



Mandala Design Duets to Color: An Adult Coloring Book of Fun Mandala Patterns (Paperback)

By Emily Jacobs

Createspace, United States, 2015. Paperback. Book Condition: New. 254 x 203 mm. Language: English . Brand New Book ***** Print on Demand *****.The Ultimate Low-Tech Way for High-Strung Adults to Unwind and Relax This adult coloring book is filled with 35 different designs and packs hours of peaceful entertainment, no electronics required. Each design is repeated once, giving you the chance to create 70 different mandala patterns. If you are looking for the ultimate grown-up coloring experience, you need this book. The mandala has been used for thousands of years in the East as a ritual symbol of harmony, balance, and completeness. When you color in this mandala pattern book you will find your cares and stresses fade away. Many find that after spending time in the mandala coloring book that not only do their worries disappear, but also the activity of mindful coloring unlocks their creativity. New ideas and ways around seemingly impossible obstacles suddenly appear. Do you remember the simple joy of coloring as a child? You probably spent hours of your young life combining your personal creativity in your color choices with the discipline of staying in the lines. Scientists have learned that these activities aren't...



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Reviews

It is fantastic and great. Sure, it is perform, nonetheless an amazing and interesting literature. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- **Conor Grant**

This book can be worth a read, and far better than other. I could comprehended every little thing using this published e pdf. You can expect to like how the blogger publish this pdf.

-- **Rylee Funk**