

Ben G. Publishing LLC

Self - Love

A Therapy Coloring Book for Girls to Develop Self-Care Habits, Build Confidence, and Celebrate Uniqueness

Colette Chalier



"Self-Love: A Therapy Coloring Book for Girls" is a collection of hand-drawn, empowering illustrations and affirmations that inspire self-care, build confidence, and celebrate individuality, diversity, and inclusion. Created by a veteran teacher, this coloring book encourages girls to embrace their uniqueness, develop positive habits, and nurture emotional well-being through creative expression and mindfulness. Perfect for fostering self-love, body positivity, confidence, and joy one colorful page at a time! Includes download link to mindful journal pages.

Intended for Age 8+.



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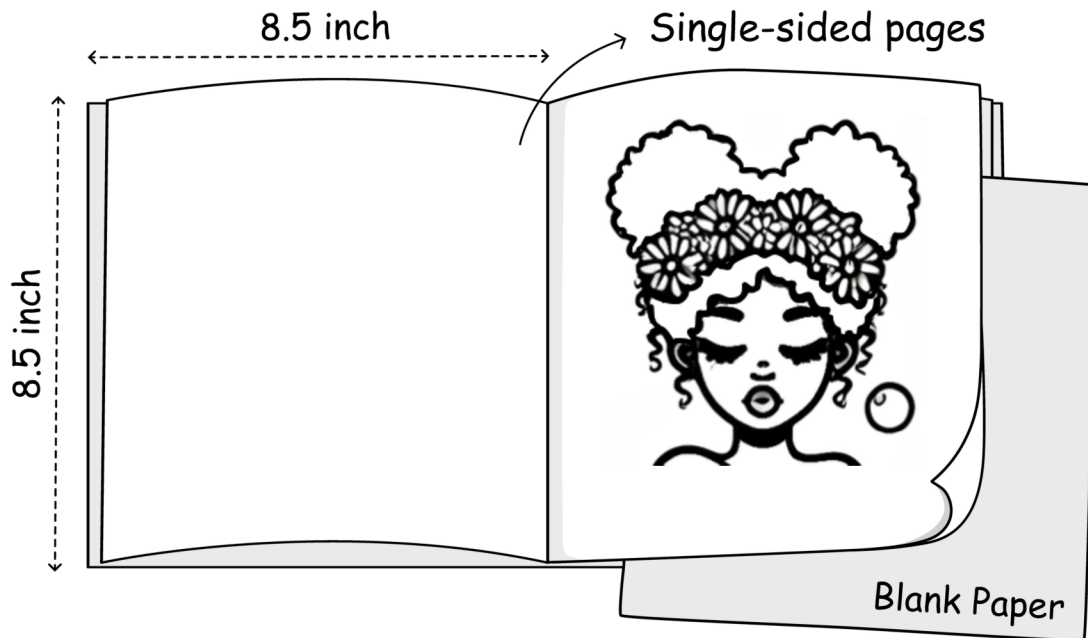


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**If using markers of any type:
Put a few sheets of blank paper or
cardstock under the page you're coloring.**



This paper is well suited to pencil crayons and crayons. Markers of any kind may bleed through the paper. To protect each page, be sure to put papers or cardstock under the page you're coloring.

Este papel es ideal para lápices de colores y crayones. Los rotuladores de cualquier tipo pueden traspasar el papel. Para proteger cada página, asegúrate de colocar papel o cartulina debajo de la página que estás coloreando.

This Book
Belongs To:



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To do so, simply find the book on Amazon's website (or scan the QR code here) leave a review. Select a star rating and write a couple of sentences. We'd love it if you also share a picture of your coloring!

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i am loved

gratitude list



















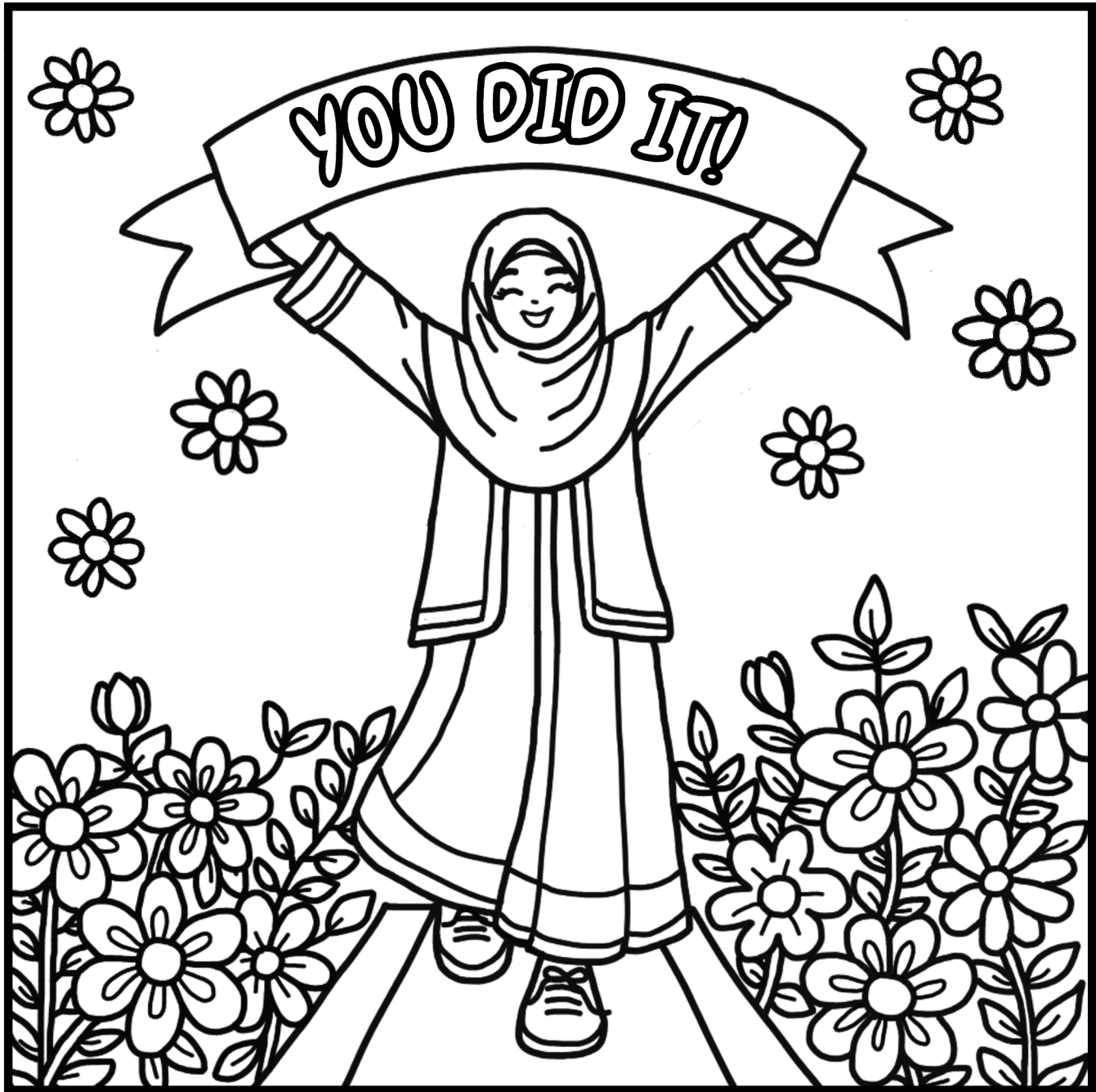


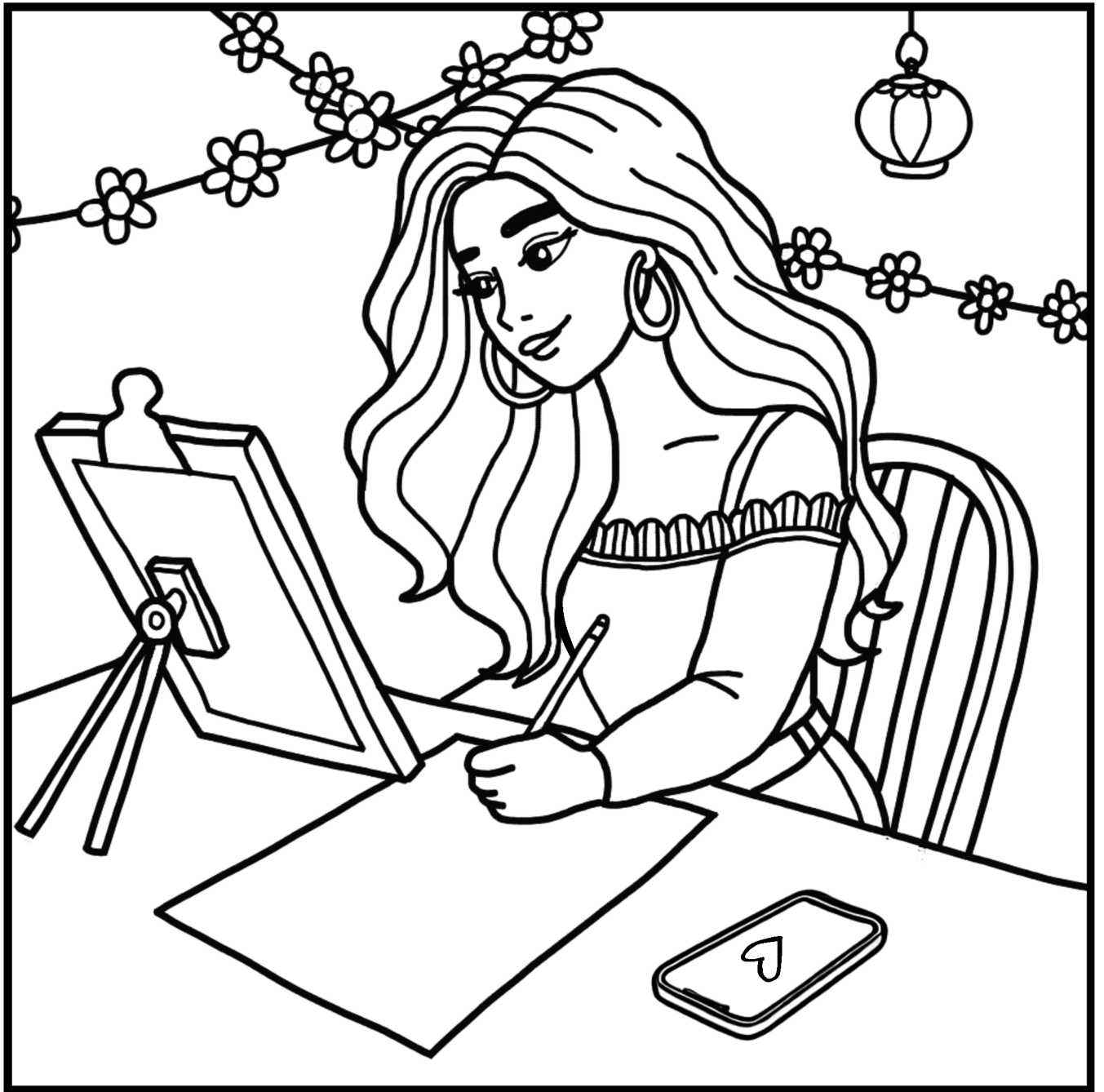




















CONFIDENCE

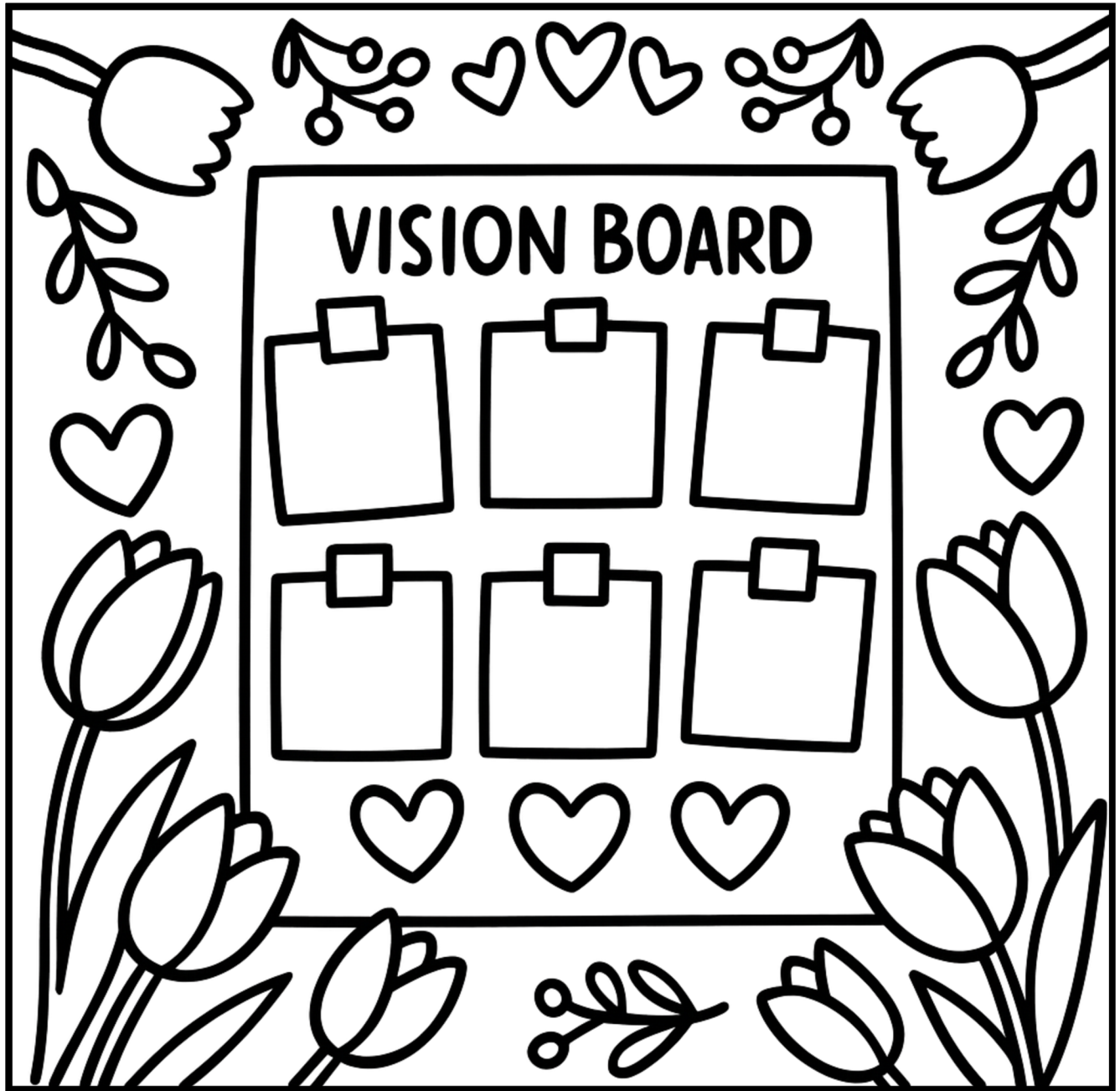
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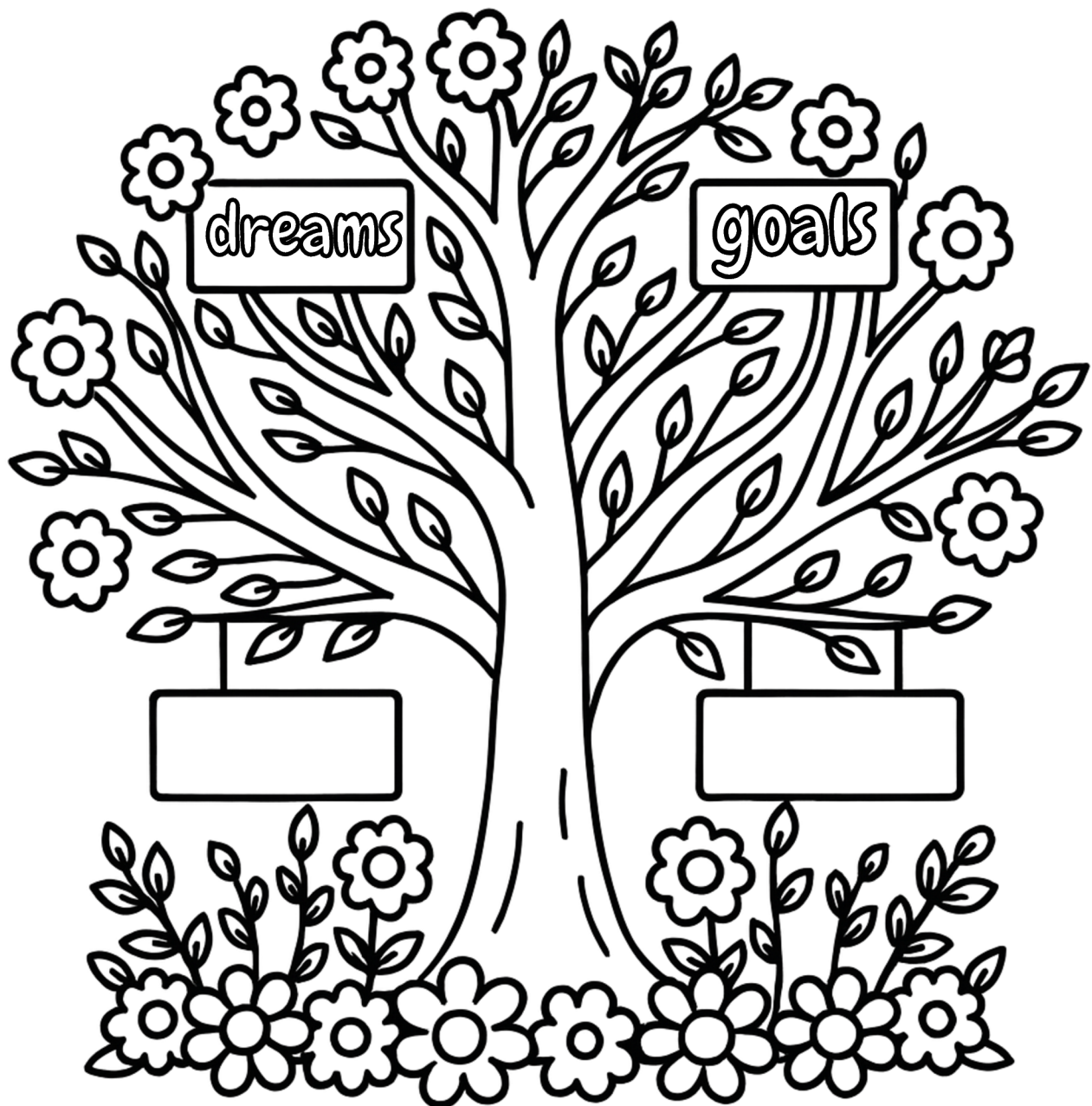
I can do it!











dreams

goals

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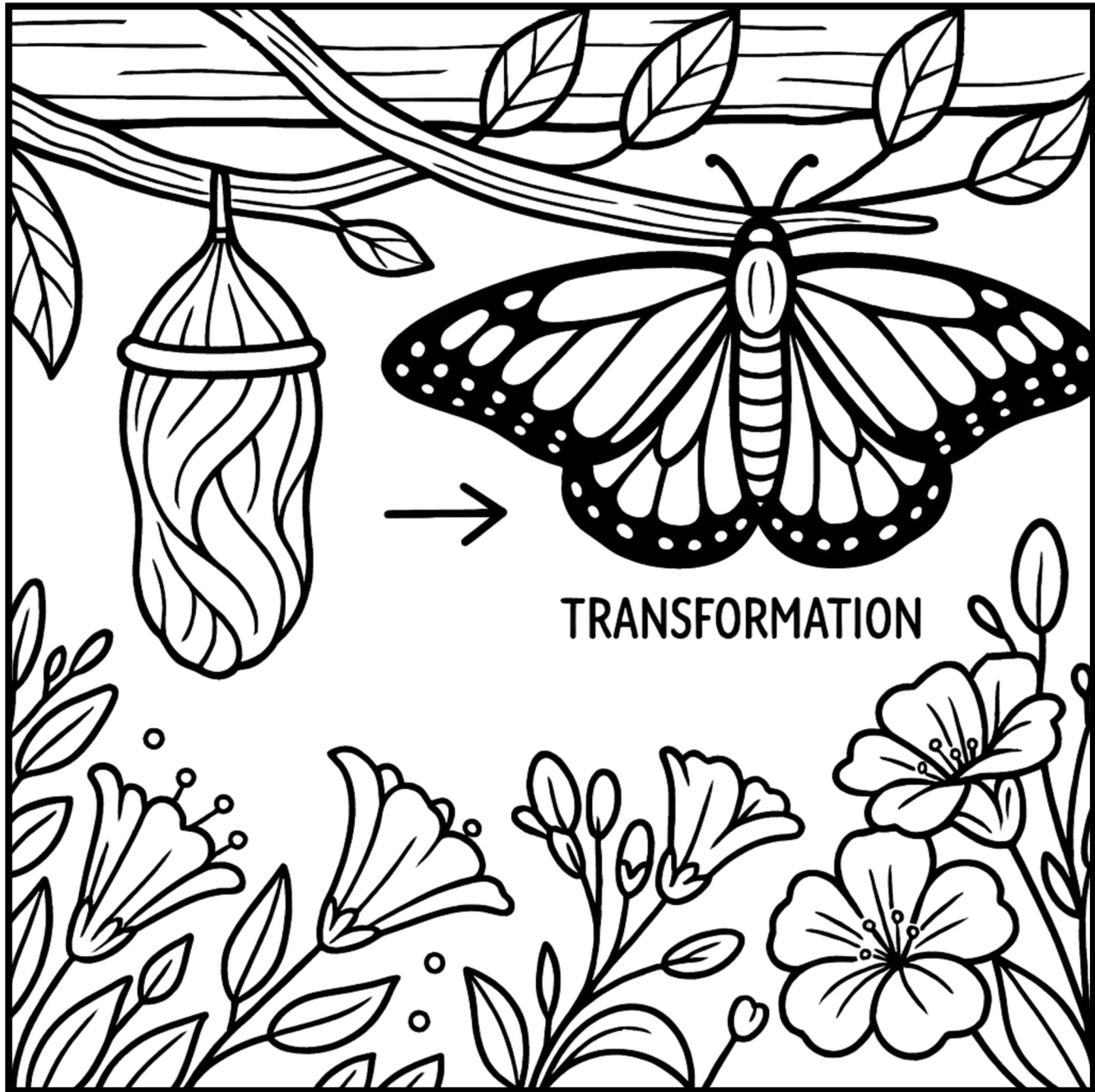








*I am
beautifully
unique*







YOU FIT

in











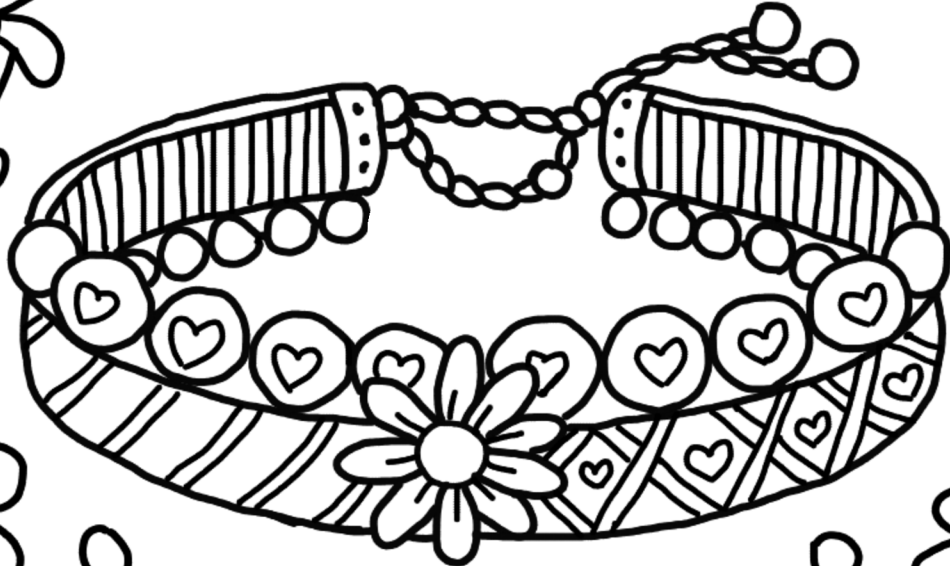
UNCONDITIONAL LOVE







**STRONGER
TOGETHER**













GREAT
THINGS
AHEAD







Journaling Pages

Journaling helps clear your head and understand your feelings. Writing things down gives you space to process stress, anxiety, and self-doubt. For teen girls, it's a powerful way to build confidence, notice patterns, and feel more in control emotionally. Paired with coloring, journaling becomes a calming routine that supports your mental health, one page at a time.

Note: these journaling pages are to add fun, mindfulness, and value to this book. They're not intended to replace appropriate mental health care or speaking with a counselor or therapist, if needed.



Download and print
8.5 x 11"
US letter

<https://payhip.com/b/uP90B>



About the author

Colette Chaliar, MLIS, M.Ed.

Originally from Canada, the author-illustrator has spent over 25 years teaching all ages of learners across seven countries. With degrees in French, Library Science, and Education, she brings broad experience and a global perspective to her work. When she's not teaching adults in the community, young adults in college, or high school students, you'll find her paddleboarding, swimming, baking, or creating coloring books and educational materials—her current creative outlet. She lives in Alexandria, Virginia, with her husband.

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