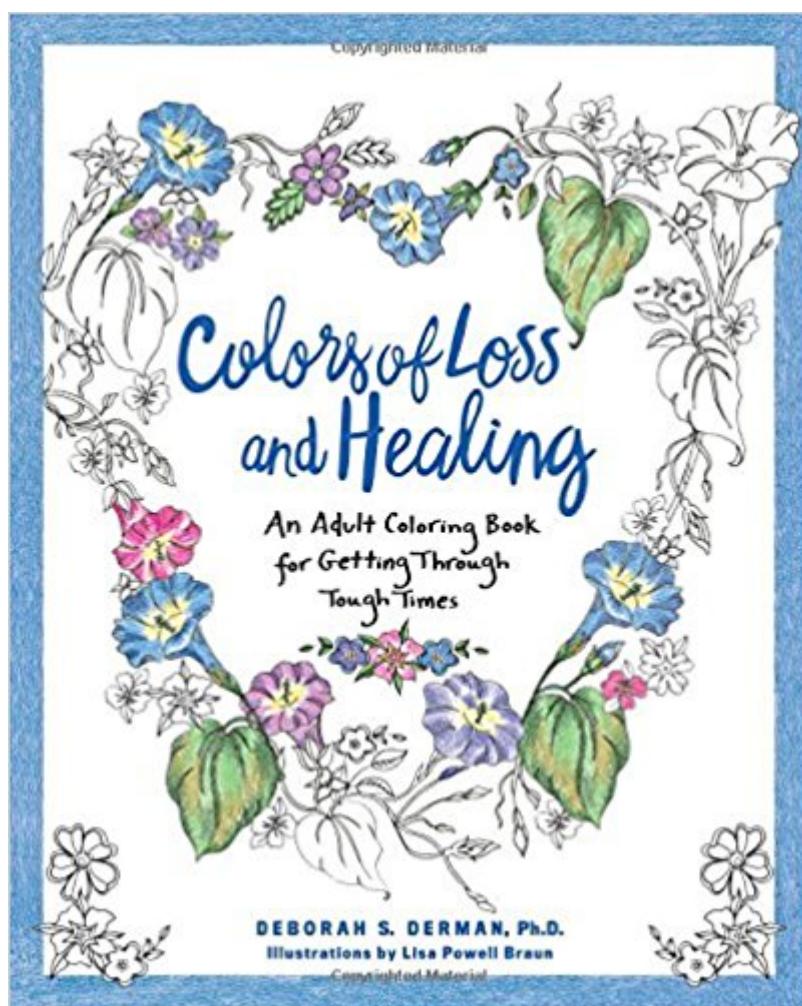


The book was found

Colors Of Loss And Healing: An Adult Coloring Book For Getting Through Tough Times



Synopsis

Begin to heal from loss with more than 40 soothing designsWhether you are experiencing a significant loss, depression, anxiety, or another profound challenge, healing takes time and is often a multi-step process. That's why grief counselor Deborah Derman created Colors of Loss and Healing, an adult coloring book that combines beautiful drawings with inspirational words to help you quiet your mind and contemplate your journey toward healing. With additional journal pages to express your thoughts and feelings as they arise, Colors of Loss and Healing provides guided meditation and a quiet contemplative activity to help you work through and heal from your personal grief.

Book Information

Age Range: 10 and up

Paperback: 96 pages

Publisher: Rodale Books; Clr Csm edition (December 5, 2016)

Language: English

ISBN-10: 1623369282

ISBN-13: 978-1623369286

Product Dimensions: 8 x 0.3 x 0.4 inches

Shipping Weight: 11.2 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 48 customer reviews

Best Sellers Rank: #341,822 in Books (See Top 100 in Books) #377 in Books > Self-Help > Art Therapy & Relaxation #661 in Books > Self-Help > Relationships > Love & Loss #1082 in Books > Self-Help > Creativity

Customer Reviews

Colors of Loss and Healing is the perfect companion for everyone who is recovering from a significant loss. Dr. Derman has put her many years of personal and professional experience in working with issues of loss and grief into a remarkably healing coloring and journaling book which provides guided meditation, highlighting the focal points of recovery from grief and loss. Dr. Derman's carefully chosen words with beautifully rendered illustrations make it possible to create your own unique healing journey through the exploration of your own thoughts and feelings, hopes and dreams. Colors of Loss and Healing will bring significant help and gentle guidance to all who use it, and should be in the tool box of psychologists, grief therapists and centers everywhere. Laura Slap-Shelton, Psy.D.Licensed PsychologistAuthor of Melissa's Magic Ride, a Story for

Grieving Children, and many articles on grief and healing, owner/publisher of GriefandRenewal.Com, and speaker on grief issues. Going through loss and grief is a painful process. Dr. Deborah Derman brings both her unique clinical and personal experience to bear to help others channel their feelings and energy along the way. Her coloring book can help those who suffer loss in any form from death, loss of relationship, even loss of grounding and a sense of self. Her book is a supportive and positive resource for growth and resiliency. Claudia G. Chernow, M.D. Child, Adolescent, and Adult Psychiatrist Debby Derman is a remarkable psychotherapist who knows more professionally and personally about loss than anyone I have come across in 30 years of practice. The nature of these 35 words and the coloring they generate creates a gentle and comprehensive approach to grief and loss. Although we carry sorrows for a lifetime, if there's any way to hold love after grief, this book clearly shows you how. Tom Schneider, MAT, LCSW-R. -- Psychotherapist Dr. Deborah Derman has crafted a meaningful tool to help those experiencing loss understand how to begin healing. Through her unique blending of personal experience and extensive clinical work, Dr. Derman has blazed the trail for those trying to take manageable steps through this daunting and overwhelming process. This beautiful and nurturing coloring book will undoubtedly be a valuable resource for those who are seeking concrete and pragmatic help in their journey towards recovery. Caryn Richfield, Psy.D. Dr. Deborah Derman has created a beautiful and inspiring therapeutic tool in Colors of Loss and Healing; An Adult Coloring Book for Getting Through Tough Times. It is a jewel of a book that can guide those who are struggling with loss and grief. I highly recommend it for anyone who is undergoing a significant loss in their lives. Sherri Becker, DNP, RN -- This text refers to an out of print or unavailable edition of this title.

DEBORAH DERMAN, PHD, is a grief and bereavement counselor, group facilitator, and educator who has been providing counseling services for over twenty years. In addition to grief therapy, she gives professional lectures, trainings, and workshops in the areas of grief, bereavements, and recovery. She received her doctorate in Psycho-Educational Processes from Temple University. She lives in Philadelphia, PA.

This is truly a book of healing. Coloring the designs is meditative. The one word that is within each illustration is a way to focus on one thought, one step, through a difficult time. I love that this is a "self-help" book without hundreds of pages of words, chapters of directions, "exercises". Nope. Simply color. Reflect. One page at a time. Enjoy. Heal. I am sending this book to friends who are

working through sadness and loss. I'm also buying a few extras to have on hand. This book makes a lovely gift when you want to support a friend or loved one.

I received Colors of Loss and Healing in the mail a few days ago. This really is a unique adult coloring book. I suppose there are those who will work through the book and each word that Dr. Derman presents as a "healing blueprint" from front to back. At my stage in the healing process I was immediately attracted to the word and illustration for DETERMINATION. As I color in this page I think about DETERMINATION and what it means to me in my life. I wonder which word in Dr. Derman's blueprint for healing I will be attracted to next? I used verithin colored pencils and I love my Alvin Dux Pencil sharpener for coloring. A Prismacolor Verithin Colored Pencils, Set of 24 Assorted Colors (2427)Alvin Dux Pencil Sharpener

I am enjoying this coloring book. I've been recovering from a severe medical condition and have had a lot of time on my hands. The messages in this book remind me that I will get through this illness. The pictures are very detailed and enjoyable to color.

I found this to be a wonderful adult coloring book with powerful words and beautiful pictures. As an artist, I know the power of colors and how they radiate out certain energies. They feed the soul. I found this book to be an enjoyable, relaxing and enriching experience enabling those energies to do their magic. Have fun with it!

Colors of Loss and Healing provides a number of images, each with a centering word or phrase embedded, and ample space for writing, reflecting, creating. As a hospice chaplain, I have given numerous copies to those who have experienced the death of a loved one, always with very positive feedback. This book is an invitation to make space for healthy grieving, to allow a wide range of feelings to be expressed, and to take small, slow steps toward the pain of loss becoming grateful remembering.

Today I received the book Colors of Loss and Healing by Dr. Debby Derman. What a beautiful, calming way to delve into one's feelings when experiencing a terrible tragedy in life. Reading a single, inspiring word on each page, while coloring at the same time, helps you to reflect upon your own thoughts and work towards healing. Debby's personal story lets you know there is a light at the end of the tunnel.

I was disappointed with the pictures in this coloring book... cheesy and very feminine. I think men benefit from this sort of activity as much as women. Also, it was quite expensive for being so flimsy and minimal.

I bought this book for myself (It arrived in 1 day) and a close friend who has had her share of losses. I decided to purchase additional copies for friends who are grieving. I feel this book is a wonderful tool to help in working through grief issues. I even bought crayon boxes so they could color in the magnificent pictures.Dr Derman's introduction is heartfelt and honest. She seems to have a great handle on what it feels like to lose a loved one.Ms Braun's drawings are warm and thoughtful.So happy to have found this resource.

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