



Adult Coloring Book: 55 Relaxing Mandalas to Bring Inspiration to Your Day (Paperback)

By Olivia Summers

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 254 x 203 mm. Language: English . Brand New Book ***** Print on Demand *****.Adult Coloring Books Are All the Rage! Join the Party with the Mandala Meditations Series! Volume 1 of the Mandala Meditations series features 55 unique Mandala designs with uplifting and positive quotes to inspire and brighten your day! If you re looking for a relaxing and fun way to de-stress.or simply wish to channel your inner child, then look no further! PLUS, if you purchase the paperback you get the Kindle version for FREE that includes an exclusive bonus as well! Whether you have a few minutes or an hour or more,the Mandala Meditations series will transport you to another place. Designs vary in complexity and there s something for everyone to enjoy! Still Not Convinced? Consider this Adult coloring is: Cheaper than therapy! Reduces stress Calms anxiety Puts you in a meditative state Promotes mindfulness Gives you an excuse to have a coloring party Improves fine motor skills vision Cultivates creativity Helps you focus Cheap artwork to decorate with Plus, its just plain FUN! So.what are you waiting for?! Scroll up and click the add...



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