



# **Joyfully Jewish: Family and Adult Coloring Book for Relaxation and Meditation (Color Your Soul) (Volume 1)**

*Rae Shagalov*

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"Joyfully Jewish" is the first coloring book for adults in the "Color Your Soul" series of family and adult coloring books that integrate the relaxing, meditative art of coloring with deep chassidic secrets of Judaism. It includes more than 40 fun designs to color and unique Jewish quotes from contemporary Jewish masters written in beautiful calligraphy. This coloring book for grownups and families is a relaxing, uplifting and meditative introduction to Jewish spirituality. Coloring for relaxation and stress relief is a peaceful, meditative activity. As you color in the pages, contemplate the Artnotes thoughts on them and try to internalize them. If you're doing this as a family activity, discuss the ideas while you color them in together. Afterwards, hang up these beautiful family treasures around your home to set a Joyfully Jewish tone. The designs are printed on one side of the page only to prevent bleed-through in this adult coloring book for relaxation.

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