



Coloring Mandalas For Dummies

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Bring life and creativity to 100+ customizable mandala drawings

Whether you're new to the adult coloring craze or have already discovered the zen it brings to your life, *Coloring Mandalas For Dummies* encourages harried adults of any age to decompress, create vibrant patterns, and find joy in engaging in this timeless activity. Complete with helpful design tips and more than 100 one-sided customizable mandala drawings that you can complete with your favorite art supplies—or even your kid's crayons—hours of stress-reducing fun await inside these pages!

The word mandala comes from the ancient Sanskrit language and loosely means 'circle' or 'center.' Within its circular shape, the mandala has the power to promote relaxation, balance the body's energy, enhance creativity, and support healing. Unlike meditation and other practices that deliver similar results, coloring is easy, hands-on, instantly gratifying, and, most importantly, fun!

- Detach yourself from everyday distractions
- Find your inner calm and creativity
- Complete more than 100 detailed mandala illustrations
- Color with markers, watercolors, or colored pencils

Who says coloring is for kids? Perfect for adults of any age who seek comfort and relaxation, *Coloring Mandalas For Dummies* is affordable, enjoyable therapy for the mind and body.

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Scott Manuel:

The reason why? Because this Coloring Mandalas For Dummies is an unordinary book that the inside of the publication waiting for you to snap it but latter it will jolt you with the secret the idea inside. Reading this book alongside it was fantastic author who all write the book in such amazing way makes the content inside easier to understand, entertaining approach but still convey the meaning completely. So , it is good for you because of not hesitating having this any longer or you going to regret it. This book will give you a lot of benefits than the other book have got such as help improving your proficiency and your critical thinking method. So , still want to hesitate having that book? If I were being you I will go to the book store hurriedly.

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