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The Artful Mandala Coloring Book: Creative Designs for Fun and Meditation

By Cher Kaufmann

Countryman Press Inc. Paperback. Book Condition: new. BRAND NEW, The Artful Mandala Coloring Book: Creative Designs for Fun and Meditation, Cher Kaufmann, Colouring brings the artist out in everyone-it's so easy and welcoming. It's also very good for the mind. Meditation drawing teacher Cher Kaufmann has seen the effects of colouring at work in her classes. She provides students with patterns of mandalas and other designs, some coloured pens, and watches everyone relax. With each stroke of colour, body and thoughts drift into a calm place. Recent studies attest to the power of drawing as well. Whether you have always enjoyed drawing and colouring or are new to it, you'll find yourself mesmerised by the beautiful pen-and-ink patterns in this collection.



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Reviews

The best book i actually go through. It can be full of wisdom and knowledge Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- Prof. Greg Herzog

Complete guide! Its such a great study. I am quite late in start reading this one, but better then never. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- Dr. Hermann Marvin PhD