



Ultimate Calm Colouring Mandala Meditations: 24 Giant-Sized Designs for Hours of Creative Stress Reduction (Paperback)

By -

Anness Publishing, United Kingdom, 2016. Paperback. Condition: New. Language: English . This book usually ship within 10-15 business days and we will endeavor to dispatch orders quicker than this where possible. Brand New Book. Relax and unwind with this stress-relieving colouring book of meditative mandalas. The art of colouring can help to focus the mind and still the mental chatter that saps our energy and causes stress and negative feelings. As you start to colour in these designs you will unleash your inner creativity and find yourself gradually moving to a more peaceful and calming state of mind. You can colour in as little or as much as you like, taking your time to develop your picture the way you want it. There are no hard or fast rules, you are truly free to create your own unique designs using pencils, pens or paints. Start colouring today and enjoy the still, quiet voice of calm this simple meditative practice will bring.



Reviews

Thorough guideline! Its this kind of excellent read. This is certainly for all those who statte there was not a well worth reading. Your way of life period will probably be transform once you complete reading this book. -- **Mrs. Alia Borer**

The publication is easy in read safer to comprehend. It is actually rally intriguing throgh studying time. I am easily will get a delight of looking at a created publication.

-- Claud Feest

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