



# **The Mandala Coloring Book: A Stress Relieving Coloring Book for Adults Featuring Mandalas, Amazing Detailed Designs and Beautiful Patterns, Coloring ... Flowers, Paisley Patterns, The Best Mandalas**

*Mark Cooper*

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This Mandala Coloring Book will help you find your inner calm and creativity every day. Each unique design will draw your eye inward allowing you to fully relax your mind as you express yourself through these beautifully complex illustrations. This is a great way to ground yourself in the present moment and to stop worrying. Your mind gets occupied with this calmness and as problems cross your mind, you are in a better state to solve them. The pages are single-sided and every second page is a lined page where you can color and you don't need to worry about pressing hard or having ink run through the pages. Relax and Enjoy!



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**Walter Cornwell:**

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