



# **Adult Coloring Book: Color Yourself to Mindfulness: 100 mandalas and motifs to color in to reduce stress**

*Melissa Launay*

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Color your way to inner calm with this anti-stress adult coloring book of exquisite mandalas and motifs, originally designed by artist Melissa Launay. The act of being mindful is being aware of the present moment, and coloring can help you to achieve this. Coloring is a form of art therapy: you can use it as a meditative process in which you become intently aware of colors, designs, and motifs. You are living in the moment and the concentration and repetitive nature of the simple art of coloring takes over as you gradually relax and become oblivious to the stresses and strains of everyday living. Mandalas, symbols of the cosmos, have for hundreds of years inspired those who gaze upon them. Color Yourself to Mindfulness will give you inner calm and peace as you connect to the shapes and symbols that create these powerful images. Here we present 100 original designs of mandalas for Awareness, Forgiveness, Wisdom, Abundance, Creativity, and Karma, among many other themes.

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