

THE MINDFUL FERTILITY PROJECT PRESENTS

# Coloring Conception

STRESS REDUCTION FOR FERTILITY SUCCESS



BONUS  
28 SELF  
RELAXATION  
EXERCISES  
INSIDE

NATURAL CYCLE ADULT COLORING BOOK



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WHEN I COLOR, MY BODY \_\_\_\_\_.

A MIND-BODY PROGRAM THAT TEACHES YOU EXACTLY  
HOW TO OPTIMIZE YOUR FERTILE HEALTH NATURALLY  
[MINDFULFERTILITYPROJECT.COM](http://MINDFULFERTILITYPROJECT.COM)



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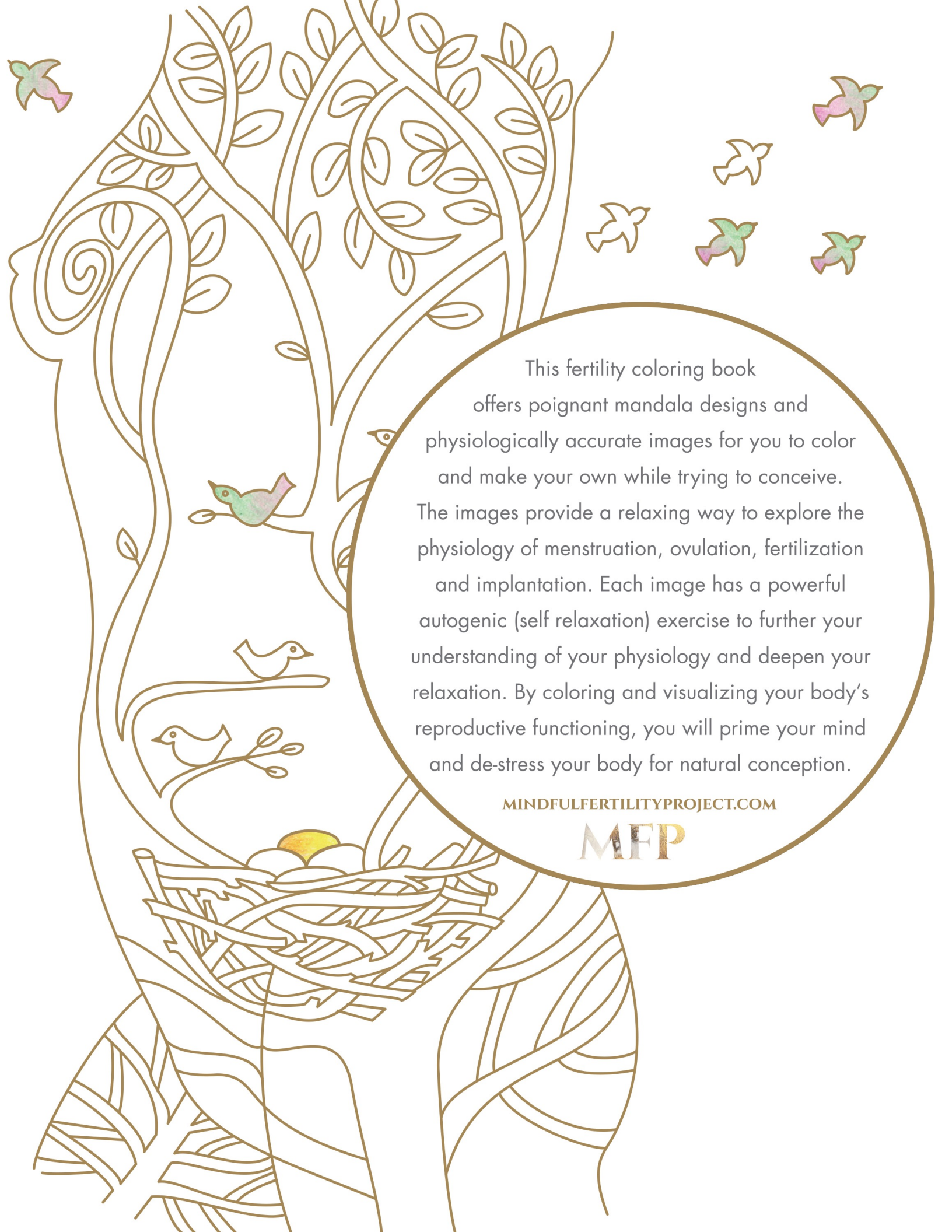




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This fertility coloring book offers poignant mandala designs and physiologically accurate images for you to color and make your own while trying to conceive. The images provide a relaxing way to explore the physiology of menstruation, ovulation, fertilization and implantation. Each image has a powerful autogenic (self relaxation) exercise to further your understanding of your physiology and deepen your relaxation. By coloring and visualizing your body's reproductive functioning, you will prime your mind and de-stress your body for natural conception.

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**MFP**