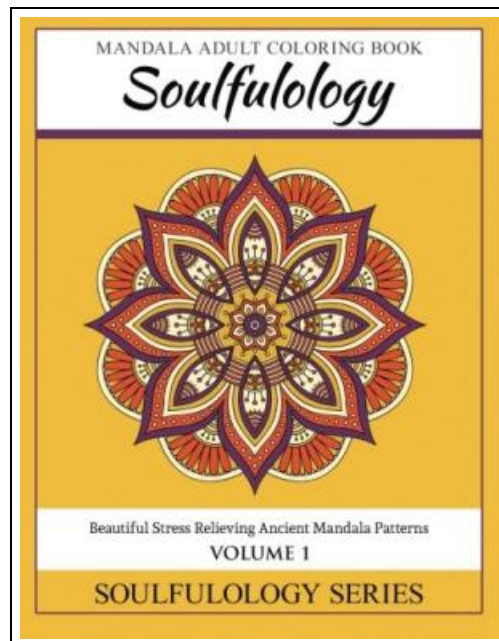# Soulfulology Mandala Adult Coloring Book: Beautiful Stress Relieving Ancient Mandala Patterns

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Reviews

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(Jamar Stracke)

SOULFULOLOGY MANDALA ADULT COLORING BOOK: BEAUTIFUL STRESS RELIEVING ANCIENT MANDALA PATTERNS

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.Adult Coloring Book: Beautiful Mandala Stress Relieving Calming Patterns: A Soulfulology Series Stress-reducing, calming, relaxing, peaceful and beautiful Mandala coloring patterns are just what the doctor ordered! Adult colorists love these fun and calming patterns, designed to bring joy, peace, and a meditative-like quality to your coloring experience. In this book, you ll discover: - 50 delightfully detailed Mandala patterns to reduce your built-up stress - Designs suitable for adults and older children ranging in complexity from beginner to expert-level - Provides hours and hours of stress relief, creative expression, mindful calm, and fun - A special section discussing the art of Mandalas, improving your coloring results, and inspirational quotes - Join millions of adults all over the world who are rediscovering the joys and stress relieving benefits of COLORING! Work, kids, family, friends, technology, and life - we are all facing more responsibility and less time to relax in our lives. This is the perfect way to change that, take time for yourself, and relax -- whether you have time for just a few strokes, or an hour or more! There s no pressure or time constraints - just you, the design, your imagination, and beautiful coloring patterns created to bring you peace, balance, calm, stress relief, and a connection to soul. It s a simple yet effective way to slow down, relieve stress, bring more balance into your life, and reconnect with your soul is - by coloring! The Mandala means circle, completion, or center. The art has been around for thousands of years, and is known as a soul language with deep patterns, symbols and currents from nature; recognized for its deep...

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