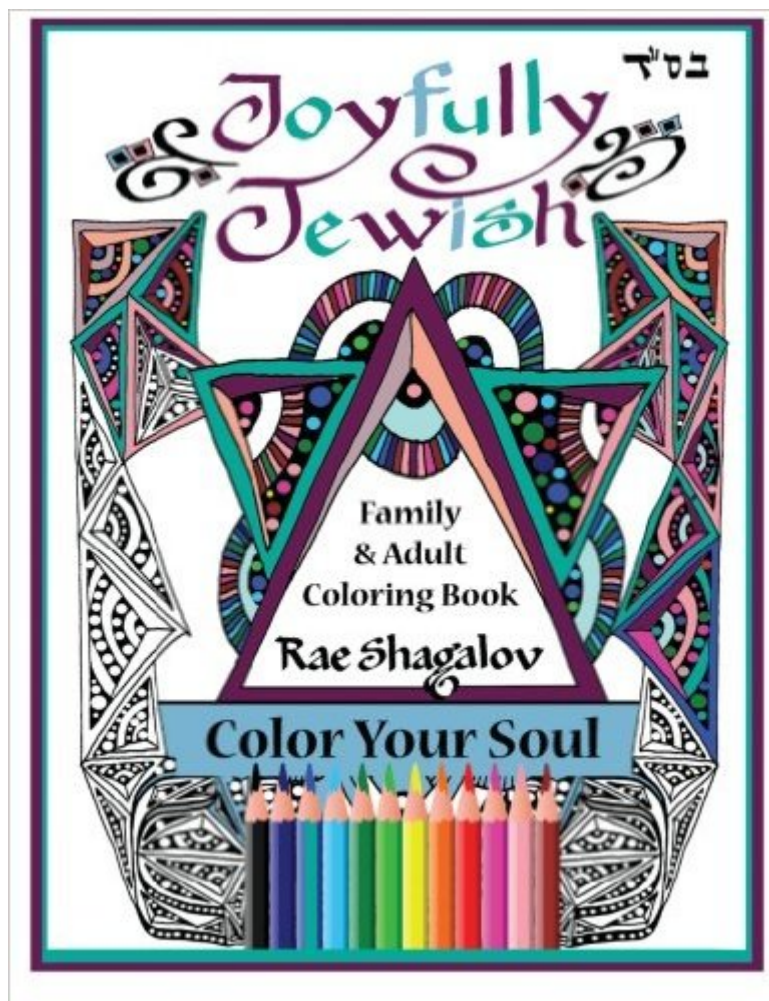


The book was found

# Joyfully Jewish: Family And Adult Coloring Book For Relaxation And Meditation (Color Your Soul) (Volume 1)



## Synopsis

"Joyfully Jewish" is the first coloring book for adults in the "Color Your Soul" series of family and adult coloring books that integrate the relaxing, meditative art of coloring with deep chassidic secrets of Judaism. It includes more than 40 fun designs to color and unique Jewish quotes from contemporary Jewish masters written in beautiful calligraphy. This coloring book for grownups and families is a relaxing, uplifting and meditative introduction to Jewish spirituality. Coloring for relaxation and stress relief is a peaceful, meditative activity. As you color in the pages, contemplate the Artnotes thoughts on them and try to internalize them. If youâ™re doing this as a family activity, discuss the ideas while you color them in together. Afterwards, hang up these beautiful family treasures around your home to set a Joyfully Jewish tone. The designs are printed on one side of the page only to prevent bleed-through in this adult coloring book for relaxation.

## Book Information

Series: Color Your Soul

Paperback: 96 pages

Publisher: Holy Sparks (December 30, 2015)

Language: English

ISBN-10: 1937472035

ISBN-13: 978-1937472030

Product Dimensions: 8.5 x 0.2 x 11 inches

Shipping Weight: 12.6 ounces (View shipping rates and policies)

Average Customer Review: 4.9 out of 5 starsÂ Â See all reviewsÂ (19 customer reviews)

Best Sellers Rank: #252,626 in Books (See Top 100 in Books) #179 inÂ Books > Arts &

Photography > Drawing > Coloring Books for Grown-Ups > Religious & Inspirational #180

inÂ Books > Religion & Spirituality > Judaism > Jewish Life #539 inÂ Books > Arts & Photography

> Graphic Design > Techniques > Use of Color

## Customer Reviews

I recently treated myself to Rae Shagalov's Joyfully Jewish: Family and Adult Coloring Book, and purchased more to give as birthday presents. Rae's calligraphy and designs capture the essence of Jewish spirituality. She is a master teacher conveying Life's lessons to her audience that allows the learner/artist (we, the consumers) to playfully engage in soul searching through meditation by using the medium of a coloring book and colored pencils. When I was a youngster learning to color I could never stay in the lines even though there were usually wide spaces. Now, an adult, I first thought

about how I would be able to color in narrow spaces. I am a fledgling fiber artist and enjoy selecting colors and patterns for my crochet and quilting projects. As I flip through the pages of Joyfully Jewish: Family and Adult Coloring Book, I am envisioning the color schemes I think are appropriate for the particular verse on each page. That is the fun part of coloring...deciding on color combinations, actually coloring, and bringing the pages to life. Yes, I can color within the lines. It is not as confining as I thought it would be. I salute Rae Shagalov for her creativity, her knowledge, and her willingness to share. Working through this book, especially the pages containing thoughts on Shabbos, relationships, and Psalms, made my mind wander. Rae's writings are quite inspirational. I imagined how I might express a particular phrase that reached the depths of my soul. Perhaps she could include a few blank pages in future books allowing us to express our own creativity as we ponder a thought. Thank you, Rae Shagalov, for your part in making life joyful.

As someone who has been coloring for years it's very refreshing to finally find some quality books with Judaic themes. Rae's is one of those. The addition of her inspirational quotes only adds to this wonderful coloring book. This book and Joanne Fink's Judaic Expressions are the only two I have found that are quality Judaic themed coloring books. My wish is for more artists to take note of this overlooked area. Thanks Rae. I know both your quotes and coloring will add meaning to my life.

I was so excited to get my coloring book and it arrived in one day with my Prime subscription! I am familiar with Rae's beautiful work and to have an entire comic book filled with incredible themes for me to color is absolutely lovely! I must admit, I actually bought 5 all together since it is going to be my new and unique gifting option. Wonderful!

I was so happy to receive my coloring books. They are not only beautiful, interesting and SO much fun... but the dedication page is so incredibly inspiring. Many thanks to Rae Shagalov for giving us a such a wonderful way to relax, connect and shine light!!

I was thrilled to see that "adult" coloring books are "in" but I wanted something Jewish!!! I couldn't believe my eyes when I saw Rae's book...and then I was even more excited to receive it and see that it's not only full of cool things to color.....each page is a whole "lesson" for a JOYFUL JEWISH LIFE!!! I can't wait to give them to friends, family, and of course, to get coloring!!!!

Love my coloring book by Rae! Better than I even imagined it to be. ...can't wait to start! Even w the

holidays I received my books in a timely manner! I bought an extra to send out to a friend and I'm sure I'll be buying now as its a wonderful gift!

This is the most spiritually uplifting experience a family/ or individual can do! Opportunity to be creative and also touch that still small voice we often miss, in this noisy world!

I bought this as a gift, but I ended up keeping it. Fun, and very inspiring! A great way to zone in and really focus on meditating.

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