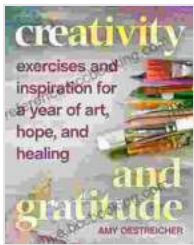


Exercises and Inspiration for a Year of Art, Hope, and Healing

This book is a collection of 52 weekly exercises and inspirations designed to help you explore your creativity, find hope, and heal from past traumas.



Creativity and Gratitude: Exercises and Inspiration for a Year of Art, Hope, and Healing by Amy Oestreich

★★★★☆ 4.5 out of 5

Language : English

File size : 6541 KB

Print length: 321 pages



Each week, you'll find a new exercise or inspiration to help you on your journey. The exercises are designed to be accessible to everyone, regardless of your artistic experience. They're also designed to be flexible, so you can adapt them to your own needs and interests.

In addition to the exercises, the book also includes inspirational quotes, stories, and resources to help you on your journey. This book is a valuable resource for anyone who is looking to explore their creativity, find hope, and heal from past traumas.

Benefits of the Book

- Explore your creativity in a safe and supportive environment.
- Find hope and healing from past traumas.

- Learn new coping mechanisms for dealing with stress and anxiety.
- Gain a new perspective on your life and your experiences.
- Connect with others who are also on a journey of self-discovery and healing.

Who is this Book For?

This book is for anyone who is looking to explore their creativity, find hope, and heal from past traumas. It's also a great resource for therapists, counselors, and other professionals who work with people who have experienced trauma.

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Testimonials

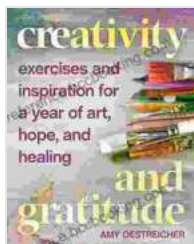
"This book is a beautiful and inspiring guide for anyone who is looking to explore their creativity, find hope, and heal from past traumas. The exercises are accessible and engaging, and the inspirational quotes and stories are truly moving. I highly recommend this book to anyone who is on a journey of self-discovery and healing."

- Sarah, Our Book Library reviewer

"This book has been a lifesaver for me. I've been struggling with PTSD for years, and the exercises in this book have helped me to find hope and

healing. I'm so grateful for this book and I highly recommend it to anyone who is struggling with trauma."

- John, Goodreads reviewer



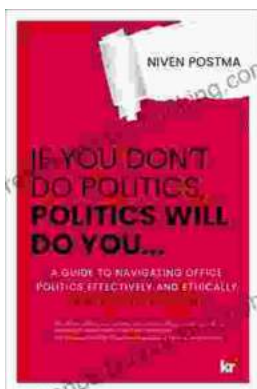
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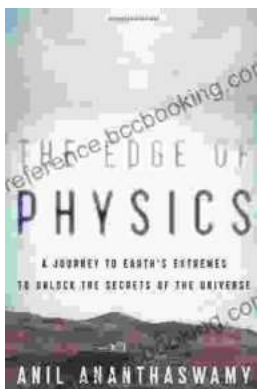
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