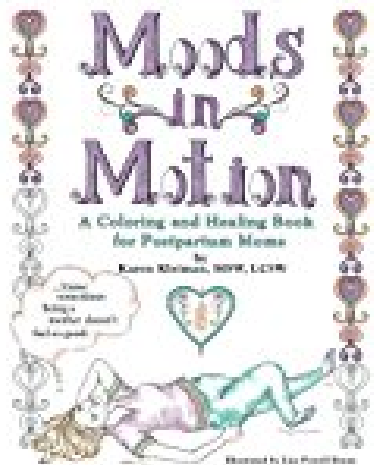


# Moods in Motion A coloring and healing book for postpartum moms

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## BOOK DETAILS

- Author : Karen Kleiman
- Pages : 66 Pages
- Publisher : CreateSpace Independent Publishing Platform
- Language : English
- ISBN : 1533319081

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## **BOOK 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!

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