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## Bold Distinct: Adult Colouring Book, Stress Relieving Mandala Patterns

By Mia Harper

Bright Bold Publishing. Paperback. Condition: New. Mia Harper (illustrator). 112 pages. Dimensions: 10.0in. x 8.0in. x 0.3in. **BONUS RELEASE DATE REVISION 31ST JANUARY 2016 TO ALL PURCHASERS AS AN EXTRA SPECIAL THANK YOU FOR PURCHASING MY BOOKS YOU WILL BE IN RECEIPT OF A BONUS QUALITY BUMPER PACK INSTEAD OF THE ORIGINAL STANDARD PACK. PLEASE USE THE URL AT END OF YOUR BOOK FOR YOUR MEGA PACK DOWNLOAD AT END OF JANUARY 2016. STOP TAKE CONTROL OF YOUR STRESS LEVELS COLOUR TO CALM BE CREATIVE Do you find you need to switch off from the noisy world and find your own quiet corner of calm If this is you theres no better way than to pick up this amazing adult colouring book of 48 Mandala designs to help you escape from the days pressures. Youll become engrossed in these Mandalas for meditative colouring. The colouring book for grownups has abstract, traditional and geometric patterns. Some of the Advantages of Colouring Books for Grownups Colouring will keep you focussed in the present moment and allow your creative side to emerge. As you become absorbed in the colouring of shapes and patterns youll unleash your creative juices and imaginative powers. Youll feel a...**



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