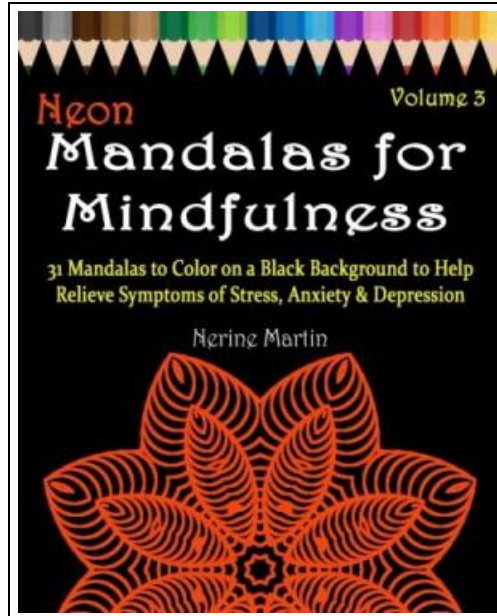


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Reviews

Excellent eBook and valuable one. It normally will not price too much. Your daily life span is going to be change once you comprehensive reading this ebook.



(Ezra Bergstrom)

NEON MANDALAS FOR MINDFULNESS VOLUME 3 ADULT COLORING BOOK: 31 MANDALAS TO COLOR ON A BLACK BACKGROUND TO HELP RELIEVE SYMPTOMS OF STRESS, ANXIETY DEPRESSION, ADULT COLORING BOOK BY COLORYOURWAYTOHAPPY.COM (PAPERBACK)



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Createspace Independent Publishing Platform, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Neon Mandalas for Mindfulness, Volume 3 contains 31 mandalas so you can color a new picture every day of the month. This adult coloring book features 31 mandalas with white lines on a black background, suitable for all levels of coloring experience. Make these images come alive with color using gel or metallic pens, fluoro markers, or even glitter pens. Coloring has been found to be a mindful activity that can help reduce symptoms of anxiety, depression and stress levels, as well as having a calming effect on the mind and body. Choose to color when you start to feel anxious or stressed, and allow yourself some me time to relax and practice being mindful every day, through your coloring experience. -Designs range from simple to more intricate so you can color and complete a mandala every day of the month. -Suitable for colored pencils, gel/metallic/glitter pens, felt-tip markers and crayons. -Printed on one side only to avoid any bleed through from markers. -Preview all designs before buying, on our website -Great gift idea for the sick; people in hospital; Anxiety, Depression PTSD sufferers; the elderly; kids; anyone wanting to de-stress their life; or just wanting to color for fun! The Color Your Way To Happy adult coloring book series, offers you an escape from the daily pressures of life, to a relaxing state of calm and mindfulness. WHILE YOU WAIT FOR YOUR COLORING BOOK TO ARRIVE. pop on over to and subscribe to the weekly newsletter and you ll receive a coloring book to download right away so you can get coloring today! Have fun and go Color Your Way To Happy!.

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