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# Blessed Be . . . : Journaling thru the Beatitudes - with Illustrations to Color

*Isla W Backus*

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'Blessed Be . . .' combines thought-provoking questions related to the Beatitudes, combined with lined pages for journaling and illustrations for the adult colorist. Contains 24 full-page illustrations with smaller pictures scattered throughout. All full page illustrations are blank on the back to allow for bleed-thru. Total of 53 pages. For each verse in the study, three pages are allocated. The first page has the relevant verse in the header. The rest of the page lists

three questions, with six lines below each to allow plenty of room for writing. The second page is a full-page illustration in black and white for coloring. The back of this page is left blank. The third page is fully lined to allow room for further thoughts and notations. The book is intended to encourage meditation on scripture, while also taking advantage of the proven therapeutic benefits of coloring - fighting stress, encouraging relaxation, and inspiring calm and creativity. Illustrations are appropriate for colored pencil, fine-tipped markers, or pens. Paper is heavy stock to minimize bleed-thru.

About the Author This is the first publication for Isla Backus, a native Houstonian now happily residing in Bend, Oregon. For more information, check out her website, [IslaBackus.com](http://IslaBackus.com). You can also find Isla on Facebook.