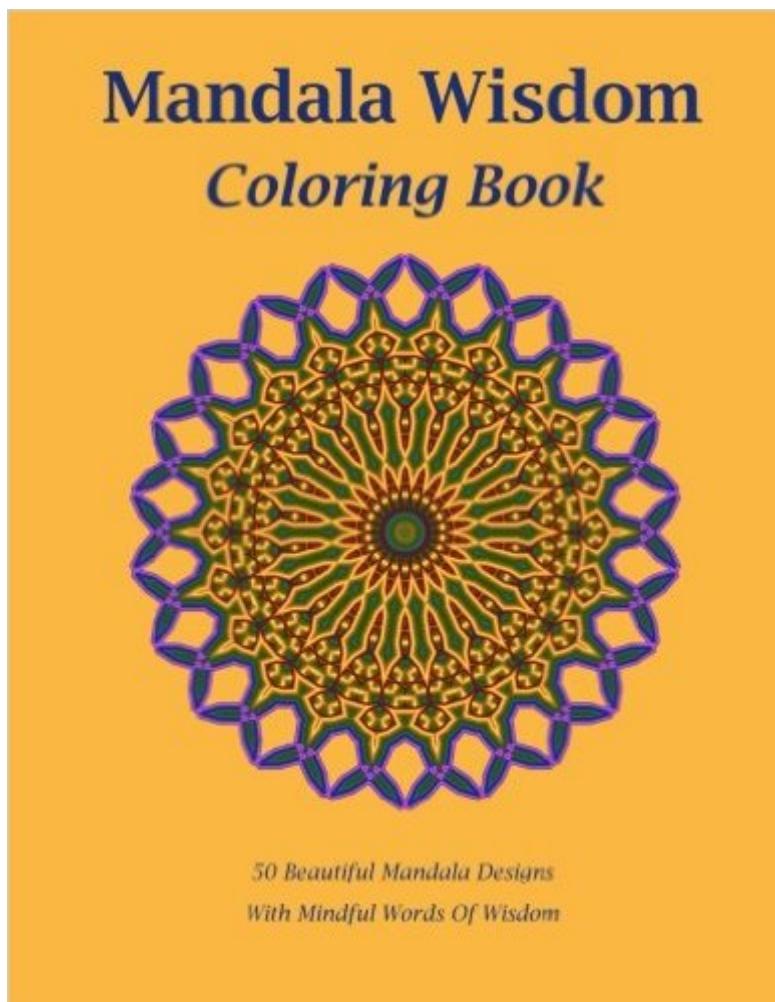


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# **Mandala Wisdom: An Adult Coloring Book: 50 Stress Relief Mandala Designs Inspired By Nature, 50 Quotes Of Perennial Knowledge From Humanity's ... Gift For Friends And Family,For All Holidays**





## Synopsis

Mandala Wisdom Coloring Book 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. The paper is perfect for fine tip pens, colored pencils and markers. The completed adult coloring book pages are an excellent Gift to give to friends, family and other loved ones for holidays and special occasions.

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

## Book Information

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## Customer Reviews

I have so many Mandala coloring books but this one is different because of the quotes. I absolutely love the quotes under each illustration. They have been inspiring me while I am coloring. The designs are also cool too, mandalas are mandalas so some are more detailed then others but mostly your normal idea of a mandala. The best part are the quotes, they are so inspiring and also from a variety of thinkers and topics. thanks

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Designs: An Adult Coloring Book: 50 Stress Relief Mandala Designs Inspired by Flowers, Hearts, Animals, and other Patterns found in Nature,Adult ... Gift For Friends and Family,For All Occasions

Anne of Green Gables Quotes to Color: Coloring Book featuring quotes from L.M. Montgomery (Coloring Quotes Adult Coloring Books) Adult Coloring Book Designs: Stress Relief Coloring Book: POKEMON Designs for Coloring Stress Relieving - Inspire Creativity and Relaxation of Kids And Adults (Volume 1) Adult Coloring Books: Animal Mandala Designs and Stress Relieving Patterns for Anger Release, Adult Relaxation, and Zen (Mandala Animals) (Volume 2) Adult Coloring Books: Animal Mandala Designs and Stress Relieving Patterns for Anger Release, Adult Relaxation, and Zen (Mandala Animals) (Volume 1) Nurse Life: A Snarky Adult Colouring Book: A Unique Humorous

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