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Mandala Power Coloring Book for Adults and Teens: Color, Relax and Enjoy Bella Stitt
Best selling author Bella Stitt is a certified cognitive therapist who works with clients struggling with depression, anxiety and many issues related to self-esteem and self-worth. She has developed this coloring book as a coping tool to release negative feelings, thoughts or stress for those wanting an outlet or an activity to take the edge off and have a little fun.The book is filled with 45 mesmerizing mandalas that bring relaxation and inner peace. It is believed that creating mandalas helps stabilize, integrate and re-order inner life. With the pictures provided in this book, you will express your creativity with colors and discover the emotions that those colors and images will bring about. There is no right or wrong way to color or any rules to follow. You can proceed at your own pace and let yourself go by tapping into your imagination, and encouraging your self-expression and self-awareness while creating a unique work of art.

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