



**The Mandala Adult Coloring Book: Inspire
Creativity Reduce Stress And Bring Balance
Featuring Mandalas And Henna Inspiring Paisley
Patterns (Volume 1)**

Zen Coloring

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THE MANDALA ADULT COLORING BOOK Designs range in complexity from beginner to expert-level. Provides hours and hours of stress relief, mindful calm, and fun, creative expression. Join millions of children and adults all around the world who are rediscovering the simple relaxation and joy of coloring! For centuries, mandalas have provided an elevated level of guidance to those seeking peace, inspiration, and a deeper connection to the world around them. Now, with The Mandala Coloring Book, you can use these sacred circles to help you find tranquility and balance in your life. Featuring 100 customizable mandala drawings, this book encourages you to use your imagination to create vibrant patterns that reveal your hidden creative potential and bring you closer to your true self. Each intricate design will draw your eye inward, shifting your focus toward your center and allowing you to fully relax your mind as you express yourself through these beautifully complex illustrations.

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