



WHERE THE ROOTS HOLD

A Grief & Anxiety
Coloring Book with
Healing Affirmations



MARIA T.

For My Love

I dedicate this collection to MY LOVE.

I honestly do not know if I could have created this without you beside me.

When you came into my life, I was still carrying so much. Grief, loss, mistakes I had made, things I wish I could change, and parts of myself I was still trying to find again. There were years when I did not recognize myself. I lost people I loved. I lost pieces of who I was. I made choices I am not proud of, and I had to learn how to forgive myself for those choices and find my way forward.

Then I found you.

You have loved me through all of it. Not just the easy or happy parts. You have seen the complicated parts of me too. You have listened to me, supported me, challenged me, laughed with me, believed in me, and reminded me that there is still so much beauty ahead.

You taught me something I don't think I truly understood before you.

Healing does not always have to happen alone.

Sometimes healing happens because someone loves you enough to sit beside you while you do the work yourself. Someone who doesn't try to fix you or change your story. Someone who simply holds your hand and reminds you that your story is not over.

That is what you have done for me.

You have shown me what it feels like to have a connection that is deep, safe, honest, and real. You have given me room to be exactly who I am while still encouraging me to keep becoming the person I know I can be.

This collection came from that place in me. It came from finding creativity again. From allowing myself to dream again. From realizing that after everything, I can still create something beautiful. I can still hope. I can still love with my whole heart.

And I can still begin again.

So this is for you, MY LOVE. Thank you for believing in me when I have struggled to believe in myself. Thank you for loving all of me. Thank you for the laughter, the patience, the ridiculous ideas, the dreams, the hard conversations, the quiet moments, and everything in between.

Most of all, thank you for showing me that healing and love can exist in the same place.

I love the life we are creating together, and I love you more than I could ever fit onto one page.

All my love,

Maria

How to Use This Book

There is no right way to grieve, heal, or move through these pages.

Color slowly or quickly. Stay with one image, skip ahead, or return to a page that meets you differently today. Use one color or twenty. There are no rules here.

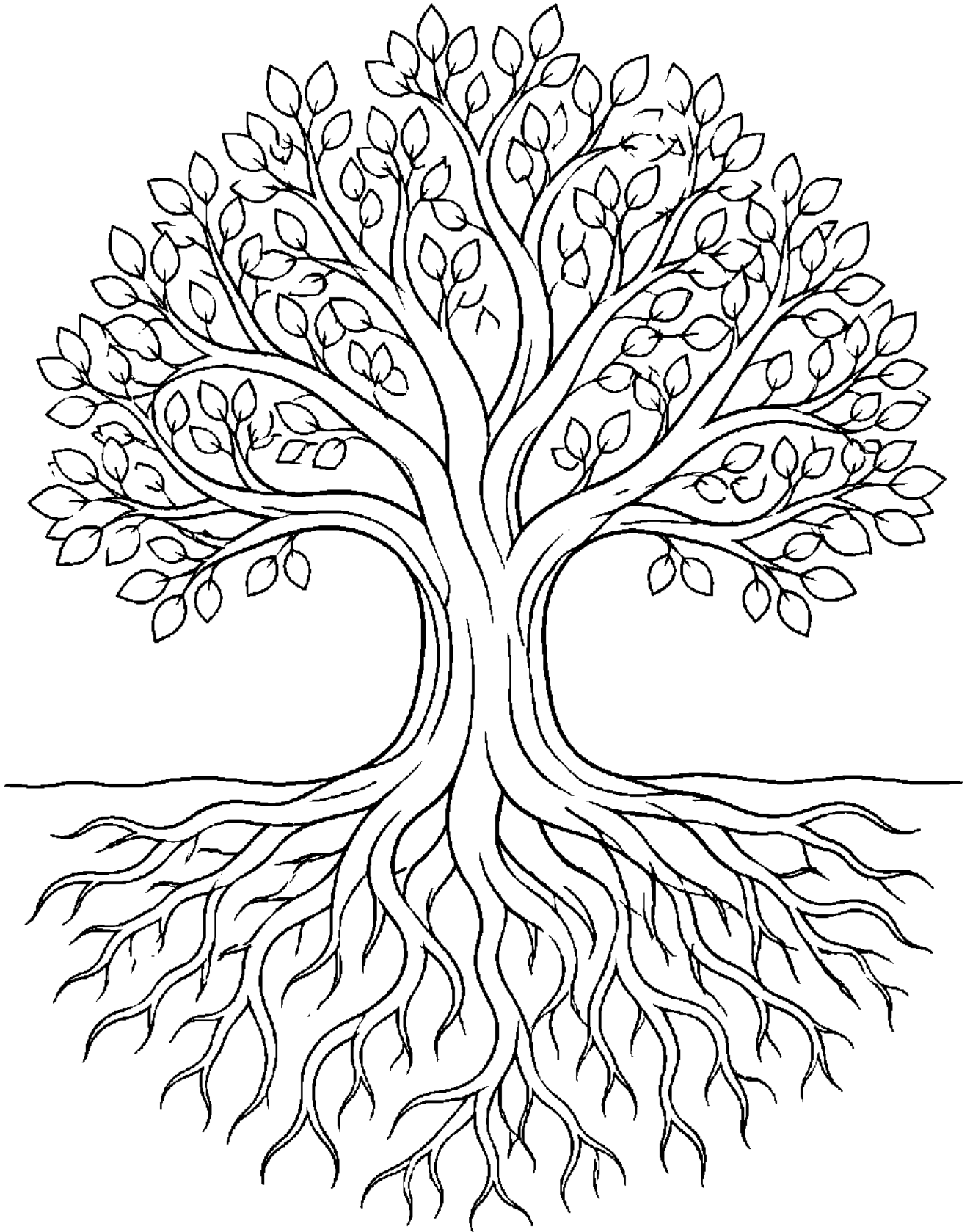
The journey moves from what the land remembers, through standing and renewal, and toward the light you can carry forward. Follow it in order or wander.

Each design offers an affirmation. Read it aloud, rewrite it in your own words, or let the image speak instead. The reflection pages are invitations, never assignments.

This book is not a substitute for care or support. It is simply a quiet place to breathe, notice, and be with yourself for a while.

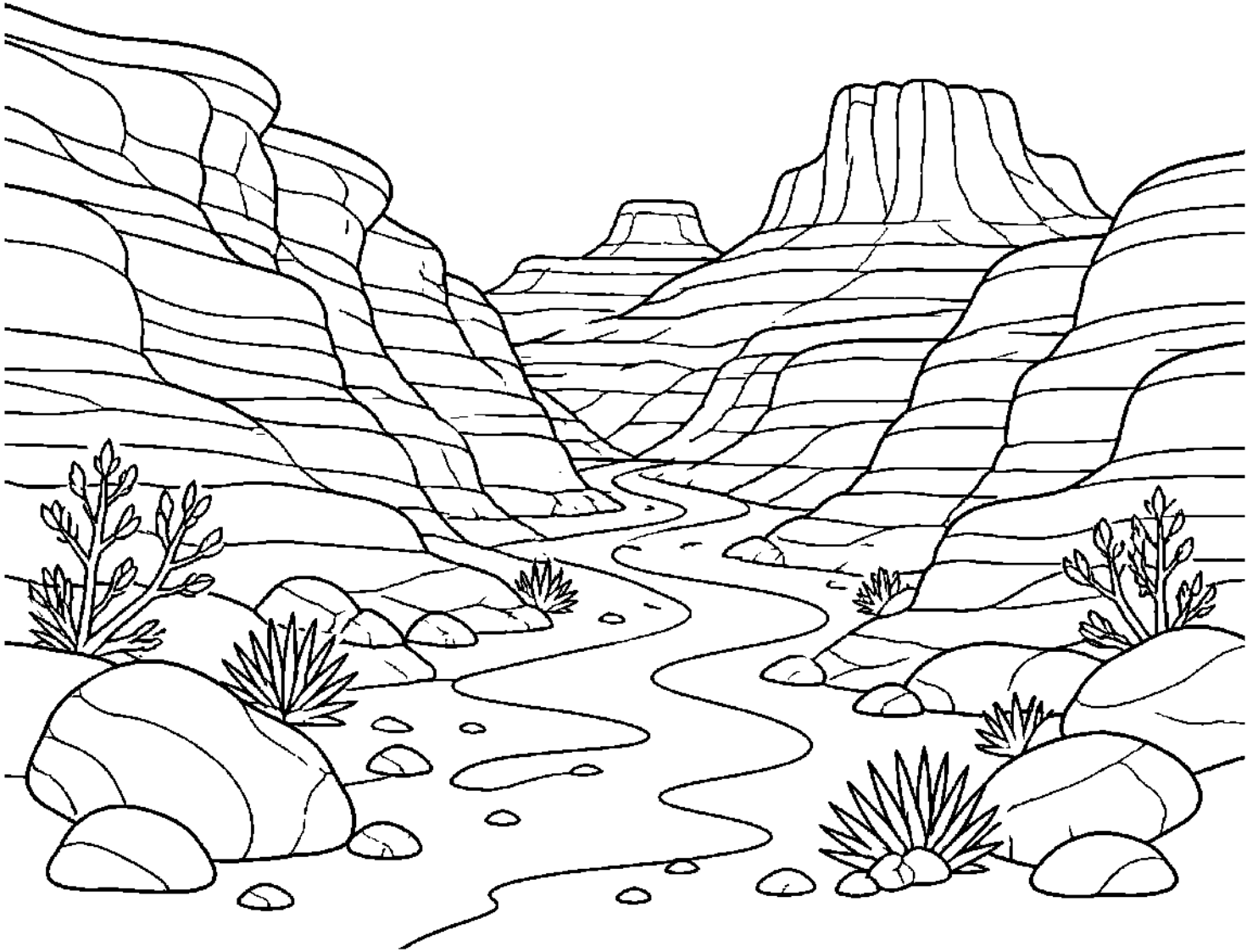
For best results, place a protective sheet behind the page when using markers.

WHAT THE LAND REMEMBERS



What shaped me did not take away my power to grow.

WHAT THE LAND REMEMBERS



My history is part of the landscape, not the limit of
my future.

WHAT THE LAND REMEMBERS



I can be deeply rooted and still reach toward a wider horizon.