



# **My Dreams Matter: Mandala Coloring Book Journal: Inspiration Guide and Motivational Tool (Volume 1)**

*Lynnette Rozine Prock*

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This 38 page, illustrated journal inspires and encourages positive thinking and mindful meditation. Each page has a black and white line art illustration (most are mandala shapes) and plenty of room for jotting down thoughts and ideas. Quotes and affirmations are scattered throughout the book for added inspiration. Coloring and keeping a diary (at any age) are simple ways to find peace from within. Visit [MyDreamsMatter.com](http://MyDreamsMatter.com) for more inspirational fun!



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