



Stress Less Dot-to-Dot Mandalas: 30 Connect-the-Dot Puzzles to Complete and Color (Paperback)

By Jim Gogarty

Adams Media Corporation, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book. Relaxing dot-to-dot puzzles for adults! Stress Less Dot-to-Dot: Mandalas combines the surprisingly calming activity of connecting dots with the meditative practice of drawing mandalas. If you re looking for an easy way to unwind, start connecting the dots to create your own intricate mandala design. Once the picture is complete, you II have a beautiful mandala to color and enjoy. No longer just for kids, drawing dot-to-dot is a perfect meditative exercise for adults looking to relax. Soon you II be de-stressing--dot by dot!.



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