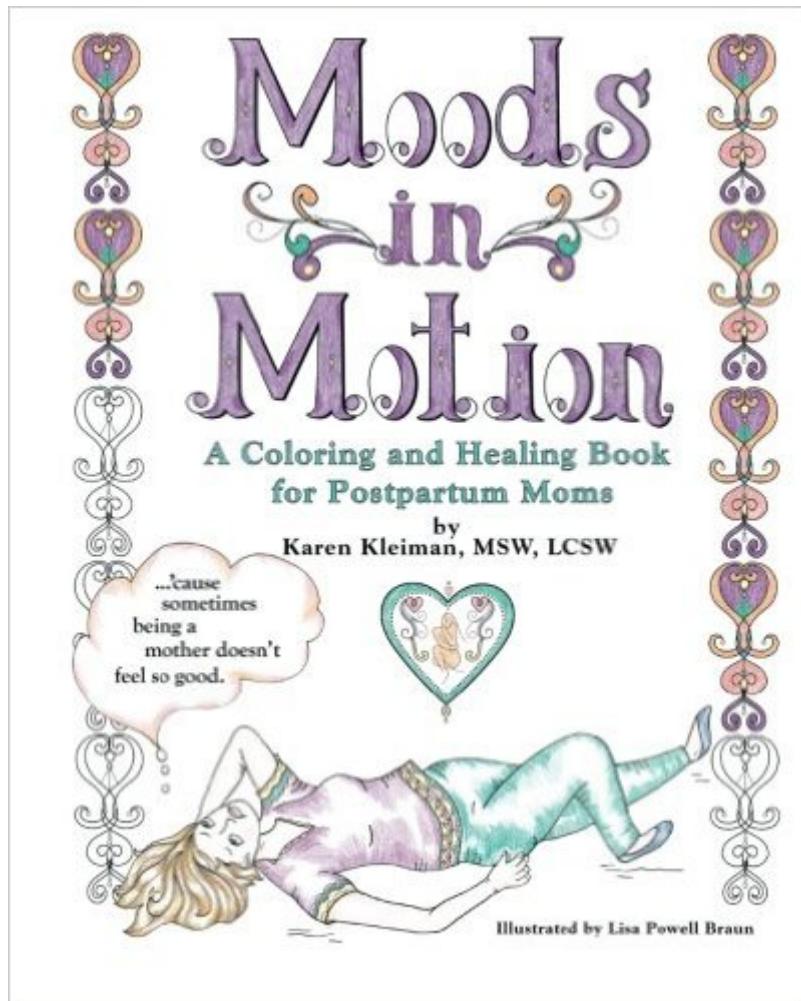


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# Moods In Motion: A Coloring And Healing Book For Postpartum Moms



## **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  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 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.

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