



## Coloring For Insight (Paperback)

By Susan F. Fincher

Shambhala Publications Inc, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book. 42 mandala designs that promote confidence, energy, and purpose presented in a portable package--from the author of the popular Coloring Mandalas series. Coloring mandalas is a creative activity that can help us feel connected to ourselves and the world. The forty-two designs in this book focus on using mandalas as a way to claim our own truths and to find our way in the world. The coloring templates evoke both a feeling of steady, centered being (through designs that represent integration and self-realization) and a feeling of active, skillful doing (through designs that represent action and functioning in the world). As a whole, Coloring for Insight provides a creative and insightful path toward self-knowledge.



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