



## Craft Coloring Book (Mandala Patterns) (Paperback)

By Lora Frierson

Createspace Independent Publishing Platform, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.50 Unique Full Page Intermediate to Master Colorist Mandala Drawings for Contemplation, Inspiration, and Introspection. Coloring is a creative, novel way for busy adults to relax and unwind from the hectic pace of modern life. Now, with Stress Less Coloring: Mandalas, you can use these sacred circles to calm your mind, relieve stress, and manage anxiety in a therapeutic way. Reduce anxiety. Relieve stress. Improve concentration and focus. One-sided pages;only one picture printed on each sheet. High-resolution images. A comfortable and convenient 8 x 10 size. Dozens of coloring pages designed for adults.



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