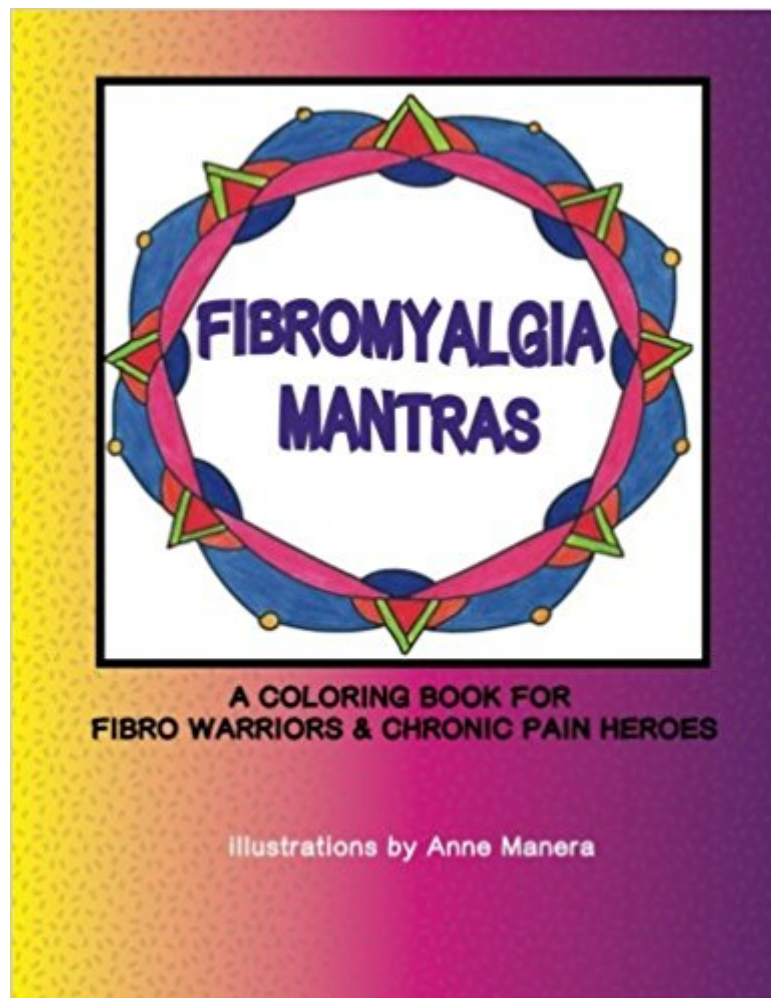




**Ebook Directory**  
the best source of ebook

The book was found

# Fibromyalgia Mantras A Coloring Book For Fibro Warriors & Chronic Pain Heroes



## Synopsis

The ONLY COLORING BOOK dedicated to Fibromyalgia !! Distract your mind from the pain as you color these Fibromyalgia Mantras for Fibro Warriors & Chronic Pain Heroes. 20 pages to color to shift your mood to a positive one with 10 BONUS pages to color and add your own healing mantra. Fibromyalgia affects 2-4% of the population causing widespread pain and flu like symptoms. Many people find relief in coloring as a form of relaxation.

## Book Information

Paperback: 68 pages

Publisher: CreateSpace Independent Publishing Platform (October 24, 2016)

Language: English

ISBN-10: 1539693694

ISBN-13: 978-1539693697

Product Dimensions: 8.5 x 0.2 x 11 inches

Shipping Weight: 8.2 ounces (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars 9 customer reviews

Best Sellers Rank: #757,843 in Books (See Top 100 in Books) #11 in [Books > Health, Fitness & Dieting > Alternative Medicine > Chelation](#) #56 in [Books > Medical Books > Psychology > Medicine & Psychology](#) #100 in [Books > Law > Specialties > Disability](#)

## Customer Reviews

Anne Manera is an illustrator, designer and author of coloring books and children's books. Her coloring books are inspired by her paintings. Anne also runs a facebook coloring group Just Color! with Anne Manera. When she is not illustrating coloring books or hanging out with her dogs, Manera is available for painting commissions. Visit her website - [www.annemanera.com](http://www.annemanera.com) Facebook Page - [www.facebook.com/annemanerascoloringbooks](https://www.facebook.com/annemanerascoloringbooks) Join her Facebook Coloring Group - [www.facebook.com/groups/juscolorgroup](https://www.facebook.com/groups/juscolorgroup)

For those who suffer Fibro, chronic pain, otmr any chronic illness this is YOUR book. Believe me from personal experience, I have colored 2 pages and read every page 3 times. In the back are blank designs that I plan on using as a type of journal. MAYBE on my worst days or maybe my, few and far between ,best days. PLEASE get this book, you won't be sorry. PLUS there is nothing hard and intricate , which I surely don't need. PLEASE see my pics attached. I'm just your average person and coloerer.

Anne Manera has delivered us yet another wonderful coloring book! The mantras, or sayings, in this book are right on target for those of us who suffer with fibromyalgia. I've not had an opportunity to color one of the pictures as of yet, but I have colored many of Ms. Manera's pages in the past. Her designs are mostly of larger spaces, leaving plenty of room for trying new blending techniques and doodles and tangles. They are ideal for those who want to color a page quickly and for those with dexterity and vision problems as well. I tend to prefer drawings with a little more depth; otherwise, I would give this a 5-star rating. This is based SOLELY on personal preferences!

I love this coloring book. Anyone with fibromyalgia or chronic pain can relate to the mantras. I like that it is easy to color as sometimes I get too tired to color anything intricate.

Just received my book and love it already! So many of us who have "invisible" chronic pain illnesses feel like no one understands. This book puts into words what I feel from day to day and are not complicated coloring for those days when the pain is bad I need the distraction to help with the pain. I am also pleased with the "extra" pages that I can add mantras that are specific to me. A great book for chronic pain warriors!

Having fibro myself, this book so relates to all I feel. Great illustrations in a book that is just enjoyable and fun.

I've have this book and have had the pleasure of colouring some of the pages.. They are no fuss, simple patterns.. easy to colour. designs, only limited to your imagination. There are 10 extra pages that you can colour and add your own Mantra to..

What a great coloring book for people living with Fibromyalgia and / or chronic pain. This book puts a positive spin on a medical condition that can be very difficult for many people. Great pages to color, positive mantras to inspire your day.

Just what I needed. This book is very inspiring and fun to color. Makes me feel like someone understands my pain. The drawings are fun and cute. I'd recommend this to friends.

[Download to continue reading...](#)

Fibromyalgia Mantras A Coloring Book for Fibro Warriors & Chronic Pain Heroes Fibromyalgia: The

complete guide to fibromyalgia, understanding fibromyalgia, and reducing pain and symptoms of fibromyalgia with simple treatment methods! The Fibro Fix: Get to the Root of Your Fibromyalgia and Start Reversing Your Chronic Pain and Fatigue in 21 Days Brain Inflammation in Chronic Pain, Migraine and Fibromyalgia: The Paradigm-Shifting Guide for Doctors and Patients Dealing with Chronic Pain (Inflammation Mastery & Functional Inflammology) Chronic Fatigue Syndrome And Your Emotions: How To Successfully Treat Chronic Fatigue Syndrome In The Natural Way-A Key For Recovery (Chronic Fatigue Syndrome, ... Syndrome Fibromyalgia, Lupus, Book 3) Classification of Chronic Pain: Descriptions of Chronic Pain Syndromes and Definitions of Pain Terms Married To Fibro: An intimate journey living with and loving those with Fibromyalgia Coping with Chronic Illness: \*Neck and Back Pain \*Migraines \*Arthritis \*Fibromyalgia\*Chronic Fatigue \*And Other Invisible Illnesses Back Stretching: Back Strengthening And Stretching Exercises For Everyone (lower back pain, healing back pain, stretching exercises, back pain treatment, ... pain relief, stretching, back pain Book 1) The Fatigue and Fibromyalgia Solution: The Essential Guide to Overcoming Chronic Fatigue and Fibromyalgia, Made Easy! The Better Bladder Book: A Holistic Approach to Healing Interstitial Cystitis & Chronic Pelvic Pain[ THE BETTER BLADDER BOOK: A HOLISTIC APPROACH TO HEALING INTERSTITIAL CYSTITIS & CHRONIC PELVIC PAIN ] by Cohan, Wendy (Author ) on Nov-09-2010 Paperback Fibromyalgia: The Complete Guide to Living: Easy and Natural Cures that Reduce Fibromyalgia Pain and Suffering Fibromyalgia: The Fibromyalgia Guide to Overcome Pain and Suffering to Live a Happier Life Mandala Coloring book: Mandalas. Easy coloring: Simple mandala coloring book, Adult mandala coloring Books,Mandala coloring, Adult Coloring Book: ... coloring books for Adults) (Volume 2) Anti Inflammatory Diet: Chronic Disease to Healthy Living - A Simple Guide (Chronic Pain, Arthritis, Joint Pain Book 1) Chronic Pain: Taking Command of Our Healing! : Understanding the Emotional Trauma Underlying Chronic Pain Magical Unicorns and Fairies: Adult Coloring Book: Unicorn Coloring Book, Fairy Coloring Book, Fantasy Coloring Book, Fairies Coloring Book, Adult Coloring Book Back to the 80s: 1980s Fads and Fashion Coloring Book: Adult Coloring Books Fashion, 80s Coloring Book, 1980s Coloring Book, Fashion Coloring Book ... Fashion Coloring Book for Adults) (Volume 1) MARIJUANA: Guide To Illness And Pain Management (Medical Marijuana, Pain Management, Cannabis, Epilepsy, Cancer Treatment, Chronic Pain) Fibromyalgia and Chronic Myofascial Pain: A Survival Manual (2nd Edition)

[Contact Us](#)

[DMCA](#)

Privacy

FAQ & Help