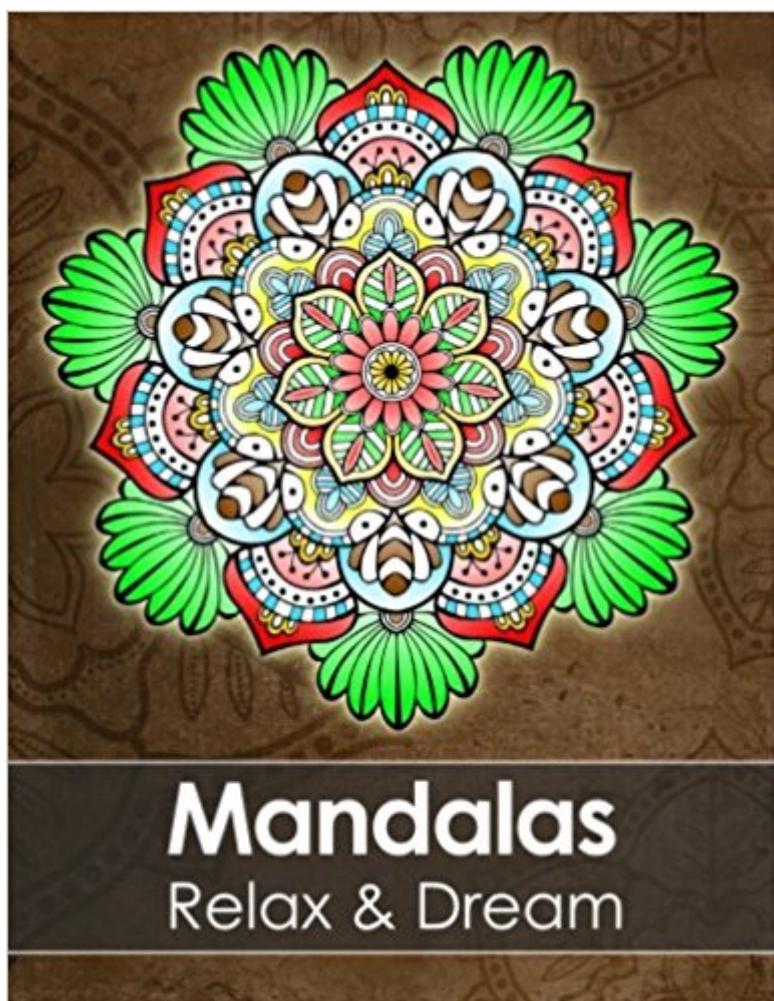


The book was found

# **Mandala Colouring Book For Adults - Relax & Dream With Beautiful Mandalas For Stress Relief + BONUS 60 Free Mandala Colouring Pages (PDF To Print)**





## Synopsis

Mandala coloring book for adults: Meditation, Relaxation & Stress Relief 40 BEAUTIFUL MANDALAS for adults ONE SIDE PRINTED: The following design is not affected LONG PAINTING FUN: the coloring pages provide material for many hours BONUS: 60 FREE Mandala designs to print STRESS RELIEF: the coloring of the mandalas helps relieve stress and relax Different levels of difficulty: from medium to very intricate Mandala coloring book for adults

**description** Coloring books for adults offer the perfect opportunity to relax and unwind. Mandala designs are especially helpful in stress relief. A perfect alternative to yoga. Johanna Basford has triggered the Megahype around the Coloring Books. She is probably the best-known coloring book author. Her coloring pictures are an inspiration for many drawing fans. Mandalas are originally from Buddhism. They have a meditative and relaxing effect on the viewer. That is why Mandala coloring pages are so popular. The originals for painting are usually arranged round and symmetrical. Many people also know it under the name Zen design. When painting, you can completely relax and recharge your batteries. Forget the worries of the stressful everyday life and let yourself be completely on the respective motive. Get free from time pressure and commitments. Do not set a time limit for the motive and resist the urge to finish quickly. Let yourself drop and come to rest. The concentration while coloring can completely switch off the brain. It acts as a meditation and a state of balance returns. In addition, the creativity is stimulated and encouraged. This coloring book for adults includes 40 mandalas with different degrees of difficulty. It is suitable for beginners as well as for advanced. **Tips for drawing** We opted for a large print (slightly smaller than DIN A4) of our Mandala coloring book. So the coloring pictures are large and easy to paint. For very good results we recommend crayons. Both normal and artist pencils are suitable. For example: Faber-Castell Polychromos, KOH-I-NOOR Polycolor, Sanford Prismacolor or Lyra Rembrandt. The mandalas can also serve as a template for their own creations. Simply cut the motif and use it as a template. This stimulates creativity. Even children can have fun with a coloring book for adults. It is wonderful when the hobbies of big and small are the same. Paint along with your children. BONUS: 60 FREE Mandala designs to print Have fun with this beautiful Mandala coloring book.

## Book Information

Paperback: 84 pages

Publisher: CreateSpace Independent Publishing Platform (March 20, 2017)

Language: English

ISBN-10: 1544799411

ISBN-13: 978-1544799414

Product Dimensions: 8.5 x 0.2 x 11 inches

Shipping Weight: 10.6 ounces (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars 18 customer reviews

Best Sellers Rank: #36,434 in Books (See Top 100 in Books) #23 in Books > Arts & Photography > Drawing > Coloring Books for Grown-Ups > Mandalas & Patterns #50 in Books > Self-Help > Art Therapy & Relaxation #133 in Books > Self-Help > Stress Management

## Customer Reviews

Disappointed with the quality of the paper ... it reminded me of the coloring books we had as children-- thin and rough texture. Also found that most of the mandalas had thick black lines, which I find hard to work on.

AOK.

Loved it

Lots of fun. Lots of choices, from the simple to the more complex. I find I can spend hours working with this book. Good choice for anyone...

the pages were to dark had to give it away

Too many designs with too much black already in them.

very nice book.

A great Mandala colouring book. Im passioned about Mandalas and i love this book. i added some pictures. The Mandalas in the book are so beautiful and special...

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Stress Relief and Relaxation, Anti-Stress Colouring, ... Colouring Books of Adults) (Volume 3) Adult Coloring Books: Mandala for a stress relieving experience (mandalas, stress relief, reduce stress, coloring books, relax) Mandala Coloring book: Mandalas. Easy coloring: Simple mandala coloring book, Adult mandala coloring Books,Mandala coloring, Adult Coloring Book: ... coloring books for Adults) (Volume 2) #Mandalas Coloring Book: #Mandalas is Coloring Book No.6 in the Adult Coloring Book # Series Celebrating Mandalas (Coloring Books, Stress Relief, ... Series of Adult Coloring Books) (Volume 6) Dreams: Discover the Meaning of Your Dreams and How to Dream What You Want - Dream Interpretation, Lucid Dreaming, and Dream Psychology (+BONUS) (Dream Analysis, Dream Meanings, Lucid Dream) Adult Colouring Book Designs: Stress Relief Colouring Book: Star War Designs, Mandalas, Zentangle - Darth Vader, Jedi, Stormtrooper, R2D2, BB8, ... Wars, Chewbacca, Darth Maul, new star wars Mindful Mandalas: A Mandala Coloring Book: A Unique & Uplifting Mandalas Adult Coloring Book For Men Women Teens Children & Seniors Featuring ... Relaxation Stress Relief & Art Color Therapy) Mandala Coloring Book: 100 IMPRESSIVE MANDALAS Adult Coloring BooK ( Vol. 1): Stress Relieving Patterns for Adult Relaxation, Meditation (Mandala Coloring Book for Adults) (Volume 1) Cock Coloring Book For Adults: Penis Coloring Book For Adults Containing 40 Stress Relieving Funny Dick Coloring Pages In a Paisley, Henna, Mandala ... (Dick Coloring Books For Adults) (Volume 1) Reefer Madness Mandala and Quote Coloring Book For Adults: Mellow Madness with Mindless Marijuana Mandalas for Ultimate Relaxation and Stress Relief ... Cannabis, Hemp and Marijuana Themes) Mandala Coloring Book: 100 plus Flower and Snowflake Mandala Designs and Stress Relieving Patterns for Adult Relaxation, Meditation, and Happiness (Mandala Coloring Book for adults) Adult Coloring Books: Mindfulness Mandalas: A mandala coloring book for adult relaxation featuring stress relieving coloring pages for adults including henna flowers geometric & animal designs Pig Coloring Book For Adults: Stress-relief Coloring Book For Grown-ups, Containing 40 Paisley, Henna and Mandala Pig Coloring Pages (Farm Animal Coloring Books) (Volume 1) Panda Coloring Book For Adults: Stress Relief Coloring Book For Grown-ups Including 40 Paisly, Henna and Mandala Panda Bear Coloring Pages Otter Coloring Book for Adults: Stress-relief Coloring Book For Grown-ups, Containing 40 Paisley, Henna and Mandala Style Otter Coloring Pages Cow Coloring Book For Adults: Stress-relief Coloring Book For Grown-ups, Containing 40 Paisley, Henna and Mandala Style Coloring Pages The Adult Coloring Book for Coffee Lovers: A Meditation and Stress Relief Coloring Book for Grown-Ups (Humorous Antistress Coloring Pages and Zentangle Designs for Relaxation and Stress Relief) The Mandala Coloring Book, Volume II: Relax, Calm Your Mind, and Find Peace with 100 Mandala Coloring Pages

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