



Mindful Shapes, Healing Stress Relief, and Meditation Art Therapy (Paperback)

By Dean R Giles

Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Adult coloring books have been proven to reduce stress, improve mood, relieve anxiety, and promote good health. All of the tranquil shapes in this book are built from mandalas. Mandalas have repeating patterns that promote mindfulness and can aid in meditation. Everyday living produces pressures and stresses. As a human being you only have two options, you can let these irritations build and just try to deal with them, or you can do something daily to reduce and eliminate those stresses in your life. Coloring can be just the right therapy to bring your life back into harmony and help you feel the stresses ebb out of your body and mind. Imagine the relaxing sound of the writing utensil on paper. The feel of the paper under your fingers, and the metered stroke of the pencil, pen, or crayon as it leaves a purposeful mark. Filling in the detailed patterns have a tendency to transport you to a time and place that is far away. It may even bring back childhood memories of coloring, and open your eyes to your inner...



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