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## Mandala Coloring Book for Kids: The Fun Way of Meditation to Improve Concentration and Relieve Stress (Paperback)

By Mindful Coloring

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Mandala Coloring Book for Kids: The fun way of meditation to improve concentration and relieve stress It's not just adults who feel stressed out from the pressures of each day--kids need a break too! Some believe that children can derive the healing and spiritual benefits of mandalas by coloring the design. Therapists and school counselors may use mandalas to assist children in focusing attention and relieving stress and anxiety. Art teachers may use mandalas to teach children about color, design or the emotional impact of artwork. Teachers use mandalas to reinforce classroom skills, while parents often encourage coloring mandalas as a form of entertainment or as a healthy outlet for emotional stress. The completed mandalas can be framed and given as gifts to grandparents or other significant people on your child's list. The book comes with 25 Big Mandalas; children will feel inspired, refreshed, and renewed as they color. Gorgeous illustrations with colored backgrounds guide the children through each wonderful design. Thick paper keeps their best efforts from bleeding through and ruining the other side, while detachable pages let them...



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### Reviews

*Completely essential read book. I could possibly comprehend every little thing using this written e book. You won't sense monotony at any moment of your own time (that's what catalogues are for relating to if you ask me).*

-- **Rosendo Douglas DVM**

*This book may be worth purchasing. I was able to comprehend every thing using this published e publication. I am happy to let you know that this is the very best ebook I have got read inside my very own daily life and could be the finest ebook for actually.*

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