



Mandalas: Mini Adult Coloring Book

By Kip Adoodles

Mtc Publications, United States, 2015. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.Mandalas: Mini Adult Coloring Book Are you a master colorist? Or a newbie to the adult coloring world? Are you are looking for a way to unwind and relax and leave the harried pace of modern life behind? Designed for colorists on-the-go In this Mandalas Mini Adult Coloring Book, you will find entertaining, intricate patterns and designs that spur your imagination and inspire the heart. This book will fit easily into your purse, briefcase or backpack. Every mandala is a unique piece of art. Each design is printed on its own page, so you can frame and hang them on walls at home if you want.--- TAKE YOUR TIME! There is no race, no competition, no schedule. That s part of the fun! Coloring is a chance to release your inner child, to go back to those innocent days of youth. Coloring is also a great stress reliever! It is relaxing, meditative, and best of all, actual restful for your brain. In fact, by engaging the right side of your brain (the creative side), it can help your cognitive health!...



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