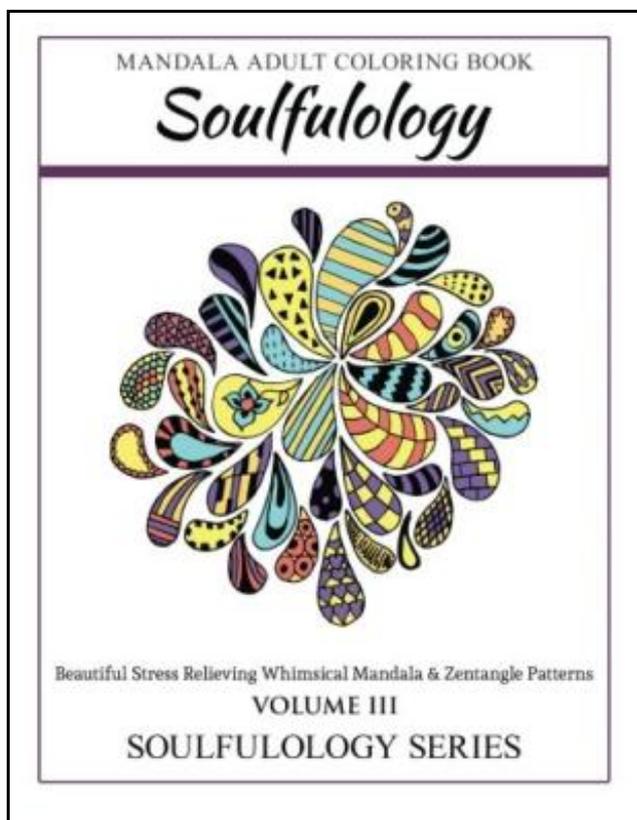


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Reviews

Absolutely essential read through book. Yes, it really is enjoy, nonetheless an interesting and amazing literature. Your daily life span is going to be transform when you comprehensive looking over this ebook.

(Mr. Cielo Koch II)

SOULFULOLOGY ADULT COLORING BOOK III: BEAUTIFUL STRESS RELIEVING WHIMSICAL MANDALA ZENTANGLE PATTERNS (PAPERBACK)



Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 280 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.Adult Coloring Book: Whimsical Zentangle Mandala Stress Relieving Calming Patterns: A Soufulology Series Stress-reducing, calming, relaxing, peaceful and beautiful Mandala and whimsical Zentangle coloring patterns are just what the doctor ordered! Adult colorists love these fun and calming patterns, designed to bring joy, peace, and a meditative-like quality to your coloring. In this book, you ll discover: - 50 delightfully detailed Mandala Zentangle patterns to reduce your built-up stress - Designs suitable for adults and older children ranging in complexity from beginner to expert-level - Provides hours and hours of stress relief, creative expression, mindful calm, and fun - A special section discussing the art of Mandalas, improving your coloring results, and inspirational quotes - Join millions of adults all over the world who are rediscovering the joys and stress relieving benefits of COLORING! Work, kids, family, friends, technology, and life - we are all facing more responsibility and less time to relax in our lives. This is the perfect way to change that, take time for yourself, and relax -- whether you have time for just a few strokes, or an hour or more! There s no pressure or time constraints - just you, the design, your imagination, and beautiful coloring patterns created to bring you peace, balance, calm, stress relief, and a connection to soul. It s a simple yet effective way to slow down, relieve stress, bring more balance into your life, and reconnect with your soul is - by coloring! The Mandala means circle, completion, or center. The art has been around for thousands of years, and is known as a soul language with deep patterns, symbols and currents from nature;...

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