

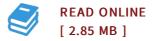




Mandalas: Coloring Book for Grown Ups: Adult Coloring Book Featuring Mandala (Paperback)

By Jill Bonny

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 254 x 203 mm. Language: English . Brand New Book ***** Print on Demand *****. Mandalas: Coloring Books For Grown Ups. Jill Bonny s Mandala Adult Coloring Book is a mindful delight, packed full of cool geometry and intricate patterns for your coloring delight. This isn t your average kiddie coloring book. These images are advanced and challenging with a few beginner/intermediate images peppered in for good measure. Mandala Coloring Book for Grown Ups Features: More than 117 pages, single sided so markers won t bleed onto your other work. Advanced and Challenging Adult Coloring Pages. Destressing patterns and line functions. Utterly Empowering Adult Coloring Books and Coloring Books For Grown Ups are here to stay.here a just a few of the benefits: Boost Your Creativity Energize Your Mental Focus Flush Negativity Gain Vibrant and Bright Clarity Ben Michaelis, a psychologist, says, There is a long history of people coloring for mental health reasons. Carl Jung [founder of psychology] used to try to get his patients to color in mandalas at the turn of the last century, as a way of getting people to focus and allow the subconscious...



Reviews

Very good electronic book and useful one. it absolutely was writtern extremely completely and useful. You will not feel monotony at at any moment of your respective time (that's what catalogs are for relating to when you question me).

-- Prof. Noah Zemlak DDS

A whole new e book with an all new point of view. It is one of the most incredible book i actually have go through. I am easily could possibly get a enjoyment of reading through a written book.

-- Nathanael Treutel

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