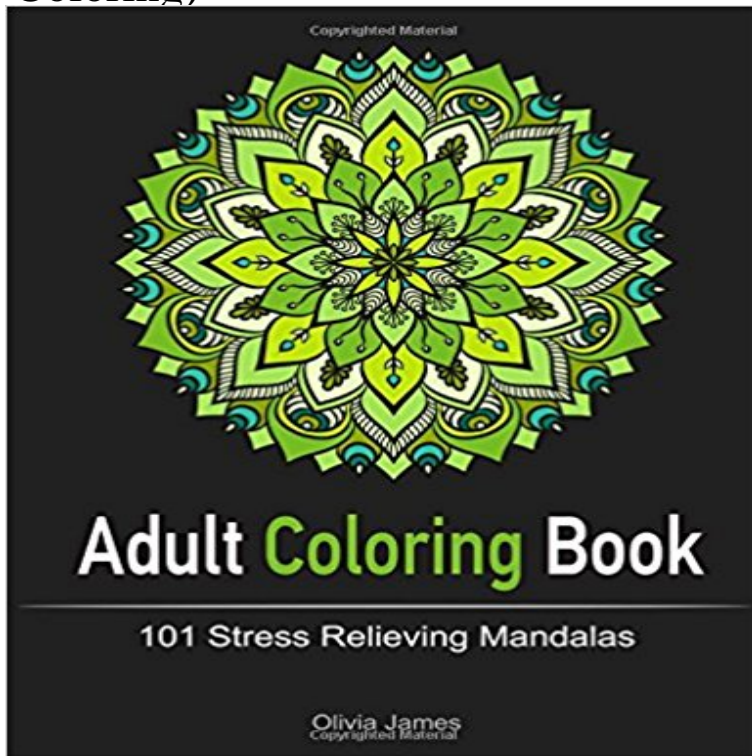


Adult Coloring Book: 101 Stress Relieving Mandalas - Patterns for Improved Focus and Stress Relief (Coloring Books for Adults, Zen Coloring)



Adult Coloring Book 101 Stress Relieving Mandalas - Patterns for Improved Focus and Stress Relief (Coloring Meditation) 101 Unique Mandalas to Color! Dozens of coloring pages designed for adults Different Mandala Designs Provides hours and hours of stress relief, mindful calm, and fun, creative expression The variety of pages ensure something for every skill level Use your choice of coloring tool (pens, pencils, markers, crayons) Each coloring page is on a separate sheet, so that it is easier for you to color Join millions of adults all around the world who are rediscovering the simple relaxation and joy of coloring! Why choose to color Mandalas? - The word mandala loosely translated to mean circle, a mandala is far more than a simple shape. It represents wholeness, and can be seen as a model for the organizational structure of life itself--a cosmic diagram that reminds us of our relation to the infinite, the world that extends both beyond and within our bodies and minds. Enjoy!

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