



Colors of Loss and Healing: An Adult Coloring Book for Getting Through Tough Times

Deborah S. Derman Ph.D.

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Colors of Loss and Healing is the first coloring book designed specifically for adults experiencing a significant loss or challenge in their lives. Through 35 words, one on each page embedded in lavish illustrations, the book provides a sort of guided meditation and a quiet, contemplative activity to ponder a proven path toward healing and recovery.

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