



# I F\*cking Love Myself Through Darkness & Light: A Sweary Affirmation Coloring Book Journal for Adults

Kim A. Flodin

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Reg. price: \$15.99

**INCLUDES: 19 White on Black Images, 19 Black on White Images, 19 Journal Prompts, 12 Bonus Images, 200 TOTAL PAGES! Enjoy Two hundred pages of sweary affirmation coloring and journaling joy!!!**

See What's Inside: <https://www.youtube.com/watch?v=zzkaxKY8Nsk>

**I Fucking Love Myself Through Darkness & Light** features artwork on both black and white backgrounds. This collection of inspiring and humorous sweary phrases for coloring reminds you to keep going through the darkness and the light. It combines coloring, journaling, swearing, fun, laughter, stress relief and more in one very helpful coloring journal for adults, and offers support for all areas of your life...self-esteem, motivation, self-care, introspection, finances, body image and more. You'll enjoy an assortment of images along with corresponding journal pages and writing prompts which support the coloring/journaling experience and can lead you to deeper insights and understanding.

## **Phrases You Will Find in This Book:**

- Bad Ass & Beautiful
- I Have a Fucking Fantastic
- I Fucking Believe in Myself
- Chuck It in the Fuck It Bucket
- I am Fucking Amazing
- I am Beautiful
- I've So Fucking Got This
- I am the Fucking Queen!
- I Fucking Love Myself
- I'm So Fucking Happy I Could Shit Rainbows!
- Not My Fucking Monkeys, Not My Fucking Circus
- I am Shit Hot – I Love My Body
- You are Fucking Kicking Ass
- Bitch with Balls
- I Am Fucking Awesome
- Money Fucking Flows Into My Life
- Bad Ass Bitch

## **Journal Prompts Include:**

- What can I let go of RIGHT NOW that will improve my life?
- I AM Fucking Amazing and here's exactly why...

- I AM handling things beautifully in my life...I so FUCKING GOT THIS!

**Book Highlights:** • 200 Pages

- All Original, Hand-Drawn Designs
- Designs for Assorted Skill Levels
- Single Sided Printing on Bright White Paper
- Extra Pages For Bleed Through & Color Testing
- Bonus Coloring Pages

**Book Side Effects:** • Introspection

- Endless Laughter
- Relaxation
- Stress Relief
- Joy & Motivation
- Positive Change

You'll also find two sweary bonus black and white images (Asshat and Fuck!), plus pages from each of my other books as my gift to you, including a page from my best-selling sweary mandala book...Oh Shit! Let's Color Sweary Mandalas.

Visit [kelekilove.com](http://kelekilove.com) for fun freebies and more.



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### **From reader reviews:**

#### **Barbara Akins:**

Here thing why that I F\*cking Love Myself Through Darkness & Light: A Sweary Affirmation Coloring Book Journal for Adults are different and dependable to be yours. First of all reading through a book is good nonetheless it depends in the content of the usb ports which is the content is as scrumptious as food or not. I F\*cking Love Myself Through Darkness & Light: A Sweary Affirmation Coloring Book Journal for Adults giving you information deeper and in different ways, you can find any guide out there but there is no e-book that similar with I F\*cking Love Myself Through Darkness & Light: A Sweary Affirmation Coloring Book Journal for Adults. It gives you thrill reading through journey, its open up your own eyes about the thing that happened in the world which is maybe can be happened around you. It is possible to bring everywhere like in recreation area, café, or even in your approach home by train. In case you are having difficulties in bringing the printed book maybe the form of I F\*cking Love Myself Through Darkness & Light: A Sweary Affirmation Coloring Book Journal for Adults in e-book can be your substitute.

#### **Christopher Watson:**

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#### **Theodore Stewart:**

A lot of people always spent all their free time to vacation as well as go to the outside with them friends and family or their friend. Are you aware? Many a lot of people spent these people free time just watching TV, or playing video games all day long. If you would like try to find a new activity here is look different you can read any book. It is really fun for you personally. If you enjoy the book that you simply read you can spent 24 hours a day to reading a reserve. The book I F\*cking Love Myself Through Darkness & Light: A Sweary Affirmation Coloring Book Journal for Adults it is very good to read. There are a lot of people that recommended this book. They were enjoying reading this book. If you did not have enough space to deliver this book you can buy often the e-book. You can m0ore easily to read this book from the smart phone. The price is not too expensive but this book offers high quality.

#### **Gwendolyn Smith:**

Many people spending their time period by playing outside along with friends, fun activity together with family or just watching TV the entire day. You can have new activity to invest your whole day by examining

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