



## Inner Peace Pocket LH (Paperback)

By Professor of European Urban History Peter Clark

Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Inner Peace adult coloring book has 55 mandala designs to color and relax to calm the mind, as time is devoted to each different mandala. This edition is a small size 6 x 9 for travelling or popping into a handbag. Discover the pleasures of coloring and release your artistic side. Even if you feel you have no abilities in art you can enjoy mandala coloring, choose colors to suit your mood of the day, choose simple designs if time is limited, or more complex designs should have more time. Frame and hang the designs you are most proud of. The author encourages purchasers to photocopy each image to color over and over in different colors or styles. Over time build a complete library of your work to enjoy in the future. Use your time in this type of art therapy to remove stress from your life, for short periods at least. Get lost in these wonderful designs for you to bring out your own personality. This volume of inner peace is exactly the same as the normal inner peace volume one...



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