



30-Minute Mandalas Coloring Book: Active Meditation for the Mind and Body OR Easy Meditation through Coloring

Michelle Normand

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Michelle Normand offers a simple and creative way to achieve a relaxed meditative state with the publication of 30 Minute Mandalas: Active Meditation for the Mind and Body. This unique coloring book is filled with 30 original and diverse mandala designs appropriate for adults, teens, and school-aged children. The purpose of Normand's book is to combine the spiritual power of mandalas along with the calming act of coloring to create an enjoyable active meditation experience. The designs not only inspire, they also allow the reader/user to complete their coloring session, and their meditation, in a relaxing 30 minutes.

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