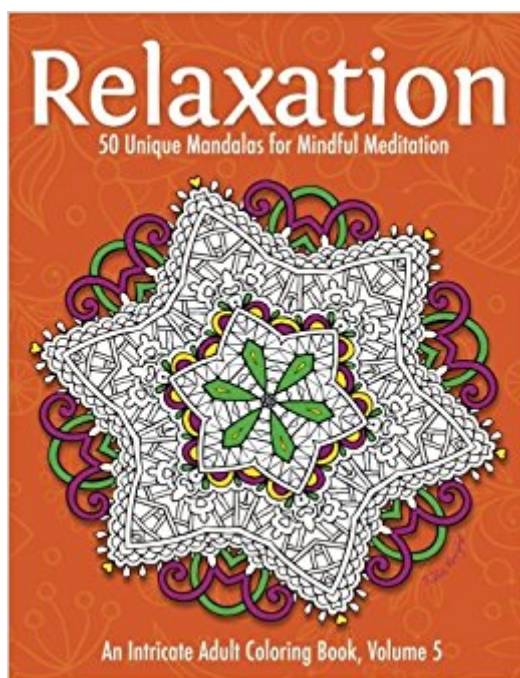


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# Relaxation: 50 Unique Mandalas For Mindful Meditation (An Intricate Adult Coloring Book, Volume 5)



## Synopsis

Experience yoga for your mind with 50 unique, beautiful, and intricate mandala coloring designs. Enhance your creativity and increase your relaxation as you mindfully color these mandala coloring pages. A mandala for every mood - pick from a variety of difficulty levels, from medium to intricate and complex. Focus on the art of coloring with clean, crisp lines in every drawing on a bright, white background. No pixelation! Bonus - get a FREE, downloadable PDF of all 50 mandalas. These high-quality, free printable coloring pages allow you the ultimate control over your paper quality. Single-sided coloring pages - these one-sided adult coloring pages have one picture printed on each piece of paper. Easy to use - the inside margin of this adult coloring book is large enough to allow you to easily finish coloring the mandala. You can cut out your masterpiece if you don't want to use the free printable coloring pages from the downloadable PDF. Get ready to relieve stress and get creative. When your mind is racing and your body overflows with stress, grab your favorite coloring medium and this book. Spend a few minutes adding color to these mandalas to color your way to peace and relaxation. Coloring when it's used as an active form of meditation can help you achieve mindfulness, experience flow, find greater balance and calm in your life, replace negative thoughts with positive, reduce anxiety, and de-stress. Coloring is yoga for the mind. How is coloring like yoga for the mind? How can coloring exercise and strengthen your mind? While at the same time lowering your stress and anxiety? The answer is both simple and complex. The simple answer is that the brain is an amazing thing. Like exercising any other part of the body, when we exercise the part of the brain that helps us relax and calm down, that part of the brain (the prefrontal cortex) gets stronger. The amazing thing is when we make our prefrontal cortex stronger, the fear and anxiety part of our brain (the amygdala) gets weaker. That's why mindful coloring can have so many great benefits for our bodies. This takes regular, daily time and effort, just like any other exercise. But at least this kind of exercise is fun! Who will like Relaxation: 50 Mandalas for Mindful Meditation? People who like: coloring books for grown-ups coloring books for teens coloring books for older kids coloring books for girls coloring books for boys (The flowing, geometric designs in many of the mandalas are equally appealing to both genders.) geometric coloring books complex coloring books stress relief coloring books advanced coloring books detailed coloring books mandala coloring books intricate coloring books If you want unique mandalas to color that you can't find anywhere else, then buy Relaxation: 50 Mandalas for Mindful Meditation today.

## Book Information

Series: An Intricate Adult Coloring Book

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## Customer Reviews

Talia Knight is the pen name of the author/artist. She loves creating beautiful things, so she's had a delightful time creating coloring books for other people to enjoy. Talia considers herself the luckiest person in the world because she has the privilege of helping to care for her handicapped sister while living in the great state of Texas. When she's not spending time with her sister or playing with her many nieces and nephews, she's usually doing something with books. Creating, writing, editing, selling •you name it, she's probably done it.

I was very impressed with this coloring book. I was expecting something more like a magazine, but it is thicker and higher quality. Definitely would recommend.

dress is beautiful material quality very nice

Perfect. My daughter loves it.

I love the mandala on the front cover. It's so intricate and beautiful, just like the other mandalas in the book. I love that the paper is thick enough and smooth enough that the gel pens don't have any problems bleeding through or snagging. And the scratch page at the end of the book is super handy for when my pens are being difficult. There is a handy download link at the end of the book; I've

found that it's handy to print out a second copy if I don't like the color combination I started out with.

Wonderful! The process of coloring these Mandalas is soothing and mesmerizing. I felt focused and relaxed simultaneously. Initially, I was concerned that coloring the designs would be too difficult. The Mandalas are intricately designed yet are not off-putting or anxiety inducing. The beauty of each design reveals itself to you as you color. Very much a meditative experience.

It is a lot of fun! My kids and I love it!! Ordering 1 of each in this series.

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#Mandalas Coloring Book: #Mandalas is Coloring Book No.6 in the Adult Coloring Book # Series  
Celebrating Mandalas (Coloring Books, Stress Relief, ... Series of Adult Coloring Books) (Volume 6)  
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