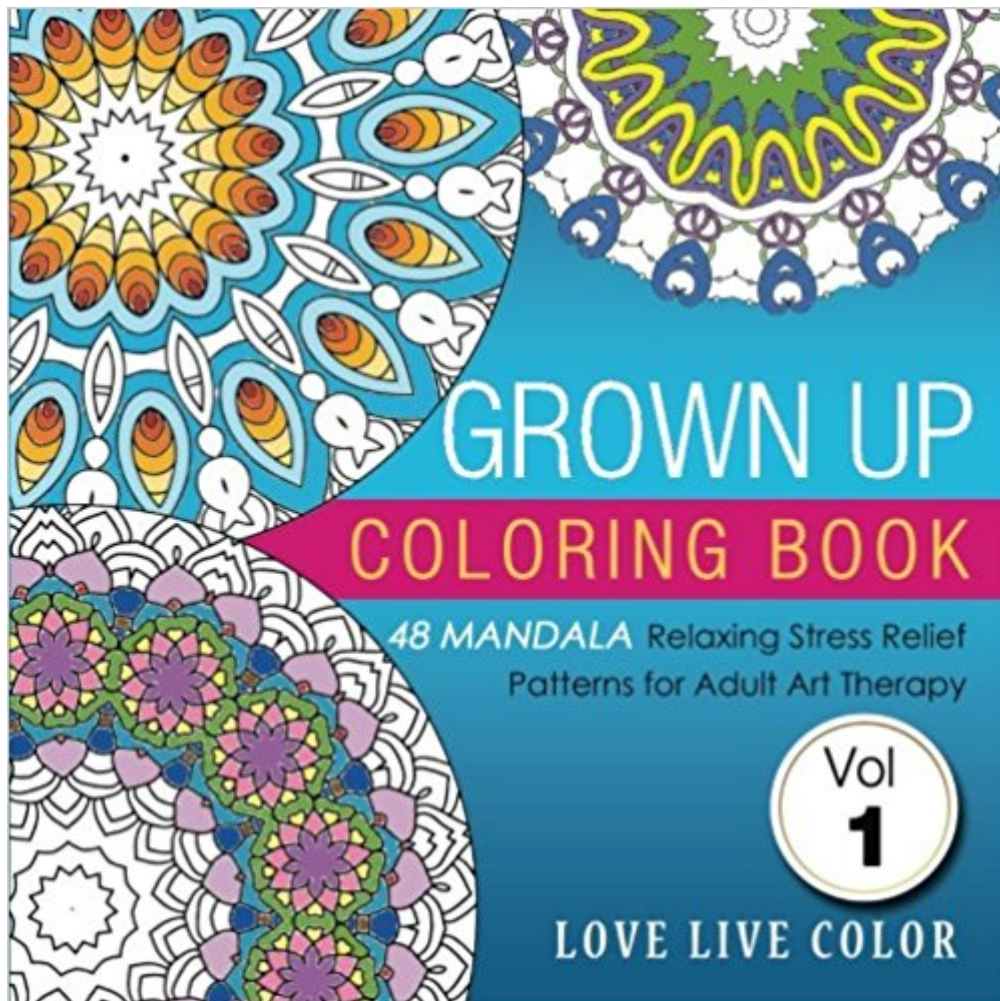


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# Grown Up Coloring Book: 48 Mandala Relaxing Stress Relief Patterns For Adult Art Therapy, Volume 1



## Synopsis

Discover More Calm, Creativity, Fun And Relaxation In Your Life In Just 5 Minutes Per Day - Have you become addicted to the screen on your phone, tablet or computer? - Are you looking for activities to take you away from your screens and your worries? - Do you suffer from stress, anxiety or creative block? Coloring Is Your Answer! - Coloring books for adults are a great stress reliever, and are also a fun activity! - This grown up coloring book contains 48 beautiful and intricate mandala designs, providing many hours of coloring delight. - 48 Journaling pages allow you to express any thoughts, quotes or inspirations that come to the surface while coloring. - Indulge the mind in creativity with a variety of design elements and details perfect for both the beginner and seasoned artist. - Get in touch with your inner child. Coloring in this coloring book is extremely relaxing and therapeutic. - Coloring is a great activity for your lunch break, vacation, while waiting at the doctors office, to unwind before bed, or anytime you just need a break. - This mandala coloring book makes a perfect gift for teens and adults! No amount of coloring time is too much or too little! Feel the relaxing benefits of coloring in your first 5-10 minutes, but feel free to color as long as you want! BONUS! Look in the back of the book for a link to download and print out additional mandala coloring pages. Don't miss out! Buy your coloring book today and join the millions of adults around the globe who have reawakened their love of coloring!

## Book Information

Series: Grown Up Coloring Book: 48 Mandala Relaxing Stress Relief Patterns for Adult Art Therapy

Paperback: 106 pages

Publisher: Kokolo Home & Gift; 1 edition (August 27, 2015)

Language: English

ISBN-10: 0996731008

ISBN-13: 978-0996731003

Product Dimensions: 8.2 x 0.2 x 8.2 inches

Shipping Weight: 9.3 ounces (View shipping rates and policies)

Average Customer Review: 4.9 out of 5 stars Â See all reviews Â (42 customer reviews)

Best Sellers Rank: #974,828 in Books (See Top 100 in Books) #81 in Â Books > Self-Help > Inner Child #505 in Â Books > Arts & Photography > Drawing > Coloring Books for Grown-Ups > Mandalas & Patterns #27605 in Â Books > Crafts, Hobbies & Home > Crafts & Hobbies

## Customer Reviews

I babysit for friend's children and am a big supporter of quiet coloring time to help with their manual

dexterity, as well as stimulate their imaginations while teaching them their colors, but I personally have not colored in a coloring book for years. As an adult, it seems I am always too busy to sit down and allow my inner child to have some Healthy coloring book fun. That is Until I ordered this Grown Up Coloring Book by Love Live Color! What a Fun, Relaxing way to set aside my busyness and allow myself to get in touch with my Quiet, Creative side, which has been sorely neglected for too long a time. This 8 1/2" x 8 1/4" Soft Cover, Grown Up Coloring Book Volume 1 offers a Really Nice Variety of 48 Different Mandalas which are approximately between 6" and 7" in Diameter. I like that Love, Live, Color has included both Extremely Intricate and Mildly Complex designs, so I can choose according to my level of concentration. I also appreciate that the Lines in the designs are Clearly Defined, so I do not need a magnifying glass to see where to put the tip of my colored pencils. The Back Side of Each coloring page offers a Lined Journal Page, where I can jot down any thoughts or feelings that rise to the surface during my coloring sessions. Initially I questioned the need for them, but I am quickly learning that when I allow myself to slow down and concentrate on coloring these Mandalas, my heart opens up and I find myself with a desire to express myself in writing, so I am glad that these Journal Pages are included. I am so grateful to have been given the opportunity to purchase this Grown Up Coloring Book at a reduced cost in exchange for testing and review.

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