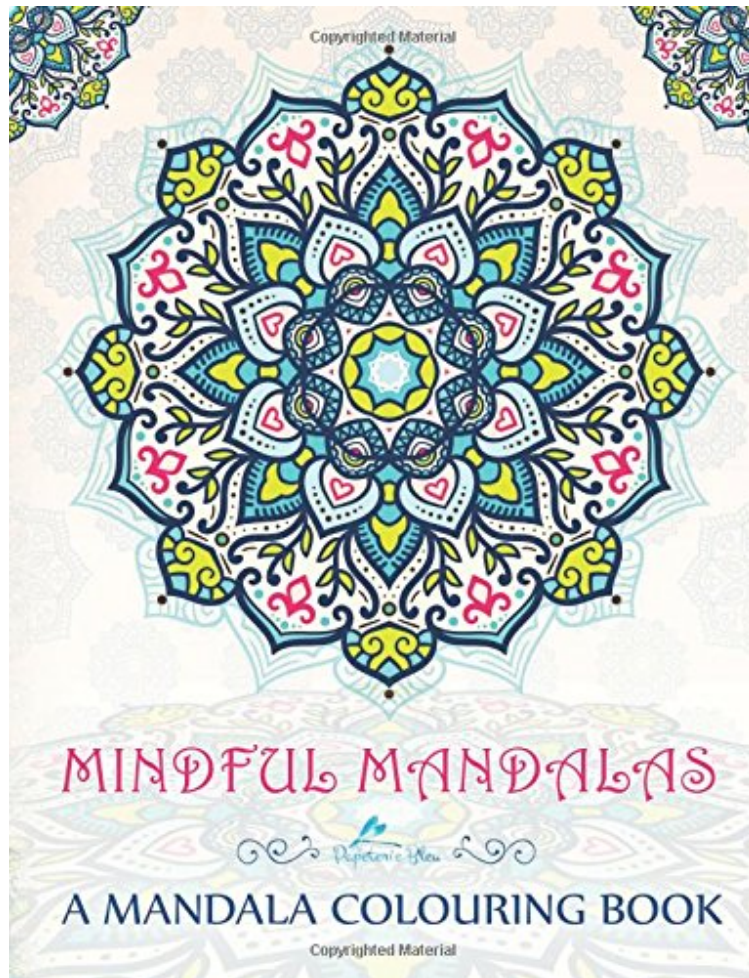


(Free read ebook) Mindful Mandalas: A Mandala Colouring Book: A Unique Uplifting Mandalas Adult Colouring Book For Men Women Teens Children Seniors Featuring ... Stress Relief Art Colour Therapy)

## Mindful Mandalas: A Mandala Colouring Book: A Unique Uplifting Mandalas Adult Colouring Book For Men Women Teens Children Seniors Featuring ... Stress Relief Art Colour Therapy)

*Papeterie Bleu*

*ePub | \*DOC | audiobook | ebooks | Download PDF*



DOWNLOAD



+

READ ONLINE

#10998556 in Books 2016-05-17Original language:English 11.00 x .19 x 8.50l, #File Name: 153330033X82 pages | File size: 35.Mb

**Papeterie Bleu : Mindful Mandalas: A Mandala Colouring Book: A Unique Uplifting Mandalas Adult Colouring Book For Men Women Teens Children Seniors Featuring ... Stress Relief Art Colour Therapy)** before purchasing it in order to gage whether or not it would be worth my time, and all praised Mindful Mandalas: A Mandala Colouring Book: A Unique Uplifting Mandalas Adult Colouring Book For Men Women Teens Children Seniors Featuring ... Stress Relief Art Colour Therapy):

Breathing in, I calm body and mind. Breathing out, I smile. Dwelling in the present moment I know this is the only moment. ---Thich Nhat Hanh, *Being Peace* Experience mindful meditation as you colour these calming mandala designs patterns. For centuries, mandalas have provided an elevated level of guidance to those seeking peace, inspiration, and a deeper connection to the world around them. Now, with the *Mindful Mandalas Colouring Book*, use these peaceful patterns to help you find tranquility and balance in your life. Featuring 37 mandala drawings for colourists for contemplation and introspection, this colouring book for adults encourages you to use your imagination to create vibrant patterns that reveal your hidden creative potential and bring you closer to your true self. Each intricate design will draw your eye inward, shifting your focus toward your center and allowing you to fully relax your mind as you express yourself through these beautifully complex illustrations. The *Mindful Mandalas Adult Colouring Book for Grownups* will help you find your inner calm and creativity every day. Happy Colouring! Product Details: Printed single-sided on bright white paper Premium matte cover finish Soothing seamless patterns on reverse pages Perfect for all colouring mediums High quality 60 pound paper stock Large format 8.5" wide x 11.0" tall pages The Papeterie Bleu collection includes: *Mum Life: A Snarky Adult Colouring Book* - ISBN 1533270805 *Nurse Life: A Snarky Adult Colouring Book* - ISBN 1533278261 *Teacher Life: A Snarky Adult Colouring Book* - ISBN 153327830X *Dad Life: A Manly Adult Colouring Book* - ISBN 1533315752 *Mindful Mandalas: A Mandala Colouring Book* - ISBN 153330033X *Master Mandalas: A Mandala Colouring Book* - ISBN 153327715X *Sugar Skulls at Midnight: Day of the Dead Colouring Book* - ISBN 1533298912 *Wonderland at Midnight: A Fantasy Adult Colouring Book* - ISBN 1533528527 *Dia De Los Muertos: Sugar Skull Colouring Book* - ISBN 1533316007 *Dia De Los Perros: Dog Colouring Book* - ISBN 1533315868