



Mandala: Stress relieving Coloring Book For Teens And Adults: 35 Patterns Mandala Coloring Book For Beginners (Volume 1)

Susan Loui

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This Mandala coloring book of stress relieving patterns is a treasury of many different types of mandalas. It is sure to entertain children, teens and adults alike for hours. This volume contains several different types of mandala such as simple classic, geometric, ornamental, and Spirographic designs. This mandala coloring book for teens and adults is a big collection of 35 designs suitable for everyone. This book has something for every level from beginner to advance. This is a wonderful activity to be shared with adults, teens and children. The act of coloring has been shown in studies to reduce stress and has been used by psychologists for decades as a form of therapy for their clients. Taking some time each day to color by yourself or with your children is a form of creative expression similar to art therapy. The time families spend coloring together is a wonderful example of bonding time. Mandalas have been used for hundreds of years by various cultures and disciplines around the world as method of meditation to find inner peace and mindfulness in order to gain spiritual awareness, wisdom and enlightenment. Inside you will find helpful instructions and tips that you can use to get you started. The Art of Relaxation: Mandala Coloring Book For Adults is the perfect companion to help you experience healing relaxation day after day. This book makes the perfect gift to that person who has everything or just for you. If you've ready to you're your stress this is the perfect book for you. Grab your copy today.

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