



## Mel's Adult Coloring Book Easy Mandalas Volume One: Whether You re Coloring to Relax or Just to Have Some Fun, This Coloring Book Is for You

By Mel Turbyfill

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 280 x 216 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Whether you re coloring to relax or just to have some fun, this collection of 50 coloring designs printed on single sided paper is for you. Adults all over the world are rediscovering the pleasures of coloring black and white patterns like the ones in this book. Unlike a cat or a cartoon character as seen in children s coloring books this artwork is made up of intricate mandala designs chiefly characterized by concentric configurations of geometric shapes. Did you know a good coloring session can relieve stress and anxiety? Coloring is relaxing, something that will help you free your mind and calm you like few other things can. When you color your mind and body perform in a more unified way. Your mind becomes relaxed and even your blood pressure may go down. Who knows, coloring might just become your favorite hobby again ( if it hasn t already )! I hope you enjoy coloring this book as much as I did making the patterns. Please be on the look out for future collections...



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### Reviews

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