



## Creative Mandala Coloring: 51 Stress-Relieving Adult Coloring Book Patterns Featuring Symmetrical Relaxing Mandalas (Volume 2) (Paperback)

By Marie's Coloring

Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Coloring books for adults are becoming more and more popular as a way to alleviate stress and achieve a deeper sense of purpose. Mandalas have been used for centuries to bring peace, balance and a deeper connection to the universe. This Creative Mandala Coloring book is the perfect way to tap into the powers of the mandala to help you achieve stillness and tranquility. Each of the 51 stress relieving patterns is designed to help you develop your creative side to attain a deeper sense of inner peace. The intricate detail ranges from simple to complex and automatically helps draw your attention inward to center and then allows you to create outwards to achieve full relaxation. Coloring pencils work well for these designs, as do fine tip markers. Allow your imagination to explore different color combinations and let the power of the mandala inspire you to reach your true creative potential!.



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