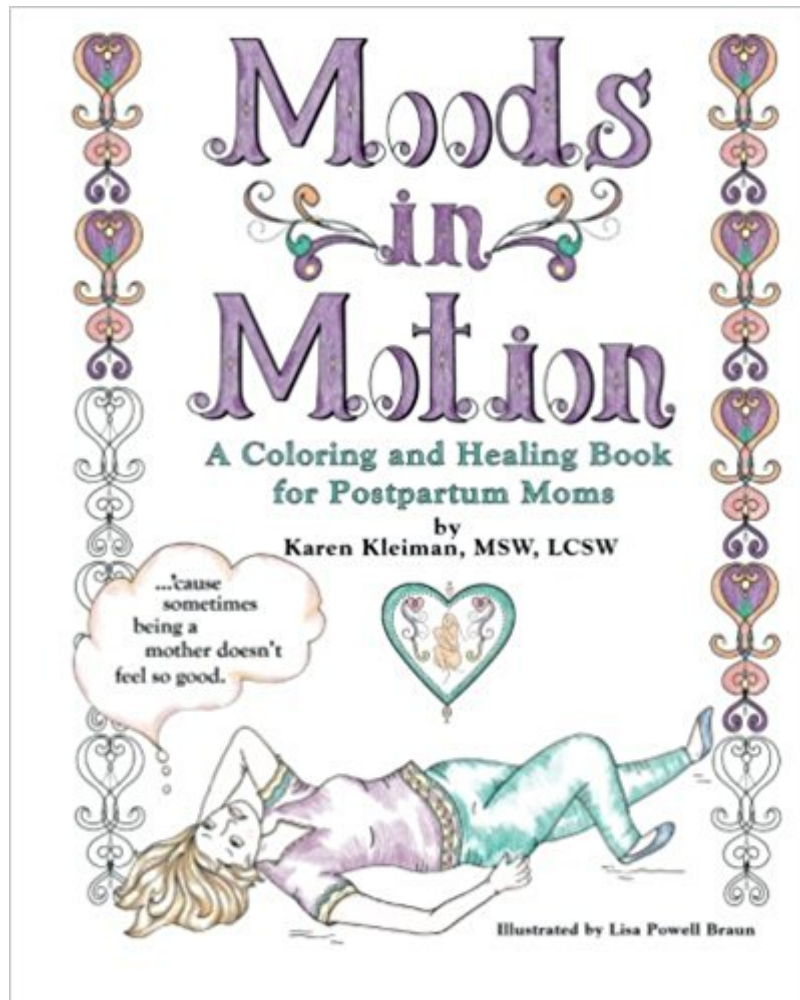


The book was found

Moods In Motion: A Coloring And Healing Book For Postpartum Moms



Synopsis

Created by an internationally recognized expert in the treatment of postpartum depression and anxiety, and author of several books on perinatal distress, this book provides the perfect format to introduce a postpartum woman to evidence-based recommendations for healing. Moods in Motion is a unique coloring book which addresses the specific areas of distress facing new mothers. Each illustration depicts a symptom followed by an adjoining illustration along with descriptions of recommendations for healing. We are learning more about the benefits of art therapy techniques to distract an anxious mind. Unfortunately, negative, unwanted thoughts are a common phenomenon causing much stress to postpartum women. Moods in Motion provides a restorative tool so moms can gain control over how they are feeling and enjoy a creative outlet at the same time. In this way, Moods in Motion is more than a coloring book which will ease stress. It is an illustrated guide toward recovery which enables any postpartum woman to actively participate in her healing. As you color your way through the symptom and healing pages, you will envision and internalize suggestions that bring you closer to feeling like yourself again!

Book Information

Paperback: 66 pages

Publisher: CreateSpace Independent Publishing Platform; 1 edition (May 31, 2016)

Language: English

ISBN-10: 1533319081

ISBN-13: 978-1533319081

Product Dimensions: 8 x 0.2 x 10 inches

Shipping Weight: 7 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 starsÂ Â See all reviewsÂ (11 customer reviews)

Best Sellers Rank: #740,942 in Books (See Top 100 in Books) #37 inÂ Books > Health, Fitness & Dieting > Mental Health > Postpartum Depression #569 inÂ Books > Self-Help > Art Therapy & Relaxation #596 inÂ Books > Self-Help > Emotions

Customer Reviews

What a great way to clear your mind of negative thoughts: by focusing on creating beautiful art. Sometimes we just need to get out of ourselves and our worries, and this coloring book provides a way to do just that. Beautiful pictures just waiting to be filled in with color!

I bought this to use with my clients but will have to get another as I started coloring it myself! The

images and words match up perfectly, each page more thoughtful than the last. I look forward to giving my clients a chance to use creativity as a complimentary therapeutic tool to talk therapy.

Leave it to Karen to create this beautiful and constructive way to express and manage feelings in a therapeutic way. It touched me on many levels, both cathartic and healing. I strongly encourage others to enjoy the benefits of this wonderful book!

Sometimes just staying in the lines is all you can do. Or not, and explore what having no boundaries can reveal. Whatever you feel like this coloring book helps you to express it. No judgment, no criticism, no directions, it's all you.

I love the coloring book! I find myself looking forward to quiet moments when my baby is napping to lose myself in the beautiful images of this book. Since becoming a mother, I am a huge fan of Karen's. Her other books have been so helpful to me as a new mom. I have shared her books with my friends also - she is an inspiration to all mom's.

As a life long colorer, I appreciate the details, the variety of images and free space for random creativity. As a therapist, I love the format of the book- there are distressing postpartum thoughts with a corresponding image and then on the next set of pages there is a healing statement and matching image. The free space also is quite useful for clients to journal or other wise personally express themselves. So thankful this exists for my clients.

Karen has created a masterful and unique book here which should appeal to all new mothers, whether suffering from postpartum depression or not. It is expressive, creative and very useful in helping mothers identify and work with their feelings. A+ job!

I love this book and highly recommend it. Having suffered with postpartum depression myself, I wish it had been available when I was going through it. Moods in motion is a wonderful adult coloring book for postpartum mothers by Karen Kleiman, a specialist in perinatal mood & anxiety disorders. The book is made up of "symptom" and "healing" pages. The symptom page has a statement of how a mom might be feeling. The following page has an "affirmation or recommendation" for moms. The statements are short and easy to read and understand. Many of the statements on the symptom pages were feelings or thoughts I experienced myself when I had

postpartum depression. The "affirmations" were excellent pieces of advice/words of wisdom and are written in a in a very reassuring way and do not minimize what a mom may be feeling. The coloring pages are beautifully designed and I found them to be very calming while I colored.

[Download to continue reading...](#)

Moods in Motion: A coloring and healing book for postpartum moms
Magical Unicorns and Fairies: Adult Coloring Book: Unicorn Coloring Book, Fairy Coloring Book, Fantasy Coloring Book, Fairies Coloring Book, Adult Coloring Book
Back to the 80s: 1980s Fads and Fashion Coloring Book: Adult Coloring Books Fashion, 80s Coloring Book, 1980s Coloring Book, Fashion Coloring Book ...
Fashion Coloring Book for Adults) (Volume 1) #Love #Coloring Book: #Love is Coloring Book #1 in the Adult Coloring Book Series Celebrating Love and Friendship (Coloring Books, Coloring Pencils) ... Series of Adult Coloring Books) (Volume 1) #Me #Coloring Book: #ME is Coloring Book No.5 in the Adult Coloring Book Series Celebrating Ideas to Live By (Coloring Books, Coloring Pencils) ... Series of Adult Coloring Books) (Volume 5)
Crystal Healing: How crystal healing works, crystal therapy, the human energy field, gemstones, and how to use crystals for healing and increased energy!
Healing Scriptures for a Broken Heart: Experience Emotional Healing and Healing the Wounds of the Past
Love You Mom: The Gift Of Coloring: The perfect anti-stress coloring book for moms
Healing Scriptures: 300 Healing Bible Verses on the Proven Healing Promises from God's Word
Grayscale Adult Coloring Books Gray Faces: Coloring Book for Grown-Ups Grayscale Coloring Books) (Photo Coloring Books) (Fantasy Coloring Books) Grayscale Animals) (Animal Coloring Books) (Volume 1)
Creative Oceans Coloring Book: Adult Coloring Book of Stress Relief Sea Animal Patterns and Designs (Ocean Coloring Book, Lost Ocean, Stress Relief Coloring Book, Anti Stress Coloring Book) (Volume 1)
Understanding Your Moods When You're Expecting: Emotions, Mental Health, and Happiness -- Before, During, and After Pregnancy
Romantic Moods: Paranoia, Trauma, and Melancholy, 1790-1840
An Unquiet Mind: A Memoir of Moods and Madness
Born to Kvetch: Yiddish Language and Culture in All of Its Moods
Today I Feel Silly: And Other Moods That Make My Day
My Mary-Kate & Ashley Diary: For All My Moods
Moods of Future Joys: Around the World by Bike Part One: From England to South Africa
#Chalkboard #Coloring Book: #Chalkboard is Coloring Book #4 in the Adult Coloring Book Series Celebrating #Love and #Friendship (Coloring Books, ... Series of Adult Coloring Books) (Volume 4)
MINDFULNESS Coloring Book: Relaxation Series : Coloring Books For Adults, coloring books for adults relaxation, coloring book for grown ups, COLORAMA Coloring Book (Volume 1)

Contact Us

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)