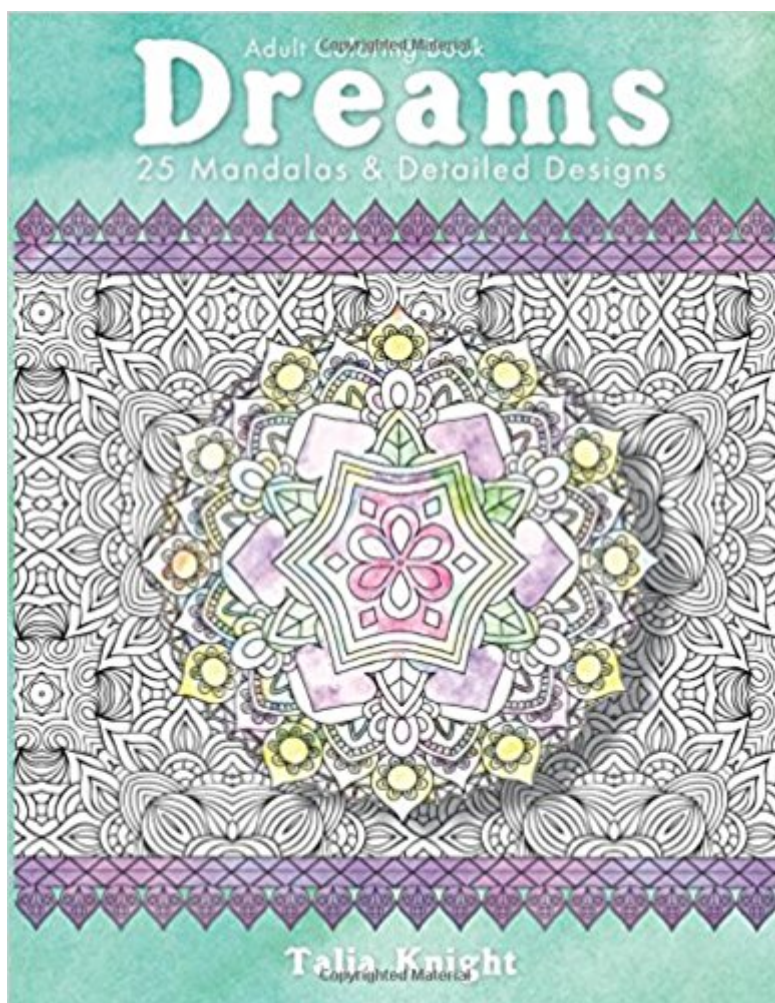


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Adult Coloring Book: Dreams: 25 Mandalas And Detailed Designs



Synopsis

Experience yoga for your mind with 25 unique, beautiful, and intricate mandalas and detailed coloring designs. Enhance your creativity and increase your tranquility as you mindfully color these mandalas and detailed coloring pages. A pattern for every mood - pick from a variety of difficulty levels, from simple to intricate and complex. Focus on the art of coloring with clean, crisp lines in every drawing on a bright, white background. No pixelation! Single-sided coloring pages - these one-sided adult coloring pages have one picture printed on each piece of paper. 2 types of designs - Each mandala is on a white background. The next page has a rectangular, detailed pattern. There are 13 mandalas and 12 detailed designs in this book. 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 and detailed designs to color your way to peace and tranquility. 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 *Dreams: 25 Mandalas and Detailed Designs*? 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 designs 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 and detailed designs to color that you can't find anywhere else, then buy *Dreams: 25 Mandalas and Detailed Designs* today.

Book Information

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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 love the variety of mandalas. They range from simple to complex, with the most complex being the full page designs. I have found enough variety to keep me and my kids busy for hours with these coloring books!

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