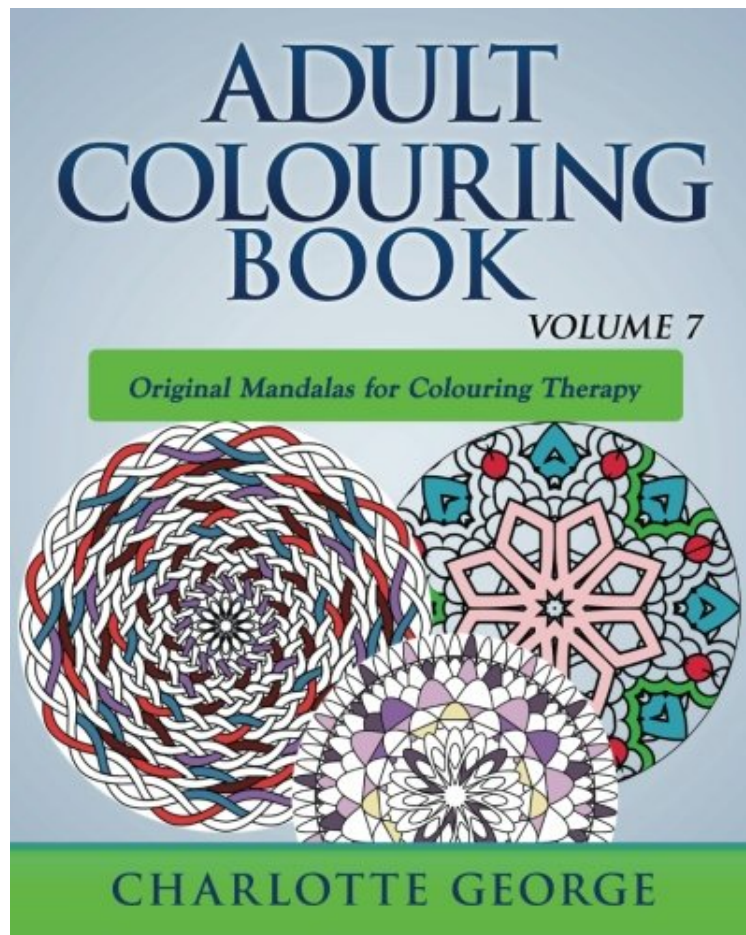


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Adult Colouring Book - Volume 7: Original Mandalas for Colouring Therapy (Adult Colouring Books)

Charlotte George

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*****IDEAL GIFT***** Adult Colouring Book - Volume 7 This is volume 7 of the Adult Colouring Book series by Charlotte George. The author has expressed her passion for colouring through these books and will continue to create different patterns and themes over the coming months so check out her website for more information as these books develop. As with all previous colouring books there are many different levels of colouring for you to get your teeth

into. There are some simpler ones to start off with, some more challenging ones and then there are some really detailed ones that will take a little longer. These are all mixed in together so you can decide yourself what level you want to colour at depending on your mood or time constraints. Whichever one you decide to do, just enjoy your time colouring. Here's what you should do to start: Grab a cup of your favourite drink, pick somewhere quiet to colour and switch off your phone, tablet, computer, or any other distracting media. Pick a Mandala from the 50 original designs in this book and begin colouring. Let your imagination take over and you will soon feel the pleasure of creating beautiful patterns and have some precious ME time. If you haven't already discovered this you will soon realise how addictive colouring becomes and how much enjoyment there is in something this simple. So pick up this book now and start colouring your socks off.

About the Author Charlotte George is a successful artist and busy mum. She found that helping her children colour was so enjoyable and therapeutic, she was inspired to create a colouring book series that contain many of her favourite themes. These include a whole series of Mandalas books, which she absolutely loves creating and colouring. Charlotte has also created a series of lovely pattern colouring books which include pocket or travel editions. She has carefully selected some of her mandalas and patterns from her best selling full size Adult Colouring Book series. This is so you can enjoy colouring anywhere and at any time and also try out your colours before you move on to the full sized patterns. She lives in England with her husband and 2 children as well as a dog, a hamster and 2 goldfish.