



Adult Coloring Book by Angelight: Mandala Meditations for Mindfulness Stress Reducing

By Gayle Atherton

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.The Adult Coloring Book by Angelight features 46 beautifully illustrated relaxing Mandala Patterns to soothe the spirit and calm the mind. Each Mandala is printed on one side of the page to maximize the artist experience and allow artists to cut and frame the designs they like. The Mandalas in this book are detailed clean line drawings (just like the front cover) that are beautifully arranged into balanced symmetrical Mandala patterns. Each design evokes a simple stress free experience for the artist. Every Mandala is suitable for children, adults, moms, dads, grandparents, daughters, sons, newbies and experienced or advanced artists. There are literally hours of creative enjoyment and mindful practice as your worries melt away calming the mind with each thoughtful illustration. Angelight also invites you to join our free meditation lessons with the author Gayle Atherton who is an experienced meditation teacher of more than 30 years. She is well known for her dreamy guided meditations. You will be able to meditate and color to your hearts content There s something very satisfying about...



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Reviews

This is the finest book i have got study till now. It usually does not price a lot of. I found out this publication from my i and dad encouraged this book to understand.

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Absolutely among the best book I have possibly go through. I have go through and that i am certain that i am going to gonna read through once again again in the future. I am just delighted to tell you that this is basically the finest book i have got go through within my personal existence and could be he finest book for ever.

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