



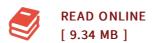
Adult Coloring Book: Stress Relieving Mandala Designs

By Sylvie Nicolle

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 279 x 216 mm.

Language: English . Brand New Book ****** Print on Demand ******. Free your mind with these beautiful mandala designs!

Mandala is a Sanskrit word which means a circle, a universe, environment or community. For centuries, in many cultures, the Mandala is used as a tool to facilitate meditation. Mandalas are circular designs that reflect the wholeness of the person coloring them. This book includes 45 designs of various styles and levels of difficulty, ranging from least complex to most complex. One-sided pages; only one picture printed on each sheet. Coloring a mandala helps us orient ourselves, integrate new information about ourselves, and re-formulate our identity.



Reviews

An incredibly wonderful book with perfect and lucid explanations. It normally is not going to price a lot of. I am just very happy to tell you that this is the greatest pdf we have go through within my personal lifestyle and could be he finest book for at any time.

-- Bart Lowe

This is basically the greatest pdf i actually have go through till now. It is definitely simplistic but surprises within the fifty percent in the ebook. I am easily will get a delight of studying a published ebook.

-- Hyman O'Conner III