



## Mandala Meditations: A Calming Coloring Book (Adult Coloring Book for Stress Relief, Zen Mandala Coloring, Relaxing Coloring Book, Mandala Art Therapy) (Paperback)

By Joshua Holt

Createspace Independent Publishing Platform, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.In spiritual Buddhist and Hindu traditions, the mandala represents the universe to remind us that we are connected to a bigger whole. The circular form of mandalas promote relaxation and balance within us. This adult Mandala Coloring Book offers you the opportunity to let go of your mind and de-stress. Whether you are looking to relax or simply discover your artistic nature, this book will satisfy those desires. It will provide hours of entertainment through varying levels of carefully created designs. Discover the calming and therapeutic benefits of coloring with 48 unique and beautiful mandalas, created for you by artist Joshua Holt. This book provides you with: - 48 beautiful mandalas (medium to hard level). - Unique and varied designs not found elsewhere. - White background pages. - One-sided pages so you can cut them out. Find peace today and start colouring mandalas! ON SALE FOR LIMITED TIME ONLY! Regular Price: \$6.99 25 OFF! Keywords: adult coloring books, adult coloring books mandalas, adult coloring books zen, adult coloring books UK, coloring books for adults, mandala coloring book, mandala coloring adults,...



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