



Brilliantly Beautifully Black: An Affirmations Trace & Color Therapy Coloring Book

Natalie A. Jackson Esq.

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COLORING AND JOURNALING PAGES We live in a society where Black women and girls are often over-looked and devalued. Everyday our subconscious minds are bombarded with images of Black women and girls that are either over-sexualized, unrealistic, or promote Eurocentric ideals of beauty. It's important that those images are counter-balanced with empowering Afrocentric ones and self-affirming words; or else Black women and girls risk the mental health tolls that feelings of inadequacy, shame, anguish, and/or sadness have had on so many Black people. This book is an Affirmations and Color Therapy "Trace & Color" Coloring Book. It works by helping users reprogram their subconscious minds. Through the repetition of affirming and empowering words and the conscious engagement required to view, read, trace and color the pages in this book; this book helps users reprogram their mindset by sending positive thoughts to their subconscious mind...and...it's also just plain relaxing.

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