



**Mandala Wisdom: An Adult Coloring Book: 50
Stress Relief Mandala Designs Inspired by Nature,
50 quotes of perennial knowledge from humanity's
... Gift For Friends and Family, For All Holidays**

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Mandala Wisdom: 50 Beautiful Mandala Designs With Mindful Words of Wisdom

#1 book for your inner artist. A new collection of 50 stress relieving Mandala Designs inspired by the many beautiful patterns found in nature. This book was created with the intent to inspire your inner colorist and bring about peace and tranquility in your life. In addition to the striking Mandala Designs this book also features 50 quotes taken from texts of perennial knowledge and some of humanity's greatest teachers. The paper is perfect for fine tip pens, colored pencils and markers. The completed adult coloring pages are an excellent Gift to give to friends, family and other loved ones for holidays and special occasions.

This book is for all levels with Mandala patterns ranging from minimal to very detailed. The paper is perfect for fine tip pens, colored pencils and markers. The completed adult coloring pages are an excellent Gift to give to friends, family and other loved ones for holidays and special occasions. Join the millions of Adults who are using coloring books to conquer stress while at the same time relaxing and creating beautiful artwork.

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The Benefits of Coloring for Adults

Coloring is the perfect way to relax after a tough day and great for enhancing your creativity. For many, coloring a beautiful image can be a form of meditation. It allows you to enter the flow state in which you are in the moment, actively focusing on what you are doing and blocking out all distractions around you. Stressful thoughts and future worries can be simply pushed aside as you take time to enjoy the present moment.

We live in an incredibly busy world. Our pace of living is often full speed and our minds are continually jumping from one thing to the next. It is very beneficial to disconnect and give yourself a break. Your mind needs time to sort out all the information it receives and your body needs time to simply unwind. Coloring can provide that calming break.

Coloring is such a simple relaxing leisure activity and best of all you get to create beautiful artwork too!

Here are some other benefits of the art of coloring:

- 0. Color on your own or with friends and family.
- 0. Coloring can improve performance at work through enhanced focus.
- 0. You can display your finished artwork in the Home or Office.
- 0. You can give your finished artwork away to friends and family for special occasions.
- 0. Coloring strengthens the creative side of your brain.
- 0. Coloring helps to build fine motor skills.
- 0. Coloring is an amazing form of self expression.

Grab your supplies, find a quiet space and enjoy this peaceful activity!

File under: adults who color ,adult best sellers,colored pencil set,stress relief coloring,Coloring Mandala book, Designs Coloring Book

Books > Arts & Photography > Graphic Design > Techniques > Use of Ornament Books > Crafts, Hobbies & Home > Crafts & Hobbies > Nature Crafts Books > Arts & Photography > Drawing > Coloring Books for Grown-Ups

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From reader reviews:

Jodi Saldana:

A lot of people always spent their particular free time to vacation or go to the outside with them family members or their friend. Are you aware? Many a lot of people spent these people free time just watching TV, or playing video games all day long. In order to try to find a new activity this is look different you can read a book. It is really fun to suit your needs. If you enjoy the book you read you can spent the entire day to reading a publication. The book Mandala Wisdom: An Adult Coloring Book: 50 Stress Relief Mandala Designs Inspired by Nature, 50 quotes of perennial knowledge from humanity's ... Gift For Friends and Family,For All Holidays it is rather good to read. There are a lot of folks that recommended this book. These were enjoying reading this book. When you did not have enough space to develop this book you can buy often the e-book. You can m0ore quickly to read this book from a smart phone. The price is not too costly but this book possesses high quality.

Chester Grantham:

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Anita Winn:

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Joseph Franson:

A number of people said that they feel bored when they reading a publication. They are directly felt the item when they get a half portions of the book. You can choose typically the book Mandala Wisdom: An Adult

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