



The Adult Coloring Book: Mindful Mandalas: (Coloring Books for Adults, Relaxation, Stress relief)

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Introducing the new Adult Coloring Book: Mindful Mandalas! This unique collection contains over 60 intricate mandala designs for you to color. Lose yourself in the act of coloring, and feel your stress melt away. Mandalas are sacred geometric images which represent a self that is unified and whole. One path to such self-unification is Mindfulness: the meditative art of focusing one's attention on the present moment, which leads to relaxation and clarity. Coloring has similar benefits, enhancing your creativity as well as your mood. So what better way to unwind than by combining the two? Mindful Mandalas: take some time to treat yourself.

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