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Coloring Mandalas For Dummies

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Coloring Mandalas For Dummies Consumer Dummies
Bring life and creativity to 100+ customizable mandala drawings

Whether you're new to the adult coloring craze or have already discovered the zen it brings to your life, *Coloring Mandalas For Dummies* encourages harried adults of any age to decompress, create vibrant patterns, and find joy in engaging in this timeless activity. Complete with helpful design tips and more than 100 one-sided customizable mandala drawings that you can complete with your favorite art supplies—or even your kid's crayons—hours of stress-reducing fun await inside these pages!

The word mandala comes from the ancient Sanskrit language and loosely means 'circle' or 'center.' Within its circular shape, the mandala has the power to promote relaxation, balance the body's energy, enhance creativity, and support healing. Unlike meditation and other practices that deliver similar results, coloring is easy, hands-on, instantly gratifying, and, most importantly, fun!

- Detach yourself from everyday distractions
- Find your inner calm and creativity
- Complete more than 100 detailed mandala illustrations
- Color with markers, watercolors, or colored pencils

Who says coloring is for kids? Perfect for adults of any age who seek comfort and relaxation, *Coloring Mandalas For Dummies* is affordable, enjoyable therapy for the mind and body.

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Jack Crawford:

Spent a free time for you to be fun activity to complete! A lot of people spent their spare time with their family, or their particular friends. Usually they carrying out activity like watching television, going to beach, or picnic within the park. They actually doing same thing every week. Do you feel it? Do you want to something different to fill your own personal free time/ holiday? Can be reading a book might be option to fill your free of charge time/ holiday. The first thing you ask may be what kinds of book that you should read. If you want to consider look for book, may be the reserve untitled Coloring Mandalas For Dummies can be very good book to read. May be it can be best activity to you.

Deborah Lacey:

Are you kind of occupied person, only have 10 or perhaps 15 minute in your morning to upgrading your mind proficiency or thinking skill also analytical thinking? Then you are experiencing problem with the book than can satisfy your small amount of time to read it because all of this time you only find e-book that need more time to be go through. Coloring Mandalas For Dummies can be your answer given it can be read by an individual who have those short time problems.

Frankie Lampkins:

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