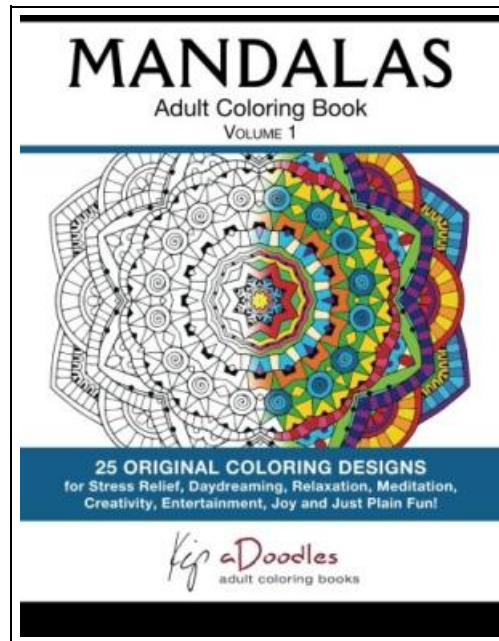


Mandalas, Volume 1: Adult Coloring Book



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MANDALAS, VOLUME 1: ADULT COLORING BOOK



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Mtc Publications, United States, 2015. Paperback. Book Condition: New. 280 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.Mandalas: Adult Coloring Book: Volume 1Are you a master colorist? Or a newbie to the adult coloring world? Are you are looking for a way to unwind and relax and leave the harried pace of modern life behind? In this Mandalas Adult Coloring Book, you will find entertaining, intricate patterns and designs that spur your imagination and inspire the heart. You may find that it might take you a few days to complete each image. Every mandala is a unique piece of art. Each design is printed on its own page, so you can frame and hang them on walls at home if you want.--- TAKE YOUR TIME! There is no race, no competition, no schedule. That s part of the fun! Coloring is a chance to release your inner child, to go back to those innocent days of youth. Coloring is also a great stress reliever! It is relaxing, meditative, and best of all, actual restful for your brain. In fact, by engaging the right side of your brain (the creative side), it can help your cognitive health! You ll have hours of fun, mindful calm and relaxation while you color the 25 original mandala designs in this coloring book. Each design is just waiting for you to bring it to life with color! Escape for a few minutes or hours at a time. --- The designs in this book range in complexity, but there is nothing too intricate for even a beginning colorist to enjoy. Complete with expert instruction and helpful design tips, this coloring book will help you find your inner calm and creativity every day. Scroll up and grab your copy today.***** ...



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