

The Golden Mandala: A Coloring Book for Meditation



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Reviews

A must buy book if you need to adding benefit. It is rally intriguing throgh reading time period. I am pleased to tell you that here is the very best book i actually have study in my very own lifestyle and may be he finest ebook for at any time.
(Ms. Lora West Jr.)

THE GOLDEN MANDALA: A COLORING BOOK FOR MEDITATION



CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 88 pages. Dimensions: 11.0in. x 8.5in. x 0.2in. The Golden Mandala is a coloring book for adults and children, it contains a variety of floral mandala designs. The purpose of this book is to help relieve stress and encourage relaxation. When using this coloring book, we are able to have our own quiet time and express ourselves in a positive and creative way. The colors we gravitate to are those that reflect our mood, feelings, and emotions. With mandalas, we can take our mind off things completely or become an artist in our own way. This coloring book may help those who have trouble sleeping; when we use electronics, the blue light keeps us awake because naturally, we feel it is still day time. This book is great for all ages, meditation, color therapy, or just for fun. Enjoy! Discover more journals, coloring books, prints, and original artwork of Regina Garcia on her official website: artistreginagarcia.com Buy this coloring book directly from the artist at createspace.com/6621002 This item ships from La Vergne, TN. Paperback.



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